



FEATURE

Are You a Savvy Healthcare Consumer?

Financial Health is the theme of the PEHP Wellness July newsletter. Did you know that PEHP health plans are self-funded? What you and your employer pay is based on how you utilize healthcare. Low disease and low utilization means lower premiums. You are more in control of your health than you might realize. Experts say nearly half of all diseases can be prevented by lifestyle choices. Those choices affect your lifespan, your quality of life, how you look, and how you feel. They also impact your financial health.

Be an active participant and savvy healthcare consumer by utilizing programs and resources offered by

[PEHP Wellness](#). 



Our staff and services can help you take control of your health. To begin the month we invite you to register for our July webinar titled **Salsa and Savings**. Learn how to improve investment choices while saving for retirement. We hope you enjoy this issue.

– Your PEHP Wellness Team

FINANCIAL HEALTH QUOTE

“Health is like money, we never have a true idea of its value until we lose it.”

– Josh Billings

PEHP HEALTHY UTAH WEBINAR


Salsa and Savings

What: Salsa and saving for retirement have a lot more in common than you may think. Learn how choosing investments for your 401k, 457, 403b or IRA is simply like making salsa.


When: Tuesday, July 1, 2014 at Noon

Presenter: Michael Wilson, URS Education and Marketing Representative.

Register [here](#). 

Can't make it? All webinars are archived for future viewing – visit our archive section [here](#). 

KNOW.PLAN.ACT.

The first step to better health is knowing your numbers for things like cholesterol, blood sugar, blood pressure, and BMI (body mass index). Use **Your Health Snapshot** when you [log in](#)  to your myPEHP account and view your most current numbers and create a plan to improve your health.

CLICK TO NAVIGATE

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MOVE IT

By Melissa Miller

Ready to Put Your Money Where Your Mouth is?

Consider the connection between your physical health and your financial health. Keeping your fitness level in check requires discipline and organization; skills that are essential to having a fuller wallet.


It turns out that money can influence your fitness, as well. A new concept in




weight loss and fitness, called 'diet bets', have raised sharply in popularity. Websites that

organize diet bets ask you to set a goal weight and put a

small amount of money into a "pot" for the winner. You then invite friends to join and aim to achieve the goal weight by a predetermined end date. Everyone who has lost a certain percentage of their body weight splits the pot of money at the end!

[Check out examples of popular diet bet.](#) 

Find Motivation, Ideas Through Listserv


PEHP Healthy Utah sponsors an electronic mail server, known as a [Listserv](#).  This service distributes periodic messages by email to all members of the list.

There are a variety of topics to subscribe to such as **Take**

Charge for Diabetes self-management, **Lighten Up** for weight management, and **Work Well** for PEHP Wellness Councils.

We also have a Listserv dedicated specifically to exercise called **Move It!** Whether you are beginning

an exercise program or training for a marathon, the **Move It!** Listserv can provide a boost of motivation to keep moving and provide fitness ideas that you might not have considered.

Learn more and subscribe [here](#). 


WORKOUT WARRIOR

385 PARTICIPANTS IN MAY

The theme of the May Workout Warrior was **Safe Steps** – 385 Workout Warriors participated. Marilee W.



was the random winner of an Amazon gift card. Congratulations Marilee!

The theme for July is **Finance Your Fitness**. Regular physical activity is the key to general health and longevity. Learn more about Workout Warrior and how to participate [here](#). 

Keep moving!

FINANCIAL HEALTH QUOTE

"So many people spend their health gaining wealth, and then have to spend their wealth to regain their health."

– A.J. Reb Materi

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FOOD FOR THOUGHT

By Maria Givler



Eating Well on a Budget

One complaint about eating healthful foods is that they cost more.

[Here](#) is a great article from www.eatingwell.com, "15 Tricks to Save Money on Food but Still Eat Well."

The article discusses salad greens, herbs and spices, buying in bulk, stocking your pantry, lean cuts of meat, and a lot more!

Here are a few recipes to try!

