

We've got your back! OSU Health Plan Health Coaches are here to support you on your wellness journey.

How Health Coaching Works

Coaching sessions take place by phone and may consist of conversations about nutrition, physical activity, stress management, tobacco cessation, and/or weight management. Your coach will help you develop a personalized vision and strategy to meet your goals.

Participants

Benefits-eligible faculty and staff and OSU Health Plan enrolled spouses are eligible for health coaching services. Participating in the OSU Health Coaching Program is completely voluntary, confidential, and offered at no cost to you.

Incentive Points

Earn Your Plan for Health (YP4H) points while you are working with your health coach! Locate the health coaching tools at linktohealth.osu.edu under the MY PLAN tab. Points are awarded after completed tools are reviewed during your health coaching session.

To Get Scheduled

Email healthcoach.osuhealthplan@osumc.edu or call (614) 292-4700 or (800) 678-6269.




THE OHIO STATE
UNIVERSITY
HEALTH PLAN


YOUR PLAN
FOR HEALTH

Learn more at: osuhealthplan.com

Complete the 2022 Assessments

Complete the pre-confidence assessment at your initial session and post assessment after your sixth session to help you monitor your progress.

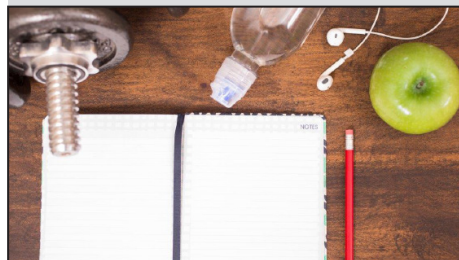
3,000 points for assessments



Create a 2022 Wellness Vision

Create a Wellness Vision after your initial session to align your goals with what is important to you.

500 points per calendar year



Review a SMART goal with a health coach

Enter up to 4 goals online each quarter and review with your health coach for support and accountability.

500 points per reviewed



Achieve a SMART goal

Achieve up to 4 goals each quarter and discuss at your next health coaching session.

500 points per achieved



Group Health Coaching Incentive Points

Interested in joining a group of fellow Buckeyes with common health interests and goals?

Group Health Coaching is a great way to share your ideas, tips, and goals with others during a online webinar group session. You can also earn incentive points for your participation!

To join a group, log on to linktohealth.osu.edu and click on Group Health Coaching, then click “Group Health Coaching Session” under appointment or class type to explore topics.

Register for the first session of the series at least 24 hours in advance. If you are unable to attend the session live, register and we will send you the recording to view at your convenience.



Health Coaching Surveys

Complete both the pre and post group health coaching surveys.

250 points/series*



Enrollment

Enroll in individual health coaching after the group health coaching series to focus on your personalized goals.

2,000 points



Series

Attend the group health coaching sessions by webinar. Some in-person groups also available.

1,500 points/series*



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* You can complete as many series as you would like, and can receive points for a maximum of four “Group Health Coaching or EAP series” per year.