

What is PEHP Waist Aweigh?



A high body mass index may put you at risk for cardiovascular disease, high blood pressure, and diabetes.

But here's the good news: You don't have to tackle the problem alone. For PEHP members with a BMI of 30 or higher, we offer a program to provide education, support, financial assistance, and encouragement for weight management and health improvement.

If you are serious about making positive changes, the PEHP Waist Aweigh Obesity Intervention Program may be for you. Our knowledgeable and passionate coaches will guide you through the ins and outs of proper nutrition and fitness. We'll be there to get you started, to confidentially monitor your progress, and to celebrate your success.

With your dedication and our support, a healthier lifestyle is within reach with PEHP Waist Aweigh.

For more information about PEHP Waist Aweigh, call 801-366-7478 or 800-753-7478.

NOTE: If you are unable to meet the medical standards to qualify for the program and reach the program requirements because it is medically inadvisable or unreasonably difficult due to a medical condition, upon written notification, PEHP shall provide you with a reasonable alternative standard to qualify for the program.



HOW THE PROGRAM WORKS

Step 1: Determine eligibility

- » Active Employee or Spouse
- » Body Mass Index is 30+ (see chart)

Step 2: Complete Enrollment Packet

- » Go to www.pehp.org and click on 'Wellness and Disease Management', then 'PEHP Waist Aweigh'
- » Download enrollment packet

Step 3: Complete PEHP Waist Aweigh Requirements



- » Must have Primary Care Physician involvement
- » Must have bi-monthly consultation with PEHP health and wellness coach
- » Must lose 1 BMI every 60 days

Step 4: Get Financial Reimbursement

- » You may receive 100% of fees up to \$100 per month for approved weight loss program*

Step 5: Graduation Incentives

- » Get your BMI under 25 = \$100
- » Maintain BMI for six months = \$100

* PEHP will reimburse up to \$50 per month for participation in an approved weight loss program. An increase of up to \$25 per month will be reimbursed for every two BMI points lost up to a maximum of \$100 per month.

The total amount of rewards cannot be more than 20% of the cost of employee-only coverage under the plan. PEHP Waist Aweigh rebates may be taxable. Please consult with your tax advisor concerning your benefits.



EXAMPLES OF APPROVED WEIGHT LOSS PROGRAMS

- » Any gym or fitness center
- » CalorieKing.com Weight Mgmt. Program
- » Certified Personal Trainers
- » Curves International Weight Mgmt. Program
- » IHC Weigh Concepts Class
- » McKay-Dee Hospital: Forever Fit
- » Ogden Regional Medical Center:
Fit Weigh of Life
- » Total Health & Fitness
- » State of Utah: Dept. of Health (Healthy Utah)
- » Utah Valley Regional Medical Center:
Weigh to Fitness
- » Weight Watchers International

Find your height and weight on the chart below to estimate your BMI:



BMI	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (inches)	Weight (pounds)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

“If I can do this, anyone can!”



Program member Carol Wrigley lost 78 pounds and has kept it off for more than two years.

CONTACT INFORMATION



Obesity Intervention Program

www.pehp.org

(Click *Wellness and Disease Management*, then click *Waist Aweigh*)

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801-366-7478 (Office)

800-753-7478 (Toll Free)

801-245-7755 (Fax)

PEHP Customer Service

801-366-7555

800-765-7347 (Toll free)



PEHP Wellness Works

<http://pehp.basixwellness.com>

MEASURE UP!



PEHP's Obesity Intervention Program promotes positive lifestyle change