[22 Healthy Lunch Ideas](#) [Superfast Summer Recipes](#)

SIMPLIFY YOUR LIFE

By Tiffany Anderson

Safeguard Your Money When You Travel

Planning a summer vacation? Keep your money safe! Here's some advice for protection against theft while traveling:

- » **Divide up your cash.** Don't carry a single wad of money in one pocket. Split it up and safeguard it in different locations on your body.
- » **Have small bills ready.** Keep a stash of money in smaller denominations – singles and fives – at the ready so you don't have to flash a stack of twenties or fifties to buy a



pack of gum. Keep larger bills secure at all times.

- » **Watch your wallet.** Go through your wallet and take out anything you won't need on your trip – your library card or grocery store discount card, for example. A thinner wallet is easier to handle.

PEHP HEALTHY UTAH SUCCESS STORY

Congratulations to PEHP member Velaine T! Read how she and her coworkers at Workforce Services lost a total of **12.2% body fat** in one month with the help of PEHP Healthy Utah. Read more [here](#).

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PEHP WAIST AWEIGH

Kate C.: Vary Exercise, Add Color to Plate



BEFORE

From a young age, I struggled with weight. My doctor suggested exercise and tracking calories. I found I liked exercising to music. I ate diet foods to lose weight but it wasn't balanced. My exercise was all cardio to burn calories and I didn't spend time targeting muscles. I tracked my calories but my weight fluctuated.

After I had my daughter last year, I wanted healthy changes for life. I started PEHP Waist Aweigh and

**FIND GRAD
SUCCESS
STORIES
HERE**



MyFitnessPal to track calories. I also learned from my daughter's PBS kids' show: make your plate like a rainbow. We cook at home, bring healthy options to parties, and avoid eating late. I now focus on alternating cardio with weights. It is new to me, but makes a difference - the last 10 pounds were easier to lose instead of the hardest!

I now weigh 131.4. Best of all, I am learning to maintain my weight and training to run a 5k with my husband! Read Kate's entire story [here](#).



AFTER

PEHP WAIST AWEIGH

Have a BMI of 30 or higher? With your dedication and our support, a healthier lifestyle is within reach with PEHP Waist Aweigh.

**LEARN MORE/
ENROLL
HERE**



SHOUT OUTS

Congratulations to Alisha M. who graduated from PEHP Waist Aweigh in June! Look for her inspiring story in an upcoming newsletter.

FINANCIAL HEALTH QUOTE

"Food, like your money, should be working for you!"
– Rita Deattrea Beckford, MD

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MARK YOUR CALENDAR

Sign up for a PEHP Healthy Utah testing session.

CLICK HERE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 July Workout Warrior Registration closes	2 HU TESTING SESSION Salem: 9-12:45/2-4:45	3 HU TESTING SESSION Murray: 8:30-12:15/1:30-4:15	4 Independence Day PEHP Offices Closed	5
6 Health Tool of the Week: URS Future Values Calculator	7 HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	8 HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	9 HU TESTING SESSION Provo: 9-12:15/1:30-4:15	10 HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	11 HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	12
13 Health Tool of the Week: Social Security Retirement Estimator	14 HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	15 HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	16 HU TESTING SESSION Lehi: 9-12/1:30-4	17 HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	18	19
20 Health Tool of the Week: PEHP Members – Save with an HSA	21 HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	22 HU TESTING SESSION Draper: 8:30-12:15/1:30-4:45 Brigham City: 9-12:15/1:30-3:45	23 HU TESTING SESSION Draper: 8:30-12:15/1:30-4:15	24 Pioneer Day PEHP Offices Open	25	26
27 Health Tool of the Week: URS Personal Planning Seminars	28 HU TESTING SESSION Nephi: 9:30-12:15/1:30-4:15	29 HU TESTING SESSION Cedar City: 9-12:15/1:30-4:15	30 August Workout Warrior Registration opens HU TESTING SESSION Beaver: 9-12:15/1:30-3:15	31 HU TESTING SESSION Heber City: 9-12:15/1:30-4:15		

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