






Ohio State's Approach to Weight Management


Obesity affects more than a third of U.S. adults. At The Ohio State University Wexner Medical Center, we know that each of these individuals has unique needs; many struggling with obesity also have related medical conditions including heart disease, type 2 diabetes and breathing problems that can make weight loss even more difficult. If you're part of that one-third of Americans and you want to lose weight, we're here to help! You can trust our experts to give you the tools you need to meet your goals. Talk to your doctor or health care team if you have any questions about your care.

Lifestyle and Weight Management Programs			
Program	Services Available	Learn More	Cost
Personal Health Coaching	<p>Time Commitment: Varies</p> <ul style="list-style-type: none"> Ohio State Health Plan members have access to free personal health coaching from a trained health professional. Your coach will support you through regular phone sessions and, when needed, connect you to community resources to assist in your journey to better health. 	<p>Call: 614-292-4700</p> <p>Website:</p>  <p>osuhealthplan.com/programs-and-services/health-coaching</p>	Free for Ohio State Health Plan members and benefit-eligible faculty and staff.
Exercise is Medicine	<p>Time Commitment: 11 weeks</p> <p>Turn motivation into habit and habit into better health.</p> <ul style="list-style-type: none"> The program involves three one-on-one and 16 group sessions over 11 weeks. These one-hour group exercise sessions are held twice a week for eight weeks after you've mastered each of the prescribed exercises. 	<p>Call: 614-685-8686</p> <p>Website:</p>  <p>wexnermedical.osu.edu/health-and-wellness/exercise-is-medicine</p>	<p>\$200</p> <ul style="list-style-type: none"> Ohio State Health Plan members are reimbursed for 50% of the program cost.
Exercise Enhanced Weight Loss	<p>Time Commitment: 12 weeks</p> <p>Program includes:</p> <ul style="list-style-type: none"> Three in-person, one-on-one sessions with an exercise physiologist. A personalized exercise plan. 16 in-person group exercise classes, two per week, at one of our seven locations. An online weekly group meeting to provide support and discuss strategies for weight loss. A food journal to track your weekly diet and review with a registered dietitian. 	<p>Call: 614- 685-8686</p> <p>Website:</p>  <p>wexnermedical.osu.edu/weight-management/weight-management-nonsurgical/exercise-enhanced</p>	Currently not offered

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Healthy Living	<p>Time commitment: 3 months</p> <p>Offers structure and accountability without weekly classes. Designed for those who are self-motivated and looking for personalized guidance in achieving better health.</p> <ul style="list-style-type: none"> • Initial 60-minute orientation with a health coach. • Two 30-minute sessions with a health professional of your choice, such as exercise physiologist, health coach or dietitian (MedGem®). • Twelve weekly 15-minute check-ins to review progress over six months. • 30-minute wrap-up meeting to review progress and set ongoing goals. 	<p>Call: 614-366-6675</p> <p>Website:</p>  <p>wexnermedical.osu.edu/weight-management/weight-management-nonsurgical/healthy-living</p>	<p>\$390</p> <ul style="list-style-type: none"> • Pay in full OR pay \$220 deposit at first appointment and one additional payment of \$220 (total of \$440) • Ohio State University Health Plan members may be eligible for up to 50% reimbursement
Living Well	<p>Time commitment: 6 months</p> <p>Phase 1: Focuses on good nutrition, weight loss, stress management and exercise to help you feel better and prevent complications from chronic conditions.</p> <ul style="list-style-type: none"> • Individual initial appointment to assess current lifestyle habits and develop an individual plan to support weight loss. • MedGem test to assess caloric needs. • Individualized meal plan developed in collaboration with a dietitian. • Biweekly nutrition and behavioral class held virtually on Tuesdays at 5:30 p.m. • Weekly structured group exercise class held on-site Mondays and Wednesday 5-7 p.m. • Educational materials in the areas of nutrition, exercise and behavior change, developed by a registered dietitian, exercise physiologist and behavioral health specialist. • Fitness evaluations at weeks one and 24, with a midpoint progress check at week 12. • Weekly weight and progress checks. • 30-minute wrap-up meeting to review progress and set ongoing goals. • Food and exercise journals reviewed weekly. • Individual appointments monthly with a registered dietitian, exercise physiologist and health coach. • Structured group exercise classes and peer support. 	<p>Call: 614-366-6675</p> <p>Website:</p>  <p>wexnermedical.osu.edu/weight-management/weight-management-nonsurgical/living-well</p>	<p>Cost: \$800</p> <ul style="list-style-type: none"> • Pay in full OR pay \$300 deposit prior to first appointment and two additional payments of \$300 for two months (total of \$900)




