



Tell Us Your Success Story!

PEHP Healthy Utah offers a variety of programs, services and resources to help you get and stay well. We are dedicated to providing awareness, education and support for members to make healthy lifestyle changes. If our programs have inspired you to improve your health we invite you to share your wellness success story. We are impressed with the changes our members make. In fact, we're SO impressed, that we want to share your stories with everyone! By doing so, we are able to educate our members of the importance of making healthy changes for life and how PEHP Healthy Utah can support wellness goals. Stories will be posted on the PEHP Healthy Utah website where they will be a resource and inspiration to others.

Success Story Guidelines

Tell us how PEHP Healthy Utah helped to motivate you whether it was during one of our testing sessions, a benefit fair, after viewing a PEHP Wellness webinar, or reading the monthly electronic PEHP Wellness newsletter. We are looking for any type of success in your physical or mental health. This could include losing weight, learning to control diabetes, managing stress levels, finding ways to include more physical activity in the day, or improved eating habits. Basically, if we inspired you and you took the steps to improve your health and well-being, we want to hear about it!

Safeguarding Your Story

To ensure that you are comfortable with your participation, we have set up the following guidelines:

- Use of your name is optional; your name will not be used without your permission.
- We will ask for your permission prior to sharing/posting your story. Contact information will not be published or shared in any way. The submission of photographs is optional; an additional completed consent form will be required to publish your image.
- You will always be in control about the amount of personal information that will be shared.

Sharing Your Success Story

If you would like to share your story with us (and others), simply complete the Success Story Submission Form (on reverse, or download a copy online: http://www.healthyutah.org/success_stories/index.php). We will contact you prior to using or publishing your story. We look forward to hearing from you!

Send Us Your Story Today

Mail: PEHP Healthy Utah
560 East 200 South
Salt Lake City, UT 84102
Fax to: (801) 328-7300
E-Mail: healthyutah@pehp.org

PEHP Healthy Utah Success Story Form

Name:		Phone:	
Email:		Date Submitted:	

Please describe your success story below. Use some of the following questions to help explain your experience.

- What health behavior did you change?
- Why did you decide to make this change?
- How did you accomplish your success?
- How did PEHP Healthy Utah help you?
- How did your PEHP Healthy Utah Testing Session results improve?
- What goals and obstacles did you have?
- Who supported you during this experience?
- What advice do you have for others who want to make this change?

(Space here for story – 250 words maximum)