

# Healthy Lifestyle Programs

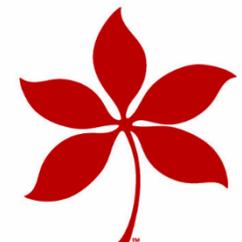
## Program Requirements for Approval of Incentives



Program Name	Commitment	Additional Information	Verification Form Submitted to OSUHP
Weight Watchers	Attend at least 9 meetings in 3 consecutive months  <i>Online only is not accepted for this incentive</i>	For more information or to join go to: <a href="https://yp4h.osu.edu/weight-management/weight-watchers-ohio-state">https://yp4h.osu.edu/weight-management/weight-watchers-ohio-state</a>  Medically Enrolled Faculty, Staff and S/SSPD's are eligible for a 50% subsidy for this program	<ul style="list-style-type: none"> <li>- Provide completed Verification form</li> <li>- Provide copy of official meeting attendance history.</li> </ul>
Healthy Living Program (OSU WMC)  <i>Call 614-366-6675 to learn more</i>	Attend this self-guided 12 week program.	This program offers structure and accountability without weekly classes. Designed for those who are self-motivated and looking for guidance to create a healthier lifestyle. For more information and to join go to: <a href="#">OSU Comprehensive Weight Management: Healthy Living</a> (hyper link attached)  Medically Enrolled Faculty, Staff and S/SSPD's are eligible for a 50% subsidy for this program.	<ul style="list-style-type: none"> <li>- Provide completed Verification form</li> <li>- Provide a copy of your completed form with goals, attendance, wrap up summary, and participant and HC signature.</li> </ul>
Living Well Phase I (OSU WMC)  <i>Call 614-366-6675 to learn more</i>	Minimum 3 months, attend at least 11 of 14 sessions, 80% completion of food/exercise logs, and 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 <a href="#">OSU Comprehensive Weight Management: Living Well</a> (hyper link attached)  Medically Enrolled Faculty, Staff and S/SSPD's are eligible for a 50% subsidy for this program.	<ul style="list-style-type: none"> <li>- Provide completed Verification form</li> <li>- Provide a copy of your completed summary and attendance report provided by program staff</li> </ul>



**THE OHIO STATE UNIVERSITY**  
HUMAN RESOURCES



<p>Living Well Phase II</p> <p><i>Call 614-366-6675 to learn more</i></p>	<p>Minimum 3 months attend 20 of 25 sessions, 80% completion of food/exercise logs, and completion of all fitness evaluations</p>	<p>Available after completion of Phase I Phase II offers progressively less structure with more emphasis on activity and identifying and overcoming barriers to weight loss and wellness.</p> <p>For more information or to enroll go to <a href="#">OSU Comprehensive Weight Management: Living Well</a> (hyper link attached).</p> <p>Medically Enrolled Faculty, Staff and S/SSPD's are eligible for a 50% subsidy for this program.</p>	<ul style="list-style-type: none"> <li>- Provide completed Verification form</li> <li>- Provide a copy of your completed summary and attendance report provided by program staff</li> </ul>
<p>Step it Up</p> <p><i>Call 614-366-6675 to learn more</i></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: <a href="#">OSU Comprehensive Weight Management: Step It Up</a> (hyper link attached).</p> <p>Medically Enrolled Faculty, Staff and S/SSPD's are eligible for a 50% subsidy for this program.</p>	<ul style="list-style-type: none"> <li>- Provide completed Verification form</li> <li>- Provide a copy of your completed fitness evaluations and final paperwork summary and attendance report provided by program staff..</li> </ul>
<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: <a href="https://wexnermedical.osu.edu/heart-vascular/cardiac-rehabilitation">https://wexnermedical.osu.edu/heart-vascular/cardiac-rehabilitation</a></p> <p>OSUHP Medically Enrolled Faculty, Staff, and S/SSPD's 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"> <li>- Provide completed Verification form</li> <li>- Provide a copy of your completed Cardiac Rehab attendance report provided by program staff.</li> </ul>
<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 S/SSPD's 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"> <li>- Provide completed Verification form</li> <li>- Provide a copy of your completed PR attendance report provided by program staff</li> </ul>

<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>Open to both Pre-diabetic and Diabetics</p> <p>For more information go to:  <a href="https://www.copcp.com/HealthServices/DiabetesManagement">https://www.copcp.com/HealthServices/DiabetesManagement</a></p> <p>Physician referral required</p>	<ul style="list-style-type: none"> <li>- Provide completed Verification form</li> <li>- Provide a copy of your proof of attendance with instructor signature as well as pre/post A1c values.</li> </ul>
<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 their physical activity, and lose weight, which can delay or even 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 old Have a Body Mass Index (BMI) at or above 25  <i>(more below)</i>  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..</p>	<ul style="list-style-type: none"> <li>- Provide completed Verification form</li> <li>- Provide a copy of your completed attendance report provided by program staff</li> </ul>
<p>Scarlet and Grey Way to Diabetes Self-Management Education</p> <p><i>Call 614-688-6251 to learn more.</i></p>	<p>3 months or more</p>	<p>The Scarlet &amp; Grey Way to Diabetes Self-Management Education Program offers comprehensive services for patients with type 1 diabetes, type 2-diabetes or pre-diabetes.  <a href="#">physician referral required</a></p>	<ul style="list-style-type: none"> <li>- Provide completed Verification form</li> <li>- Provide proof of attendance and your personal program summary.</li> </ul>
<p>Dining with Diabetes: Beyond the Kitchen</p>	<p>Complete 3 modules at your own pace</p>	<p>“Dining with Diabetes: Beyond the Kitchen” is an on-line class designed to help people with diabetes and their families learn how to prepare healthy meals, make informed choices when eating out or on the go, and while grocery shopping. Participants work at their own pace and engage with presentations, virtual shopping tours, discussion forums, quizzes, cooking demonstration videos, links to websites, and app reviews.  Visit <a href="http://go.osu.edu/DWDBtK">go.osu.edu/DWDBtK</a> and click “buy now.”  Participants who complete the course will be eligible for</p>	<ul style="list-style-type: none"> <li>- Provide completed Verification form</li> <li>- Provide Program completion certificate or completion email from the instructors.</li> </ul>

		quarterly prize drawing of a \$100 gift card.	
OTHER OPTIONS	In order to qualify a potential healthy lifestyle program needs to meet all of the following requirements: <ul style="list-style-type: none"> <li>- An evidence based structured program demonstrating healthy behavior changes</li> <li>- At least 3 months in duration</li> <li>- Have clear objectives and goals</li> <li>- Measure goals and objectives</li> </ul>	Other possible Healthy Lifestyle Programs must be submitted to OSUHP for <b>pre-approval</b> before enrolling for points to be awarded.	<ul style="list-style-type: none"> <li>- Completed Verification form submitted <u>prior</u> to participating in the program</li> <li>- Provide proof of attendance and program summary at the conclusion of the program</li> </ul>