

ARE YOU A HEALTHY BUCKEYE? TELL US YOUR STORY!

Participate in Your Plan for Health's Faculty/Staff Video Contest

Our goal is to be the healthiest university on the globe, and our success depends on you! Show your Buckeye pride and tell us what you're doing to be a Healthy Buckeye. Are you eating healthy, moving more, taking time to relax? Or maybe you've leveraged Ohio State resources, such as the Personal Health & Well-Being Assessment, Health Coaching, or Care Coordination, to improve or maintain your healthy lifestyle? Whatever your story, submit it in video format and inspire Buckeyes to greater health and well-being!

HERE'S WHAT YOU NEED TO DO:

1 CREATE

Your Healthy Buckeye video in an approved format.

2 UPLOAD

Your video to BuckeyeBox (box.osu.edu) and complete the required submission forms. For details, visit go.osu.edu/HealthyBuckeyeContest.

3 EMAIL

Your completed submission forms with a link to your video to yp4h@hr.osu.edu by 11:59 p.m. EDT on July 19, 2013.



Video submissions will be evaluated on the following criteria:

- Best use of the Healthy Buckeye theme
- Creative storytelling
- Inspirational and fun message

All videos are subject to the Contest Guidelines found at go.osu.edu/HBGuidelines. Videos can be created in teams of up to five people. Each winner will receive a \$75 gift card (one per person) to a sporting goods store. The winning video(s) will also be recognized during the OSU Health Plan/Your Plan for Health Rally for Wellness on August 13, 2013 – winners will receive team trophies and community recognition as Healthy Buckeyes from Brutus and Ohio State leaders!



Visit go.osu.edu/HealthyBuckeyeContest for more details.