



Participant's Name (First, Last)	Date of Birth	PEHP ID Number
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Instructions

1. Qualify! Qualification for rebates must be authorized by Healthy Utah Staff or a Health Care Provider.
2. Earn! You have one year from the date on this Rebate Contract to complete the rebates. Once you have completed the requirements, have them verified by Healthy Utah, a Health Care Provider, or any non-family member.
3. Submit! Submit this information online at www.healthyyutah.org/myhu or fax to (801) 323-1577.

Qualify? Weight Loss - \$60-\$150

- To qualify, BMI must be >25. To earn the rebate:
- \$60: Lose 10 pounds and maintain this loss for six months.
 - \$1 per each additional pound up to \$50 .
 - \$40: Behavior Goals = 100 points + 10 lb. weight loss AND maintenance.

- Behavior Goals – 10 points each
Visit www.healthyyutah.org for details
- Keep a Food Journal for one week.
 - Eat at least 5 fruits and vegetables per day for one week.
 - Try at least two new low-fat dishes during one week.
 - Change at least one eating behavior and maintain for three months.
 - Accumulate 30 minutes of physical activity per day for one week.

Starting Weight	Starting Date	Height	BMI	Authorized Person's Name	Phone Number
Ending Weight	End Date	6-Month Date		Authorized Person's Name	Phone Number
Behavior Goal Pts. (>100 pts.)	Points Date			Authorized Person's Name	Phone Number

Qualify? Tobacco Cessation - \$100

To qualify, participant must currently use tobacco or have quit no more than 12 months prior to the rebate contract date. To earn the rebate, a non-family member must verify that the participant has been tobacco-free for 12 months.

Quit Date	Completion Date	Authorized Person's Name	Phone Number
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Additional Documentation is Required for the Following Rebates:

Qualify? Cholesterol - \$50

Start Date:

To qualify, a cholesterol level >200mg/dL must be obtained from a Healthy Utah screening or a Health Care Provider. To earn the rebate, total cholesterol must be lowered by 10%. Participants can have cholesterol rechecked and verified by Healthy Utah or a Health Care Provider one more time to earn the rebate.

Total	10% Goal Level	Final Level	Completion Date	Authorized Person's Name	Phone Number
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Qualify? Blood Pressure - \$50

Start Date:

To qualify, participant must currently be diagnosed with high blood pressure (hypertension). High blood pressure is > 140/90mmHg. Note: A Health Care Provider must set the goal blood pressure for the participant to achieve. To earn the rebate, the participant must submit written documentation displaying the blood pressure achieved.

Blood Pressure	Goal BP	Final Level	Completion Date	Authorized Person's Name	Phone Number
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Qualify? Diabetes - \$100

Start Date:

To qualify, participant must currently be diagnosed with type 1 or type 2 diabetes. To earn the rebate, the participant must lower or maintain their HbA1c <7 for the year. Recent HbA1c lab results from a Health Care Provider are required for verification.

HbA1c Level (baseline)	Final Level	Completion Date	Authorized Person's Name	Phone Number
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