

## Wellness for You

### WeeCare

WeeCare is a pregnancy and postpartum program that provides educational materials and support to help expectant mothers have the healthiest and safest pregnancy possible. Earn a \$50 rebate just for participating.



### Tobacco Quitline

If you're thinking of quitting tobacco, PEHP Quitline can help you with each step of the way. Connect with your personal quitting coach today by calling 855-366-7500 or visit [pehp.quitlogix.org](http://pehp.quitlogix.org) for more information.



To learn more about your wellness benefits, log in to your PEHP account at [www.pehp.org](http://www.pehp.org)



### Contact Us

[www.pehp.org](http://www.pehp.org)

### Email

[healthyutah@pehp.org](mailto:healthyutah@pehp.org)

### Phone

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855-366-7300

### Fax

801-328-7300

### Mailing Address

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Salt Lake City, UT 84102



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## Wellness Programs



*PEHP Wellness programs are offered to members and spouses enrolled in the PEHP medical plan. Check with your Human Resources Department to see if your employer participates.*

## Wellness for the Worksite

### Wellness Council Support & Resources

A Wellness Council is a diverse team of individuals who work to improve the health and well-being of employees and the organization as a whole. They support employee-focused activities and organizational changes to create a healthy and productive workforce. Contact your HR department OR Contact us to see if your worksite has a Wellness Council. If not, we can help you create one!

### Work Well-Being Awards

This annual awards program provides incentives and recognition to Wellness Councils implementing the Governor's Work Well Recommendations to create healthy employees and workplaces.

### Worksite Wellness Mini-Grants

Wellness Councils can apply for grant money to support their wellness initiatives.

### Wellness Council Conference

This one-day annual conference includes training, networking, resources, and recognition of Wellness Councils' achievements.

*Our wellness programs give you support and know-how to reach your goals.*



## Wellness Education

### Lighten Up

This online class taught by a PEHP Registered Dietitian will introduce tools and key concepts to help you maintain a life-long healthy weight.

### Diabetes & YOU

This online class taught by a PEHP Registered Dietitian helps members better manage diabetes and improve health.

### Take Charge

This online class will help those with prediabetes improve their health, feel more energetic, and reduce the risk of developing type 2 diabetes.

### Seminars

PEHP Wellness staff conduct free on-site seminars throughout Utah on various health topics. Seminars are also offered virtually upon request.

### Webinars

Get connected online with our quarterly wellness webinar series. Join us for 30 minutes of useful health information. All webinars are archived online and can be viewed anytime.

### Wellness Challenges

These monthly email-based educational challenges can assist you with setting and achieving your health and wellness goals.

### Workout Warrior

Enroll monthly for this email-based program to receive tips and motivation to increase your physical activity.

### Healthy Recipes

This is your one-stop shop for healthy recipes and cooking tips! These yummy and healthy recipes will help you add variety to your diet and be creative in the kitchen. All recipes are approved by our registered dietitian.

## Wellness for You



### Wellness Rebates\*

#### First Steps Rebate (\$50)

Complete annual biometric testing (cholesterol, blood glucose, body composition, and blood pressure) at a Healthy Utah testing session or your annual preventive doctor visit. Then participate in one PEHP wellness webinar, one wellness challenge, and one Workout Warrior, and submit your online Health Questionnaire at [pehp.org](http://pehp.org) within 90 days after biometric screening to receive the First Steps Rebate.

#### Next Steps Rebate (\$50)

After completing the FirstSteps Rebate requirements, participate in your choice of PEHP Wellness activities and programs, then complete and submit the rebate form to receive the Next Steps rebate. Choose from activities including wellness webinars, monthly wellness challenges, Workout Warrior, online classes, and health coaching.

#### Other rebates:

- » Diabetes Management ..... \$100
- » Tobacco Cessation ..... \$50
- » WeeCare Rebate ..... \$50

Go to [www.pehp.org/rebates](http://www.pehp.org/rebates) to download rebate forms

### PEHP Health Coaching

This lifestyle behavior change program pairs you with a health coach to develop a personalized plan to help you meet your weight loss or other health goals. Available to members, spouses, and dependents. Kids' Coaching is also available to dependents age 6 to 18.

*\*PEHP Rebates may not apply to all plans and are taxable. Members in the Consumer Plus Plan are not eligible for rebates.*