

PEHP/Healthy Utah

Rebate Program First Steps & Good For You

Questions about how to
complete this form?

Call (801) 538-6261
Toll Free (888) 222-2542
Mon-Thurs
(7 a.m. to 6 p.m.)

Return completed form to:

Healthy Utah
P. O. Box 142107
Salt Lake City, UT 84114-2107

Or Fax form to:
(801) 323-1577

If you visit your Physician to obtain lab and biometrics, please do the following:

- Take this form to your Physician. It must be filled out and signed by your physician.

**Lab results must be obtained within six months
prior to today's date.**

- Attach a copy of your lab results for:
 - Total Cholesterol
 - HDL Cholesterol
 - Blood Glucose
- Check Yes or No for Tobacco Use.
- Check Yes or No for Diabetes.
- Include results for the following biometrics, **no later than six months** from today's date:
 - BMI
 - Height / Weight
 - Waist Circumference
 - Total Cholesterol
 - HDL Cholesterol
 - Blood Glucose
 - Blood Pressure
- Log in to **www.healthyutah.org/myhu** and take the online Health Questionnaire through your myHealthyUtah account. Your Health Questionnaire will be available approximately **2 weeks** from the date your rebate form is received by our office.
- After completing the First Steps rebate, and your Improvement Rebates are activated, you will have **one year** to complete them.
- After one year, when you obtain new biometric results and complete the online Health Questionnaire, any incomplete Improvement Rebates from the previous year will be **canceled**.
- Please allow up to 3-4 weeks to process your rebate(s).

Healthy Utah

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Salt Lake City, UT 84114-2107

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Rebate Program First Steps & Good For You

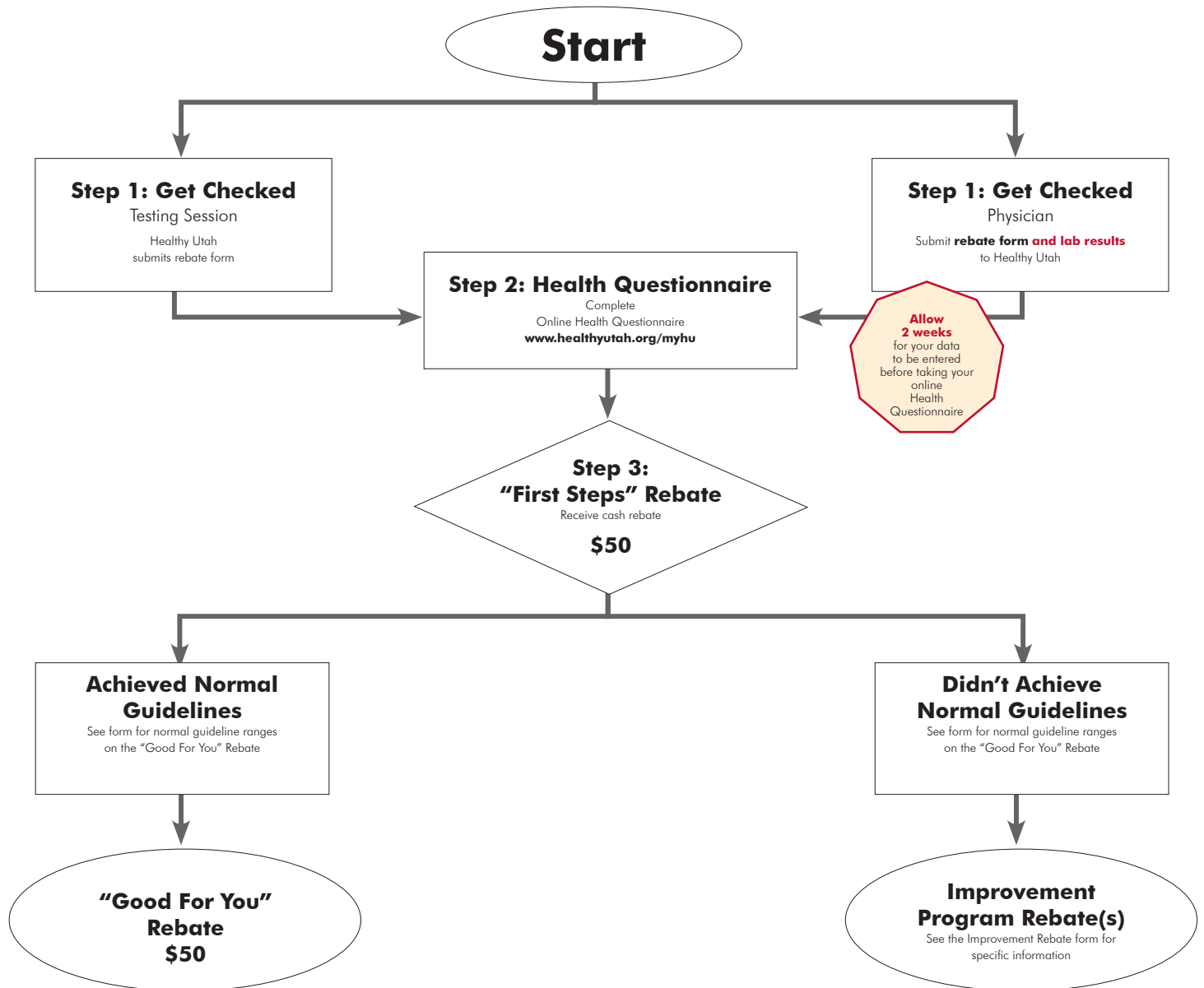
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Rebate Program

