



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

Join us for the following upcoming events in January:

Educational Programs:

Kick Off The New Year with Wellness

January 9 at 12:00 p.m.

Webinar

5 Critical Aspects of Financial Wellness

January 10 at 12:00 p.m.

Webinar

YP4H New Quarterly Rewards Part 2

January 15 at 11:00 a.m.

Webinar

Stress Proof Your Nervous System

January 23 at 11:00 a.m.

Webinar

What is Health Coaching?

January 24 at 11:30 a.m.

Webinar

For more information about these events or to register: <https://linktohealth.osu.edu>
Click on 'Educational Program' or 'Group Health Coaching' or 'Physical Activity Programs'

Group Health Coaching:

Relax to Recharge

Weds starting January 9 at 1:00 p.m.

4 week webinar series

Finding Your Happy Weight

Thurs starting January 17 at 12:30 p.m.

6 week webinar series

Buckeye Baby:

Buckeye Baby Program

Tuesdays starting January 8 at 12:00 p.m.

4 week webinar series

Email OSUHPBuckeyeBaby@osumc.edu to enroll

Emotional Well-being Spotlight:

Give Biofeedback a Try!

In a 30 minute session, we will introduce you to breathing techniques, resiliency skills and biomedical feedback technology.

Check for available appointments in January and February by selecting 'Educational Program'



THE OHIO STATE UNIVERSITY
HEALTH PLAN

614-292-4700 Option 0
www.osuhealthplan.com
Email: healthcoach.osuhealthplan@osumc.edu

YOUR PLAN
FOR HEALTH



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



Join us for the following upcoming events in February:

Educational Programs:

Women & Money

February 5 at 11:00 a.m.
Webinar

GMO or GMNo?

February 12 at 12:00 p.m.
Webinar

Buckeye Baby 4th Trimester Care

February 26 at 11:00 a.m.
Webinar

Give Biofeedback a Try!

In a 30 minute session, we will introduce you to breathing techniques, resiliency skills and biomedical feedback technology.

Check for available appointments in February by selecting 'Educational Program'

Group Health Coaching:

Family Wellness

February 1 at 12:30 p.m.
4 week webinar series

Live Smart for a Healthy Heart

February 20 at 12:30 p.m.
4 week webinar series

For more information about these events or to register: <https://linktohealth.osu.edu>
Click on 'Educational Program' or 'Group Health Coaching' or 'Physical Activity Programs'

For a list of our archived webinars, visit go.osu.edu/hparchives

Are you interested in scheduling a Biometric Health Screening Event for your department?

Contact lori.reiter@osumc.edu for more information.

The biometric values that you can use to earn the premium credit must be verified by a health care provider such as an on campus screening or your primary care provider.



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