**Wellness for You**

**PEHP WeeCare**
PEHP WeeCare is a pregnancy and postpartum program that helps expectant mothers have the healthiest and safest pregnancy possible. Rebates* are offered for enrolling to receive educational materials and support, and for reaching pre-pregnancy weight after delivery.

To learn more about these wellness programs, log in to PEHP for Members at www.pehp.org and visit “my Health” to view your wellness benefits.

---

**PEHP 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 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 workplace where employees can thrive.

Work Well Being Challenge
This annual challenge provides incentives and guidance to Wellness Councils implementing the Governor's Work Well Recommendations to create healthy work places.

Worksite Wellness Mini-Grants
Wellness Councils can apply for grant money to support their wellness initiatives.

Wellness Council Conference
This one-day annual conference offers training, resources, and recognition to Wellness Councils from across the state.

Wellness for the Worksite
PEHP Wellness programs give you support and know-how to reach your goals.

Wellness Education
Lighten Up
This 8-part online class is taught and developed by PEHP Registered Dietitians. You will explore tools and key concepts to help you maintain a life-long healthy weight.

PEHP Diabetes & YOU
A 4-part online class taught by PEHP Registered Dietitians to help members better manage diabetes and improve health.

Seminars
PEHP Wellness staff conduct free on-site seminars throughout Utah on various health topics.

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 are self-guided and can assist you with setting and achieving your health goals.

Wellness for You

Biometric Screenings
Complete annual biometric testing (cholesterol, blood glucose, body composition, and blood pressure) at a Healthy Utah testing session or your annual preventive doctor office visit to earn rebates.

Rebates*
Complete the biometric testing and a Health Questionnaire found at your online PEHP account to earn your $50 Know & Plan rebate. If your measurements fall within predetermined criteria you will earn the $50 Good For You rebate.

ACT rebates: If your biometrics don’t meet the Good For You criteria, you may act to improve in the following areas:

- Cholesterol ...................... $50
- Blood Pressure .................. $50
- Body Mass Index Improvement .... $50 or more
- Diabetes Management ........... $25–$300
- Tobacco Cessation ............... $100

PEHP Health Coaching
For those with a Body Mass Index (BMI) of 30 or higher, this lifestyle behavior change program provides education, support, and rebates to help you succeed in meeting your health goals. By developing an action plan and working with a health coach, participants’ focus goes beyond weight loss to greater benefits of lasting health and well-being.

Live. Share. Inspire is a video series for PEHP members and their families who want to learn how to live a healthier lifestyle using PEHP Wellness tools, resources, and programs. Find the videos at www.pehp.org/liveshareinspire

*PEHP Rebates may not apply to all plans and are taxable.