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Living Well	<p>Phase 2: Continuation of the first six-month program with progressively less structure. More emphasis is placed on activity and identifying and overcoming the behavioral roadblocks that can prevent you from reaching your weight loss and lifestyle goals.</p> <ul style="list-style-type: none"> • Biweekly education class that focuses on the underlying issues that often sabotage success. • Biweekly weight and progress checks • Weekly exercise class held on-site Mondays and Wednesdays 5-7 p.m. and an option for a pool class on Thursdays at 5 p.m. or 6 p.m. • Food and exercise journals reviewed weekly • Educational classes that meet the first and third Monday of the month at 5:30 p.m. • Nutrition and behavioral topics taught remotely on the first Monday of the month, and taught on-site the third Monday of the month. • Exercise taught on-site Mondays and Wednesdays 5-7 p.m. • Final fitness evaluation to gauge progress. 	<p>Call: 614-366-6675 Website:</p>  <p>wexnermedical.osu.edu/weight-management/weight-management-nonsurgical/living-well</p>	<p>Cost: \$300</p> <ul style="list-style-type: none"> • Add-on: Repeat MedGem: \$65 • Add-on: Individual 30-minute appointment with provider of your choice: \$65

Lifestyle and Weight Management Apps

Program	Utilities	Learn More	Cost
MyChart	<p>MyChart allows you to manage your health care anytime, anywhere. Through this app you can:</p> <ul style="list-style-type: none"> • Exchange messages with your provider. • Request appointments. • Renew prescriptions. • Check your test results. • Share health data directly from smartphone to MyChart. 	<p>Website:</p>  <p>wexnermedical.osu.edu/features/mychart/activation</p>	<p>Free</p>
MyPlate	<p>Use this app to set simple goals that support healthy eating.</p> <ul style="list-style-type: none"> • Tools include daily food goals (fruits, vegetables, grains, protein and dairy) and the ability to sync with smartwatches. • Users can earn badges for meeting goals and select from a variety of options for notifications and reminders. 	<p>Website:</p>  <p>choosemyplate.gov</p>	<p>Free</p>
MyFitnessPal	<p>MyFitnessPal is a smartphone app and website that helps participants track diet and exercise.</p> <ul style="list-style-type: none"> • Users can scan the barcodes of various food items or manually find them in the database. 	<p>Website:</p>  <p>myfitnesspal.com</p>	<p>Free</p>

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Weight Watchers	Weight Watchers offers three different programs to help participants reach their health goals: <ul style="list-style-type: none"> Digital support Workshop and digital support Personal coaching and digital support 	Website:  weightwatchers.com	Membership can include Digital (\$8.48/month) or Digital + Private Virtual Workshop (\$19.11/month) for Ohio State Health Plan members.
Noom	Noom encourages long-term healthy eating habits. Through the app, users can access personalized, one-on-one coaching from a health expert, log meals and snacks, record exercise and track progress.	Website:  noom.com	A monthly plan starts at \$59 or you can get an annual membership for \$199.
OSU Health Plan Weight Management	Resources include: <ul style="list-style-type: none"> Access to a free self-guided weight management/BMI overview. Recommendations for maintaining a healthy weight through diet, physical fitness, proper hydration, sleep and mindfulness. Ability to connect with the Health Plan Wellness Team. 	Website:  osuhealthplan.com/ health-plan-tools/ weight-management	Free

If you have questions or concerns about any programs or applications, contact Ohio State’s Comprehensive Weight Management Program at **614-366-6675**. Costs may fluctuate based on employee benefits as well as promotional offers via applications.

During this time of public health concern, some weight management programs may be offered online only. Please contact the individual programs for any changes to the regular program format. We’ve taken significant measures to minimize the risk of the spread of COVID-19 and ensure that our patients are protected.