Eligibility

PEHP Health Coaching is for members, spouses and dependents age 6 and older.

Body Mass Index (BMI) Requirements:

Children – Age 6 to 18
BMI-for-age at or above 90th percentile. (see calculator at cdc.gov)

Adults – Age 19+
BMI of 28 or more. (see chart below)

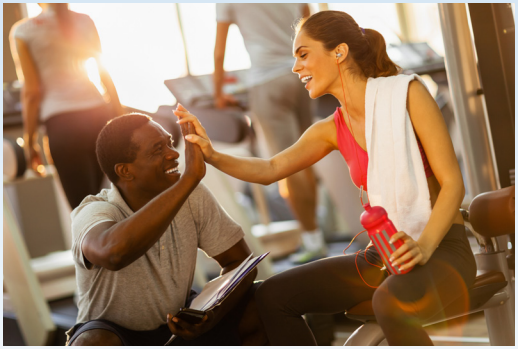
Adult BMI Chart

BMI	25	26	27	28	29	30	32	34	36	38	40	42	44	46
Height (in.)	Weight (pounds)													
58	119	124	129	134	138	143	153	162	172	181	191	201	210	220
59	124	128	133	138	143	148	158	168	178	188	198	208	217	227
60	128	133	138	143	148	153	163	174	184	194	204	215	225	235
61	132	137	143	148	153	158	169	180	190	201	211	222	232	243
62	136	142	147	153	158	164	175	186	196	207	218	229	240	251
63	141	146	152	158	163	169	180	191	203	214	225	237	248	259
64	145	151	157	163	169	174	186	197	209	221	232	244	256	267
65	150	156	162	168	174	180	192	204	216	228	240	252	264	276
66	155	161	167	173	179	186	198	210	223	235	247	260	272	284
67	159	166	172	178	185	191	204	217	230	242	255	268	280	293
68	164	171	177	184	190	197	210	223	236	249	262	276	289	302
69	169	176	182	189	196	203	216	230	243	257	270	284	297	311
70	174	181	188	195	202	209	222	236	250	264	278	292	306	320
71	179	186	193	200	208	215	229	243	257	272	286	301	315	329
72	184	191	199	206	213	221	235	250	265	279	294	309	324	338
73	189	197	204	212	219	227	242	257	272	288	302	318	333	348
74	194	202	210	218	225	233	249	264	280	295	311	326	342	358
75	200	208	216	224	232	240	256	272	287	303	319	335	351	367
76	205	213	221	230	238	246	263	279	295	312	328	344	361	377

PEHP Health & Benefits

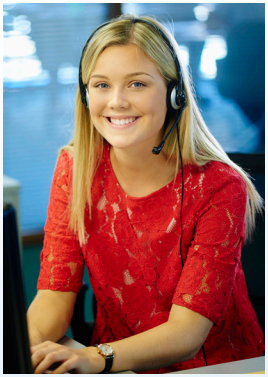
801-366-7300 | 855-366-7300
healthcoaching@pehp.org
www.pehp.org

1/7/20



PEHP Health Coaching

Healthy Habits are Within Your Reach



What is PEHP Health Coaching?

PEHP Health Coaching will get you started toward developing habits that will help you to feel healthier and have more energy.

A health coach will work with you in a confidential partnership to design a personalized action plan and provide education, encouragement and accountability along the way. We'll be there to get you started, monitor your progress and celebrate your success.

What Will PEHP Health Coaching Offer You?

» Six to twelve-month participation depending on your starting weight

» Phone orientation: Set goals with your coach in an action planning process

» Accountability and support through regular contact with your health coach

» Educational online classes: PEHP's Lighten Up and Diabetes and You (for those with diabetes)

» Consultation with a Registered Dietitian

Ron Keele, Health Coaching Participant

"Getting started was the hardest part, but with consistency and hard work I now feel more in control of my life."

Ron participated in PEHP Health Coaching for 12 months and worked hard to reach his weight loss goals. He found support through the Lighten Up webinars, monthly contact with his health coach and his consultation with PEHP's registered dietitian.

"My coach gets so excited to hear about my progress. She is a real motivator!"

Are You Ready?

Please reflect on the following before registering for PEHP Health Coaching:

» I am ready for a challenge

» I can identify potential barriers

» I am motivated for long-term change

» I can create a support system

» I have realistic expectations

» I am willing to invest time in my health

If these statements apply to you, you may be ready for PEHP Health Coaching.

How to Get Started

To enroll, log into your personal account at www.pehp.org. Search for "Health Coaching." Call 801-366-7300 or 855-366-7300, or email healthcoaching@pehp.org for more information.