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Participant Information

NAME (Please Print)	BIRTH DATE	PEHP ID NO.	TODAY'S DATE
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Biometric Results *If you visit your Physician, you must send in your lab results with your signed rebate form.*

BMI	HEIGHT (in.)	WEIGHT (lbs.)	WAIST CIRCUMFERENCE (in.)	TOTAL CHOLESTEROL	HDL CHOLESTEROL	BLOOD PRESSURE	BLOOD GLUCOSE	TOBACCO USE*	DIABETES
								<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO

*Tobacco use in the last six months.

"First Steps" Rebate (\$50)

Lab results must be obtained within six months prior to today's date.

- Step 1. Complete Biometrics/Lab Screening at a Healthy Utah Testing Session. Or, visit your *Physician and send in your lab results.
- Step 2. Log in to www.healthyutah.org/myhu/ and take the online Health Questionnaire through your myHealthyUtah account. Your online Health Questionnaire will be available approximately 2 weeks from the date your rebate form is received by our office.
- Step 3. Collect your "First Steps" rebate just for completing the first two steps!

"Good For You" Rebate (\$50)

You must meet ALL of the following criteria.

Please review **biometrics/lab screening values above** to determine eligibility for the "Good For You Rebate":

- BMI <25 **or** Body Fat Percent <25% women; <18% men
- Waist Circumference: women < 35 in.; men <40 in.
- Total Cholesterol <200* mg/dL, **or** Total Cholesterol – HDL ≤135 mg/dL
- HDL: women >50 mg/dL; men >40 mg/dL (*See Good For You Rebate Exception)
- Blood Pressure ≤120/80 mm/Hg
- Blood Glucose <100 mg/dL
- No Tobacco Use (check if "No")

*Good For You Rebate Exception

You qualify if you met all criteria except for low HDL:

- Women 40-50 mg/dL; Men 30-40 mg/dL
- 10-Year Risk for Having a Heart Attack <10%;
Determined by Healthy Utah, using the Risk Assessment Tool for estimating your 10-year risk of having a heart attack

Verification: Please have this form **signed by your Physician** if you didn't attend a Healthy Utah testing session.

Physician's Information

PHYSICIAN'S NAME (Please Print)	PHYSICIAN'S SIGNATURE	DATE
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Didn't Qualify for the "Good For You" Rebate?

Determine your eligibility for an Improvement Rebate:

- Lipid (LDL) Improvement Rebate:** You qualify if total cholesterol is ≥200 mg/dL or over and your total cholesterol – HDL is >135 mg/dL.
- Blood Pressure Improvement Rebate:** You qualify if your blood pressure is >120/80 mm/Hg.
- BMI Improvement Rebate:** You qualify if your BMI is ≥25.
- Diabetes Management Rebate:** You qualify if you have been diagnosed with Diabetes.
- Tobacco Cessation Rebate:** You qualify if you currently use tobacco.

See the Improvement Rebate Form for details.

Revised: 05/05/2010

OFFICE USE ONLY!	COMPLETE	DATE ENTERED OR DENIED	DENIED REASON
	<input type="checkbox"/> YES <input type="checkbox"/> NO		<input type="checkbox"/> NO LAB RESULTS PRINTOUT <input type="checkbox"/> NO PHYSICIAN'S SIGNATURE <input type="checkbox"/> MISSING BIOMETRICS <input type="checkbox"/> OTHER: