



# Postpartum Weight Improvement Rebate Form

## Member Instructions

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To qualify for this rebate, participant must enroll in WeeCare during pregnancy or by 12 months after the delivery of the baby.

**Step 1:** Complete the Member Information section and sign.

**Step 2:** Obtain weight verification signature from your healthcare provider, a PEHP Healthy Utah staff member, or other health and fitness professional.

**Step 3:** Return completed form by logging in to your PEHP account and uploading it through the **Message Center** or **fax to 801-328-7400**.

### Timeline

After delivery, you have one year to reach your pre-pregnancy weight (First Trimester Weight) and earn the \$50 PEHP WeeCare Postpartum Weight Improvement rebate.

## Member Information

NAME (Please Print)		MEMBER DATE OF BIRTH	PEHP MEMBER ID
HEIGHT	FIRST TRIMESTER WEIGHT	DATE OF DELIVERY	6-WEEK POSTPARTUM WEIGHT
MEMBER SIGNATURE			DATE

## Verification of Current Weight

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**May be verified by Healthcare Provider, PEHP Healthy Utah staff member, or other health and fitness professional.**

**Please complete and sign this form for our PEHP member. Reaching her pre-pregnancy weight entitles her to a \$50 cash incentive award.**

**Member's current weight:** \_\_\_\_\_

NAME (Please Print)	TITLE
SIGNATURE	DATE

**Contact PEHP WeeCare if you have any questions about this form.**

**Phone: 801-366-7400**

**Toll-free: 855-366-7400**

**Email: weecare@pehp.org**