

Healthy Lifestyle Programs

Program Requirements for Approval of Incentives

(Points will apply to the quarter processed by YP4H.clincialservices@osumc.edu and Virgin Pulse)



Program Name	Commitment	Additional Information	Verification Submitted to OSUHP
Weight Watchers	Attend at least 9 meetings in 3 consecutive months	For more information or to join go to: go.osu.edu/weightwatchers Medically Enrolled Faculty, Staff and Spouses are eligible for a 50% subsidy for this program.	<ul style="list-style-type: none"> Completed Verification form Copy of official meeting attendance history
Healthy Living Program (OSU WMC)	Attend this self-guided 12 week program	This program offers structure and accountability without weekly classes and is designed for those who are self-motivated and looking for guidance to create a healthier lifestyle. For more information or to join go to: OSU Comprehensive Weight Management: Healthy Living or call 614-366-6675. Medically Enrolled Faculty, Staff and Spouses are eligible for a 50% subsidy for this program.	<ul style="list-style-type: none"> Completed Verification form Copy of your completed form with goals, attendance, wrap up summary, and participant and HC signature
Living Well Phase I	<ul style="list-style-type: none"> Minimum 3 months Attend at least 11 of 14 sessions 80% completion of food/exercise logs Completion of all fitness evaluations 	Living Well is the complete wellness and total health approach to weight management. Phase 1 focuses on weight loss through healthy nutrition, behavior modification and exercise. For more information go to OSU Comprehensive Weight Management: Living Well or call 614-366-6675. Medically Enrolled Faculty, Staff and Spouses are eligible for a 50% subsidy for this program.	<ul style="list-style-type: none"> Completed Verification form Copy of your completed summary and attendance report provided by program staff



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<p>Living Well Phase II</p>	<ul style="list-style-type: none"> • Minimum 3 months • Attend at least 11 of 14 sessions • 80% completion of food/exercise logs • Completion of all fitness evaluations 	<p>Living Well is the complete wellness and total health approach to weight management. Phase 1 focuses on weight loss through healthy nutrition, behavior modification and exercise.</p> <p>For more information go to: OSU Comprehensive Weight Management: Living Well or call 614-366-6675.</p> <p>Medically Enrolled Faculty, Staff and Spouses are eligible for a 50% subsidy for this program.</p>	<ul style="list-style-type: none"> • Completed Verification form • Copy of your completed summary and attendance report provided by program staff
<p>Living Well Phase III</p>	<p>1 year program with minimum 80% session attendance</p>	<p>Intended for those who are already making steps towards their health goals. This program helps individuals maintain, restart, or take the next step, on their previous health goal success.</p> <p>For more information or to enroll go to: OSU Comprehensive Weight Management: Living Well or call 614-366-6675.</p> <p>Medically Enrolled Faculty, Staff and Spouses are eligible for a 50% subsidy for this program.</p>	<ul style="list-style-type: none"> • Completed Verification form • Copy of your completed fitness evaluations and final paperwork summary and attendance report provided by program staff
<p>Real Solutions</p>	<p>3 months</p>	<p>The Real Solutions program is a dietitian led education group focusing on strategies to make positive lifestyle changes a lasting reality. This program is ideal for participants with a BMI under 35 and focuses on the basics of weight loss.</p> <p>For more information or to enroll go to: OSU Comprehensive Weight Management: Real Solutions or call 614-366-6675</p>	<ul style="list-style-type: none"> • Completed Verification form • Copy of your completed



