

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
WW 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
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 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.	<ul style="list-style-type: none"> 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.	<ul style="list-style-type: none"> Completed Verification form Copy of your completed PR attendance report provided by program staff



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<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.</p> <p>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>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.</p> <p>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><i>For more information contact:</i> E-Mail: exerciseismedicine@osumc.edu</p>	<p>Attend 3 one-on-one sessions with a fitness specialist and 16 group exercise sessions over 8 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>Physician referral required</p>	<ul style="list-style-type: none"> • Completed Verification form • Proof of attendance and your personal program summary



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<p>Mindfulness in Motion</p>	<p>Attend at least 6 of 8 weekly sessions</p>	<p>For more information about Mindfulness in Motion visit: mindfulnessinmotion.mailchimpsites.com</p> <p>University Faculty/Staff: This program is available for purchase, but also eligible for LSA reimbursement. Register: event.me/wr8WyE</p> <p>OSUWMC employees only: This program is fully subsidized through Gabbe Health and Wellbeing. Register: osu.az1.qualtrics.com/jfe/form/SV_dnIJ5JS5azOmkbY</p> <p>Benefit Enrolled Spouses are eligible to purchase and participate in this program as well.</p>	<ul style="list-style-type: none"> • Completed Verification form. • Copy of your completed attendance report provided by program staff.
<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>Please contact YP4H.clinicalservices@osumc.edu for more information.</p>	<ul style="list-style-type: none"> • Completed Verification form • Proof of attendance and program summary at the conclusion of the program



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