

HealthyUtah

Live Well, Work Well

Step 1 - Get Started

Create a myHealthy Utah account. If you haven't created an account yet, please visit www.healthyutah.org/myhu. You will need your PEHP identification number.

Step 2 - Get Checked

Participate in a Healthy Utah testing session (see right for schedule). All employees and spouses covered on the Jordan School District PEHP medical plan are eligible to participate in the health incentive program. Healthy Utah offers a free 30 minute appointment with a professional staff member, which includes these assessments:

- Cholesterol
- Diabetes risk
- Blood pressure
- Body Composition

If you would like to schedule an appointment, you can log into your myHealthy Utah account www.healthyutah.org/myhu or call Healthy Utah at 801-366-7555.

After you receive your biometrics / lab results from Healthy Utah, and take the Health Assessment, you can earn \$50 for the "First Steps" annually. You can also see if you're eligible to receive the \$50 "Good for You" rebate.

Step 3 - Get Involved

Participate in a health rebates & the educational opportunities.

Step 4 - Stay Fit

Participate in a health challenge or other Healthy Utah activity or service.

Healthy Utah 2016 Testing Schedule

January 21, 2016

Herriman High

12 PM - 5 PM

Tech Atrium

11917 South 6000 West

January 28, 2016

Transportation Dept.

9 AM - 2 PM

Training Room

8370 South 4300 West, West Jordan

February 4, 2016

District Office

12PM - 5PM

Room 129

7387 S. Campus View Dr., West Jordan

February 24, 2016

Auxiliary Services Bldg.

12 PM - 5 PM

PDC 113

7905 S. Redwood Road, West Jordan

March 3, 2016

Bingham High

12 PM - 5 PM

Media Center

2160 W. 10400 S., South Jordan

March 7, 2016

Copper Hills High

12 PM - 5 PM

Tech Atrium

5445 W. New Bingham Hwy (7800 S.), West Jordan

March 15, 2016

Riverton High

12 PM - 5 PM

Tech Atrium

12476 S. Silverwolf Way (2700 W), Riverton

More information
please visit:
www.myhealthyutah.org

JORDAN
SCHOOL DISTRICT



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