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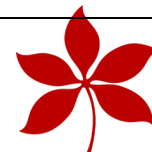
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<p>Cardiac Rehab Phase 2</p>	<p>Attend at least 26 visits over 4 months (in some cases, 2 visits may happen on the same day). Program schedule is 36 visits/3months</p>	<p>Cardiac Rehabilitation programs guide you and your family through recovery after a heart-related event. Physician referral required.</p> <p>For more information about OSU's Cardiac Rehab program go to: https://wexnermedical.osu.edu/heart-vascular/cardiac-rehabilitation</p> <p>OSUHP Medically Enrolled Faculty, Staff, and Spouses are covered at 100% for this program. Benefits-eligible and not enrolled may also be eligible for this incentive based upon their personal insurance plan coverage.</p>	<ul style="list-style-type: none"> • Completed Verification form • Copy of your completed Cardiac Rehab attendance report provided by program staff
<p>Pulmonary Rehab Phase 2</p>	<p>Attend 24 visits</p>	<p>Pulmonary Rehabilitation Program can help keep you out of the hospital, deepen your understanding of your condition, reduce your shortness of breath and increase your independence.</p> <p>OSUHP Medically Enrolled Faculty, Staff, and Spouses are covered at 100% for this program. Benefits-eligible and not enrolled may also be eligible for this incentive based upon their personal insurance plan coverage.</p>	<ul style="list-style-type: none"> • Completed Verification form • Copy of your completed PR attendance report provided by program staff
<p>Innovative Diabetes Management (COPC)</p>	<p>Series of 4 weekly classes lasting 2 hours each, A1c follow-up after 3 months with PCP</p>	<p>COPC Innovative Diabetes Management was formed to provide education and support to patients living with Adult Type 1 and Adult Type 2 diabetes. We'll teach you the skills you need to manage your disease and reduce its potential long term effects.</p> <p>For more information go to: COPCP Diabetes Management</p> <p>Open to both Pre-diabetic and Diabetics. Physician referral required</p>	<ul style="list-style-type: none"> • Completed Verification form • Copy of your proof of attendance with instructor signature as well as pre/post A1C values
<p>Diabetes Prevention Program</p>	<p>1 year program, attend at least 13 of 16 weekly sessions and 6 of 9 biweekly and monthly sessions</p>	<p>This small-group program helps people with prediabetes eat healthier, increase physical activity, and lose weight, which can delay or prevent the onset of type 2 diabetes.</p> <p>To qualify for enrollment in to this program, you must meet the following criteria:</p> <ul style="list-style-type: none"> • At least 21 years of age • Body Mass Index (BMI) at or above 25 • Hemoglobin A1c between 5.7-6.4% OR Fasting Plasma Glucose between 100-125 mg/dL OR a 2- hour (75 gm glucola) • Plasma Glucose between 140-199 mg/dL. 	<ul style="list-style-type: none"> • Completed Verification form • Copy of your completed attendance report provided by program staff



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<p>Scarlet and Grey Way to Diabetes Self- Management Education</p>	<p>3 months or more</p>	<p>The Scarlet & Grey Way to Diabetes Self- Management Education Program offers comprehensive services for patients with type 1 diabetes, type 2-diabetes or pre-diabetes.</p> <p>To learn more call 614-688-6251 or visit Scarlet and Grey Way. Physician referral required</p>	<ul style="list-style-type: none"> • Completed Verification form • Proof of attendance and your personal program summary
<p>Exercise is Medicine</p> <p>Contact Allan Sommer to confirm details</p> <p>Office Phone: 614-685-8686</p>	<p>Attend 3 one-on-one sessions with a fitness specialist and 16 group exercise sessions over eight weeks.</p>	<p>Exercise is Medicine™, a physical activity program offered through Wexner Medical Center, available to faculty and staff enrolled in the medical plan. The program provides physical activity resources, one-on-one sessions with a fitness specialist and 16 group exercise sessions over eight weeks.</p> <p>To participate, you will need a physician referral into the program.</p>	<ul style="list-style-type: none"> • Completed Verification form • Proof of attendance and your personal program summary
<p>OTHER OPTIONS</p>	<p>At least 3 months in duration</p>	<p>Other possible Healthy Lifestyle Programs must be submitted to OSUHP for pre-approval before enrolling for points to be awarded.</p> <p>In order to qualify a potential healthy lifestyle program needs to meet all of the following requirements:</p> <ul style="list-style-type: none"> • An evidence-based structured and/or curriculum based program demonstrating healthy behavior changes • At least 3 months in duration • Have clear objectives and goals • Measure goals and objectives 	<ul style="list-style-type: none"> • Completed Verification form submitted <u>prior</u> to participating in the program • Proof of attendance and program summary at the conclusion of the program



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