## Healthy Lifestyle Programs

### Program Requirements for Approval of Incentives

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

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Commitment</th>
<th>Additional Information</th>
<th>Verification Submitted to OSUHP</th>
</tr>
</thead>
</table>
| **Weight Watchers**           | Attend at least 9 meetings in 3 consecutive months                           | For more information or to join go to: [go.osu.edu/weightwatchers](go.osu.edu/weightwatchers) | • Completed Verification form  
• Copy of official meeting attendance history                                      |
|                               |                                                                             | Medically Enrolled Faculty, Staff and Spouses are eligible for a 50% subsidy for this program. |                                                                                                 |
| **Healthy Living 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. | • Completed Verification form  
• Copy of your completed form with goals, attendance, wrap up summary, and participant and HC signature  |
| (OSU WMC)                     | Attend this self-guided 12 week program                                      | For more information or to join go to: [OSU Comprehensive Weight Management: Healthy Living](osu.com)/Weight Management: Healthy Living or call 614-366-6675. |                                                                                                 |
|                               |                                                                             | Medically Enrolled Faculty, Staff and Spouses are eligible for a 50% subsidy for this program. |                                                                                                 |
| **Living Well Phase I**       | • 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](osu.com)/Living Well or call 614-366-6675. | • Completed Verification form  
• Copy of your completed summary and attendance report provided by program staff  |
|                               |                                                                             | Medically Enrolled Faculty, Staff and Spouses are eligible for a 50% subsidy for this program. |                                                                                                 |
| **Living Well Phase II** | 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. |
| **Living Well Phase III** | 1 year program with minimum 80% session attendance | 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.

For more information or to enroll 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. |
| **Real Solutions** | 3 months | 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.

For more information or to enroll go to: OSU Comprehensive Weight Management: Real Solutions or call 614-366-6675 |
|  |  | • Complete Verification form  
• Copy of your completed summary and attendance report provided by program staff |
|  |  | • Completed Verification form  
• Copy of your completed fitness evaluations and final paperwork summary and attendance report provided by program staff |
|  |  | • Completed Verification form  
• Copy of your completed summary and attendance report provided by program staff |
| **Cardiac Rehab Phase 2** | 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 | Cardiac Rehabilitation programs guide you and your family through recovery after a heart-related event. Physician referral required. For more information about OSU’s Cardiac Rehab program go to: [https://wexnermedical.osu.edu/heart-vascular/cardiac-rehabilitation](https://wexnermedical.osu.edu/heart-vascular/cardiac-rehabilitation) 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. | • Completed Verification form  • Copy of your completed Cardiac Rehab attendance report provided by program staff |
| **Pulmonary Rehab Phase 2** | Attend 24 visits | 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. 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. | • Completed Verification form  • Copy of your completed PR attendance report provided by program staff |
| **Innovative Diabetes Management (COPC)** | Series of 4 weekly classes lasting 2 hours each, A1c follow-up after 3 months with PCP | 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. For more information go to: [COPCP Diabetes Management](#) Open to both Pre-diabetic and Diabetics. Physician referral required | • Completed Verification form  • Copy of your proof of attendance with instructor signature as well as pre/post A1C values |
| **Diabetes Prevention Program** | 1 year program, attend at least 13 of 16 weekly sessions and 6 of 9 biweekly and monthly sessions | 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. To qualify for enrollment in to this program, you must meet the following criteria:  • 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. | • Completed Verification form  • Copy of your completed attendance report provided by program staff |
| Scarlet and Grey Way to Diabetes Self-Management Education | 3 months or more | 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. To learn more call 614-688-6251 or visit Scarlet and Grey Way. Physician referral required | • Completed Verification form  
• Proof of attendance and your personal program summary |
| Exercise is Medicine | Attend 3 one-on-one sessions with a fitness specialist and 16 group exercise sessions over eight weeks. | 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. To participate, you will need a physician referral into the program. | • Completed Verification form  
• Proof of attendance and your personal program summary |
| Other Options | At least 3 months in duration | Other possible Healthy Lifestyle Programs must be submitted to OSUHP for pre-approval before enrolling for points to be awarded. In order to qualify a potential healthy lifestyle program needs to meet all of the following requirements:  
• 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 | • Completed Verification form submitted prior to participating in the program  
• Proof of attendance and program summary at the conclusion of the program |