

The OSU Health Plan is here to support your wellness journey!

2022 PROGRAMS AND EVENTS FOR AUGUST



To register for any of the programs below, visit linktohealth.osu.edu (search by date or keyword).

EDUCATIONAL PROGRAMS:

[Take a Relaxation Break at the OSU SMART Lab \(in-person\)](#)
August 3 and 10 (30-minute sampler sessions). Search keyword "SMART Lab" in Link to Health

[Reversing Prediabetes \(webinar\)](#)
August 15 at 12:30 p.m.

[Utilizing Your Summer Harvest \(webinar\)](#)
August 16 at 11:30 a.m.

[Fostering Your Child's Self-Efficacy \(webinar\)](#)
August 23 at 11:30 a.m.

[Managing Conflict \(webinar\)](#)
August 25 at 11:30 a.m.

[Planning Your Fall Garden \(webinar\)](#)
August 30 at noon

GROUP HEALTH COACHING:

[Eating to Support Your Exercise Routine \(webinar\)](#)
August 4, 11, 18 and 25 at 11:30 a.m.

[Walk with Ease Virtual Walking Group \(webinar\)](#)
August 10, 17, 24 and 31;
September 7 and 14 at 12:30 p.m.

[Nutrition on a Mission](#)
August 17, 24 and 31;
September 7, 14, 21 and 28 at 9:00 a.m.

BUCKEYE BABY PROGRAMS:

[Navigating 3rd trimester & post-partum \(webinar\)](#)
August 9 at noon

[Lactation Benefits \(webinar\)](#)
August 23 at noon

Buckeye Baby webinars are available to expecting parents enrolled in an OSU Health Plan.

For additional Parenting & Family webinar topics, visit linktohealth.osu.edu (search Educational Program).



MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Plog (Walk) with Health Coach (In Person)

Come enjoy the nice summer weather for a mid-day break to get some fresh air and some extra steps! Join Health Coaches Michael, Adam and Bonnie for a 20-minute walk on August 11, 17 and 18 at noon. Walks will be held at various locations on campus. For more information and to register visit linktohealth.osu.edu and search by Class Type "Physical Activity Program" or date. If possible, please BYOPS (bring your own plogging supplies) to help clean up this corner of campus.

15-Minute Full Body Stretch Break (Webinar)

Join OSU Health Coach Alison on August 8 at noon for 15 minutes to add in some light stretching and energy in your day. You will be guided through a gentle, whole body stretch flow and learn some exercises that you can continue to do on your own whenever you need them again. To register visit linktohealth.osu.edu and search by Class Type "Physical Activity Program" or [click here](#).

Plogging Through August Walking Challenge! ↓

The next Your Plan for Health team walking challenge will introduce you to plogging – the Swedish term for picking up litter while walking/jogging. The trend has picked up steam across the globe following increased concern about plastic pollution. As a workout, it provides variation in body movements by adding bending, squatting, and stretching to the main action of running, hiking, or walking. Teams of five can **earn up to 2,500 points** during the challenge which runs August 1 – 28. Pre-registration opens on July 25. [Read more](#) or [contact YP4H](#) for questions!

2022 PROGRAMS AND EVENTS FOR SEPTEMBER



To register for any of the programs below, visit linktohealth.osu.edu (search by date or keyword).

EDUCATIONAL PROGRAMS:

[Fall Produce to Add to Your Plate \(webinar\)](#)

September 1 at 11:30 a.m.

[The Thrifty Food Plan: Are Healthy Foods “Too Expensive”? \(webinar\)](#)

September 7 at noon

[Taking Steps Towards Becoming Tobacco Free \(webinar\)](#)

September 15 at noon

[Improving Your Posture \(webinar\)](#)

September 22 at 11:30 a.m.

[Making YOU a Priority \(webinar\)](#)

September 27 at 11:30 a.m.

[How Diet Culture Impacts Self-esteem and Health Behaviors \(webinar\)](#)

September 29 at noon

[Buckeyes for Breastfeeding: Starting Out Right \(webinar\)](#)

September 28 at 11:00 a.m.

GROUP HEALTH COACHING:

[Mindful Strategies for Family Wellness \(webinar\)](#)

September 7, 14, 21 and 28 at noon

[Preventing the Diagnosis: Diabetes \(webinar\)](#)

September 12, 19 and 26; October 3 at 12:30 p.m.



BUCKEYE BABY PROGRAMS:

[Navigating OSU Health Plan Benefits and Resources \(webinar\)](#)

September 13 at noon

[Navigating 1st & 2nd trimester of Pregnancy \(webinar\)](#)

September 20 at noon

Buckeye Baby webinars are available to expecting parents enrolled in an OSU Health Plan.

For additional Parenting & Family webinar topics, visit linktohealth.osu.edu (search Educational Program).



The OSU Health Plan (OSUHP) is here to help you improve and maintain a healthy lifestyle!

Check out our comprehensive [Weight Management](#) page for access to a self-guided BMI-Weight Management overview, printable resources to get started, educational videos, and the ability to connect with the OSUHP Wellness Team.

MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Personal Health Coaching

If you have a co-worker that is eligible for Ohio State benefits or a spouse enrolled in the Ohio State medical plan that would like the support of a health coach, feel free to forward this flyer. They can contact us at healthcoach.osuhealthplan@osumc.edu to schedule a call. To learn more about our team and other programs we lead at Ohio State check out this [online webinar](#).

Call (614) 292-4700, option 0 or email healthcoach.osuhealthplan@osumc.edu
www.osuhealthplan.com