

# Hungry for Wellness?

**Hello!**

Do you want to learn ways to live a **healthier lifestyle**?

Do you need a **biometric health screening**?

Want to talk to a **Health Coach**?

Need a relaxing **massage**?

Take a look at The OSU Health Plan's menu of wellness services and send us an email today! All services are complimentary and available to benefits-eligible faculty, staff and their families.

We can't wait to visit your department!

## Individual & Group Health Coaching

Would you and your co-workers like to work together to lose weight, manage stress, and/or quit smoking?

A health coach can help you develop an action plan with personalized goals to improve your health and wellness.

To schedule an individual or group health coaching session

**Email: [HealthCoach.OSUHealthPlan@osumc.edu](mailto:HealthCoach.OSUHealthPlan@osumc.edu)**

## Educational Programming

Watch live webinars with your co-workers that focus on physical activity, nutrition, stress management and other health related topics.

Visit <https://linktohealth.osu.edu> to register.

If you miss the live offering, view the recording together by visiting:

**<http://go.osu.edu/OSUHP-WebcastArchives>**

**Questions? Email: [yp4h.clinicalservices@osumc.edu](mailto:yp4h.clinicalservices@osumc.edu)**

## Biometric Health Screenings

Do you and your co-workers need your numbers to complete your PHA? Don't worry about leaving the office; we will bring our nurses to your department!

**Email: [lori.reiter@osumc.edu](mailto:lori.reiter@osumc.edu)**

## Department Massage Therapy

Are you and your co-workers feeling stressed?!

Our Massage Therapist can visit your department and provide 10-minute chair massages to relieve stress, tension, and alleviate neck and shoulder pain.

**Email: [yp4h.clinicalservices@osumc.edu](mailto:yp4h.clinicalservices@osumc.edu)**

## Flu Vaccinations\*\*

Make it easy on yourself and your co-workers by scheduling a visit from our nurses to give flu vaccinations.

\*\*Only available in October and early November

**Email: [lori.reiter@osumc.edu](mailto:lori.reiter@osumc.edu)**