



PEHP Waist Aweigh ♦ 560 East 200 South ♦ Salt Lake City, UT 84102-2004 ♦ 801-366-7478 ♦ Toll Free 800-753-7478

## PEHP WAIST AWEIGH OBESITY INTERVENTION PROGRAM PERSONAL HEALTH & BEHAVIORAL READINESS

### RE-ENROLLMENT APPLICATION

Member Name \_\_\_\_\_ Member ID # \_\_\_\_\_  
(Located on your Ins. Card)

What specific behavior change(s) have you made since your termination that will contribute to your success in the program for the 2<sup>nd</sup> time?

#### **BEHAVIORAL READINESS**

Setting reasonable and achievable goals takes personal responsibility. One of the keys in becoming a self-leader starts with S.M.A.R.T. goal setting toward behavior change.

#### **S.M.A.R.T. Goal Setting:**

You'll want to set a goal that is conceivable, one that your mind believes, and one that your body will carry out. The acronym S.M.A.R.T. outlines the set of criteria that your goal must follow in order to be a well-focused and achievable goal.

<b>S – SPECIFIC</b>	Be specific when making goals. State exactly what you want.
<b>M – MEASURABLE</b>	Your goals should include numbers – dates, times, pounds, inches, etc.
<b>A – ATTAINABLE</b>	Your goal has to be attainable. You cannot achieve what is not possible.
<b>R – REALISTIC</b>	Make sure your goal is realistic. You don't want to set yourself up for failure.
<b>T – TIME SPECIFIC</b>	There should be a time frame to achieve goals that are set.

**Bad example:** "I want to run a 5k."

**Good example:** "I want to run a 5k...I will start running 3 days per week for a minimum of 15 to 30 minutes each day until I am able to run a 5k and I will accomplish this by (Date)."

What (S.M.A.R.T.) goal(s) will you set and feel confident in achieving prior to re-enrolling in the Waist Aweigh Program?

- 1.
- 2.

#### **Next Steps**

Due to the popularity of the PEHP Waist Aweigh Obesity Intervention Program, the average wait time to start on the program is approximately 4 to 6 weeks. Your efforts to reach your goals will help in measuring your readiness to meet the program requirements. **Please Note: For Re-Enrollment, BMI cannot be greater than the lowest reported and /or verified weight at termination.** A current verification of weight must be submitted along with this form to re-enroll. A PEHP Coach will contact you to complete the program orientation and assess your readiness to join the program. If 2<sup>nd</sup> termination occurs within the same year, participants must wait one full year after 2<sup>nd</sup> termination to re-enroll.