



Weight Loss Class Reimbursement

CONTACT INFORMATION		
Name (First, Middle, Last)		Birthdate (mm/dd/yyyy) / /
		Gender <input type="checkbox"/> Female <input type="checkbox"/> Male
Home Address	City / State / Zip	Home Phone ()
E-mail Address		Status <input type="checkbox"/> Primary Subscriber <input type="checkbox"/> Spouse

EMPLOYEE INFORMATION		
Employer/Department (Please Do Not Abbreviate)		Division
Work Address	City / State / Zip	Work Phone ()

INSTRUCTOR/CLASS INFORMATION		
Class Provided By		
Class Fee \$	Amount For Reimbursement \$ (PEHP Reimburses 1/2 The Cost Of A Weight Loss Class, Up To \$40)	
Start Date	End Date	

INSTRUCTOR TO COMPLETE			
Height Feet Inches	Starting Weight Pounds	Ending Weight Pounds	Total Pounds Lost Pounds
<p>I verify that the above named participant attended the weight loss class listed on this form and met the following requirements:</p> <ol style="list-style-type: none"> 1. Attended 75% of the classes (which meet approved class criteria for a weight management class - on the next page) 2. Have instructor complete weight verification and sign form, or send a copy of the weight program log. 			
Instructor's Name (At End Of Class)			Phone Number

1. Submit online at www.healthyutah.org/myhu
2. **And**, return this form at the end of the entire course to Healthy Utah, P. O. Box 142107, Salt Lake City, Utah 84114-2107 or Fax to (801) 323-1577

Criteria for Evaluating Weight Management Programs

(Based on U.S. Dept. of Health and Human Services,
National Institutes of Health, Weight-control Information Network (WIN))

The following criteria must be met to earn the weight loss class reimbursement:

1. The program encourages healthy eating that reduces calories but does not rule out specific foods or food groups. If calories are restricted to less than 1200 calories per day, Healthy Utah will not accept it.
2. The program incorporates regular physical activity and/or exercise instruction.
3. Individual attention and group education will be provided. An example of this is a program that provides a calorie level that is based on the individual's needs while supporting that individual in a group setting.
4. An eligible program will have a registered dietitian involved in its creation. A health professional or staff trained in weight management will teach the class.
5. The program will include at least ½ hour of nutrition or weight management education each week for a minimum of 6 weeks. The education component will help participants modify unhealthy behaviors and create a plan to keep the weight off after it is lost.
6. The program must not promote the use or sale of special food, drugs, or supplements for the purpose of weight loss.
7. A program does not promote nor is it based on unhealthy physical states. Example: ketosis—a state in which the incomplete breakdown of fat for energy occurs.

Weight Management Classes That Meet Reimbursement Criteria

CalorieKing.com Online Weight Management Program
www.calorieking.com

Curves International
6-week program
Contact: www.curves.com
Locations vary across the state

Healthy Utah's Lighten Up
12-week program
(801) 538-6261
Locations vary across the state

Weight Watchers International
Contact: (801) 486-0125
Locations include: Salt Lake City, Sandy, Bountiful, West Valley, West Jordan, Park City, North Salt Lake, Logan, Roy, Ogden, Layton, Kaysville, Bountiful, Tooele, Orem, Provo, Lehi, Delta, Blanding, Ephraim, Panguitch, Price, Springville, Vernal, American Fork, Payson, Heber, Spanish Fork
Contact: (800) 651-6000 for St. George, Cedar City

OGDEN
McKay-Dee Hospital
Forever Fit
9 weeks
Contact: Exercise physiology/Cardiac Fitness center (801) 387-3040
Details: Tues & Thurs, 5:30-7:30pm
Tuesday: 1 hour of education with Exercise Physiologist, 1 hour of activity
Thursday: 1 hour of education with nutritionist, 1 hour of activity

Ogden Regional Medical Center
Fit Weigh of Life
8 week program
Contact: Katie Wewer
(801) 479-2133

PROVO
Utah Valley Regional Medical Center
Weigh to Fitness
8-week program
Contact: Jalaine Cantor
(801) 357-8143

Utah Valley Regional Medical Center
NEWS (Nutrition Exercise with Success for Kids)
8-weeks
Contact: Jalaine Cantor
(801) 357-8143

VERNAL
Weigh to Fitness
10-week program
Location: Catholic Church Education Building
Classes held on Tuesdays
Contact: Jean Marie Anderson, RD
(435) 789-8538

OTHERS
IHC Weight Concepts Class at LDS, Cottonwood, and Alta View Hospitals
Contact the outpatient dietitian for Intermountain Healthcare at (801) 314-2981
*Note: Healthy Utah cannot approve for reimbursement "Do-it-Yourself" weight loss programs.

If you have questions regarding a program for weight management and its approval for reimbursement, please email or call Healthy Utah.
E-mail: **HealthyUtah@utah.gov**
Phone: **(801) 538-6261**