

Wellness for You

WeeCare

WeeCare is a pregnancy and postpartum program that provides educational materials and support to help expectant mothers have the healthiest and safest pregnancy possible. Earn a \$50 rebate for participating during your pregnancy.



PEHP Health Coaching

This lifestyle behavior change program pairs you with a health coach to develop a personalized plan to help you meet your weight loss or other health goals. Available to members, spouses, and dependents.

To learn more about your wellness benefits, log in to your PEHP account at www.pehp.org.



www.pehp.org/wellness

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Find us on



Facebook
PEHP Health & Benefits



Instagram
[@pehphealthbenefits](https://www.instagram.com/pehphealthbenefits)



YouTube
[@PEHPHealthBenefits](https://www.youtube.com/PEHPHealthBenefits)

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 Programs



Wellness for the Worksite

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 and productive workforce. Contact your HR department or contact us to see if your worksite has a Wellness Council. If not, we can help you create one!

Work Well-Being Awards

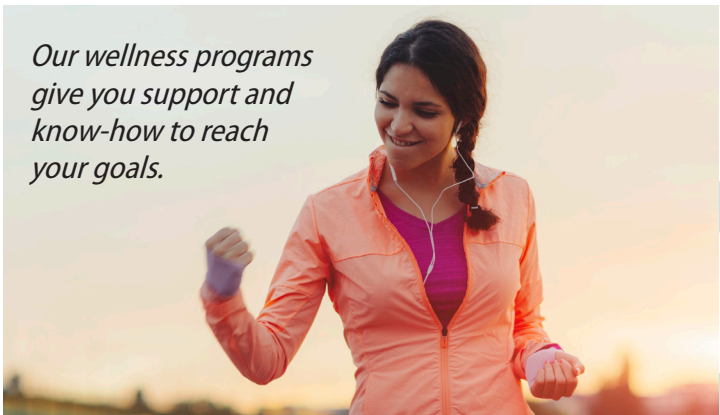
This annual awards program provides incentives and recognition to Wellness Councils working to create healthy employees and workplaces.

Worksite Wellness Mini-Grants

Wellness Councils can apply for grant money to support their wellness initiatives.

Wellness Council Conference

This one-day annual conference includes training, networking, resources, and recognition of Wellness Councils' achievements.



Wellness for You

Choose your path to wellness from a menu of options at www.pehp.org/wellness

Physical Well-Being

EXPRESS WORKOUTS
GET OUTSIDE
GET TO THE CORE

Mental & Emotional Well-Being

BE RESILIENT
CREATE HEALTHY HABITS
HELPING HAND

Healthy Eating

MEAL PLAN SECRETS
MINDFUL EATING
EAT BETTER, FEEL BETTER

Family and Social Well-Being

PAY IT FORWARD
UNPLUG & PLAY
GO GREEN

Financial Wellness

MONEY MATTERS
BUDGET BETTER
FINANCIAL FIT

Wellness Rebates*



First Steps Rebate (\$50)

Complete annual biometric testing (cholesterol, blood glucose, body composition, and blood pressure) at a Healthy Utah testing session OR visit your doctor to have your biometrics measured and submit the First Steps rebate form. Then commit to completing two PEHP wellness activities of your choice from www.pehp.org/wellness.

Next Steps Rebate (\$50)

After completing the First Steps Rebate requirements, participate in two PEHP wellness activities and/or programs of your choice from www.pehp.org/wellness. Then complete and submit the rebate form to receive the Next Steps rebate.

Other rebates:

- » Diabetes Management\$100
- » WeeCare Rebate\$50

Go to www.pehp.org/rebates for more information and to download rebate forms.

*PEHP Rebates may not apply to all plans and are taxable. Members in the Consumer Plus Plan are not eligible for rebates.

