# We've got your back! OSU Health Plan Health Coaches are here to support you on your wellness journey.

### How Health Coaching Works

Coaching sessions take place by phone and may consist of conversations about nutrition, physical activity, stress management, tobacco cessation, and/or weight management. Your coach will help you develop a personalized vision and strategy to meet your goals.

### **Participants**

Benefits-eligible faculty and staff and OSU Health Plan enrolled spouses are eligible for health coaching services. Participating in the OSU Health Coaching Program is completely voluntary, confidential, and offered at no cost to you.

### **Incentive Points**

Earn Your Plan for Health (YP4H) points while you are working with your health coach! Locate the health coaching tools at linktohealth.osu.edu under the MY PLAN tab. Points are awarded after completed tools are reviewed during your health coaching session.

### To Get Scheduled

Email healthcoach.osuhealthplan@osumc.edu or call (614) 292-4700 or (800) 678-6269.













The OSU Health Plan is an affiliated corporation of the OSU Wexner Medical Center and the service provider for Your Plan for Health (YP4H).

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## **Group Health Coaching Incentive Points**

Interested in joining a group of fellow Buckeyes with common health interests and goals?

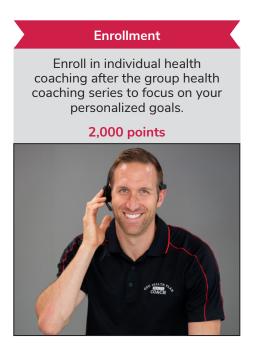
Group Health Coaching is a great way to share your ideas, tips, and goals with others during a online webinar group session. You can also earn incentive points for your participation!

To join a group, log on to linktohealth.osu.edu and click on Group Health Coaching, then click "Group Health Coaching Session" under appointment or class type to explore topics.

Register for the first session of the series at least 24 hours in advance. If you are unable to attend the session live, register and we will send you the recording to view at your convenience.



# Health Coaching Surveys Complete both the pre and post group health coaching surveys. 250 points/series\*









Learn more at: osuhealthplan.com

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<sup>\*</sup> You can complete as many series as you would like, and can receive points for a maximum of four "Group Health Coaching and/or EAP series" per year.