



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.pehp.org. 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 by visiting www.pehp.org 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 2017 Testing Schedule

January 18, 2017
Herriman High
12 PM - 5 PM
Tech Atrium
11917 South 6000 West

March 3, 2017
Transportation Dept.
9 AM - 2 PM
Training Room
8370 South 4300 West, West Jordan

February 1, 2017
District Office
12PM - 5PM
Room 129
7387 S. Campus View Dr., West Jordan

February 23, 2017
Auxiliary Services Bldg.
12 PM - 5 PM
PDC 103
7905 S. Redwood Road, West Jordan

March 8, 2017
Bingham High
12 PM - 5 PM
Media Center
2160 W. 10400 S., South Jordan

March 1, 2017
Copper Hills High
12 PM - 5 PM
Tech Atrium
5445 W. New Bingham Hwy (7800 S.),
West Jordan

March 15, 2017
Riverton High
12 PM - 5 PM
Tech Atrium
12476 S. Silverwolf Way (2700 W),
Riverton

More information
please visit:
www.pehp.org

