



PEHP Health Coaching – Frequently Asked Questions

Q: When can I enroll in PEHP Health Coaching?

Enrollment will begin January 1, 2017.

Q: Who is eligible for PEHP Health Coaching?

A PEHP member or spouse with a body mass index (BMI) of 30 or greater. (Click [HERE](#) to calculate your BMI.)

Q: What if I am currently enrolled in PEHP Waist Aweigh?

Anyone still enrolled in PEHP Waist Aweigh as of January 1, 2017 can continue with their coach and 60-day goals through June 30, 2017, OR can start with PEHP Health Coaching on or after January 1st.

Q: Why the change from PEHP Waist Aweigh?

PEHP Health Coaching is about helping you improve lifestyle habits without focusing on how much weight you lose in a period of time. By using the action plan you create with your coach, you can look beyond weight loss to the greater rewards of how healthier habits help you live better.

Q: Will I still receive rebates with PEHP Health Coaching?

Yes! By completing certain requirements, you can receive \$50 at the end of six months. Rebates are no longer paid based on weight loss. You may earn the PEHP Healthy Utah BMI Improvement rebate while participating in health coaching.

Q: What are the requirements to receive the PEHP Health Coaching rebate?

Your coach will review rebate requirements with you based on your initial BMI. Requirements include but are not limited to contacting your coach once a month, creating a goal-setting action plan, and participating in the Lighten Up webinar series.

Q: How long can I be enrolled in PEHP Health Coaching?

Participation is 6-12 months depending on your initial BMI.

Q: Will PEHP Waist Aweigh still be available along with PEHP Health Coaching?

PEHP Waist Aweigh will continue in its current structure through June 30, 2017 but is not accepting new enrollments after October 31, 2016.