

# 2021 Quarterly Wellness Webinars

Participate in these 30-minute online classes from the comfort of your computer or conference room. Held the first workday of the month **at noon**, webinars are recorded, archived online, and can be viewed anytime that is convenient for you.

## FEBRUARY



**Monday, February 1**

### Life Lessons From the Pandemic

Just about every aspect of our lives has been impacted by COVID -19. What life lessons can we draw from this experience? Join us for a look at some of the benefits and hard lessons many have faced. Learn how to improve your mental and emotional well-being, habits and routines to thrive, not just survive!

## MAY



**Monday, May 3**

### Know Your Numbers: Get Back on Track

During the pandemic, many of us have neglected our physical health and put off getting regular preventive tests and exams. It's time to get back on track! We will provide an overview of key biometric measures, what your numbers say about your health, and offer recommendations for preventive exams.

## AUGUST



**Monday, August 2**

### How DO I feel?

Feeling a range of emotions is normal and allows us to get the most out of life. Explore your emotions and the science of why you feel the way you do. Apply the tools you'll learn in this webinar to cope with complex emotions and boost your overall emotional well-being.

## NOVEMBER



**Monday, November 1**

### Develop a Growth Mindset

A mindset is a perception that we hold about ourselves. You may be unaware of your mindset, but it can have a profound effect on many dimensions of life. Learn the difference between fixed and growth mindsets and how adopting a growth mindset can help you persevere in difficult times.

Register for upcoming or archived webinars through your personal online account at [www.pehp.org](http://www.pehp.org). Type "webinars" in the search bar.

QUESTIONS?

Phone: 801-366-7300

Toll free: 855-366-7300

Email: [healthyutah@pehp.org](mailto:healthyutah@pehp.org)

# 2021 Monthly Wellness Challenges

**JAN. 11-31**

## **Mental Health University – 101**

Get clarity for 2021! Focus on your mental and emotional well-being in this challenge and explore how to improve self-care through mindfulness and meditation.



**FEB. 1-28**

## **Mental Health University – 201**

Continue to increase your overall happiness by overcoming self-doubt, limiting beliefs, and set-backs. Find out how to brighten your outlook and increase your emotional I.Q.



**MARCH 1-31**

## **Mindful Eating**

Do you want to improve your relationship with food and develop healthier eating habits? Take the Mindful Eating challenge to learn and practice skills needed to regain control.



**APRIL 1-30**

## **Find Your Purpose**

Find YOUR purpose! In this challenge you'll participate in activities to discover why YOU matter and how to use your unique characteristics and strengths to make your mark on the world.



**MAY 3-31**

## **Get Outside**

Give your health and mood a boost by getting outside! Join us for a different outdoor activity each week including hiking, gardening, walking and biking and see how good you feel.



**JUNE 1-30**

## **Get to the Core**

Want to reduce back pain, gain strength and prevent injury? Try strengthening your core muscles. You'll learn new functional core exercises that can be done anytime and anywhere.



**JULY 5-30**

## **Let's Talk!**

Improve your personal and work relationships by having more empathy, becoming an active listener and effectively communicating your needs, thoughts and feelings.



**AUG. 2-31**

## **Create Healthy Habits**

If you're struggling to make or break a habit or create a healthy daily routine – this challenge is for you. We'll discuss habit making, breaking, and reshaping.



**SEPT. 5-30**

## **Bounce Back**

Feeling stuck or overwhelmed? Tap into your innate strength to find out how to successfully handle life's stresses, boost your resilience, adapt to change, and overcome difficult circumstances.



**OCT. 3-31**

## **Do Good. Feel Good.**

When you do good you feel good. Find out why this happens and take the challenge of getting out of your comfort zone to experience the positive emotions that come from serving others.



**NOV. 15-JAN. 7**

## **Healthy Holidays – Maintain Don't Gain**

Don't just survive this time of year, *thrive*! Take control this holiday season with tips for eating well, navigating family gatherings, managing stress, coping with loss and loneliness, and staying active.



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# Wellness Challenge Q&A

## You are Invited to Take the Challenge!

By trying to make a few simple changes each month, you can form positive habits that last a lifetime.

### What is a Wellness Challenge?

**By signing up you are registering to receive educational emails which challenge you to meet a particular wellness goal.** All challenges are developed and moderated by PEHP Wellness staff. You will receive motivational emails, and are entered into a prize drawing for participating. PEHP Wellness staff is available for questions and assistance during the challenge by email or phone. Because this is self-guided learning, you can decide how to use the information and resources provided during the challenge. You can expect to receive one email per week.

### Why should I participate?

Wellness challenges are often used to jump-start personal wellness goals such as increasing physical activity, better managing stress, or improving nutrition habits. **Challenges provide information, resources, and motivation to help you achieve good health.** Encourage your co-workers to sign up with you for some friendly in-office competition as you strive to meet your goals!

PEHP offers a prize drawing for participants. At the end of the challenge you will receive an email with a final survey link where you can provide feedback and report how you did. Those who complete the survey will be entered into the drawing for an e-gift card. Winners\* will be randomly selected and notified by email.

*\*URS/PEHP employees are not eligible for prize drawings.*

### How long do Challenges last?

Wellness challenges typically last **one month**, starting the first week of the month and ending on the last week of the month. However, our popular “Healthy Holidays – Maintain Don’t Gain” challenge runs longer – November through January.

### How do I register?

Registration opens one week before the challenge begins. You can register anytime during the challenge, however we recommend that you sign up early to receive all content. **To register, log in to your personal online account at [www.pehp.org](http://www.pehp.org). (Go to: Wellness tab> Programs>Wellness Challenges)**

### Where can I find out more information?

Contact PEHP Wellness at 801-366-7300 or 855-366-7300 or [wellnesschallenges@pehp.org](mailto:wellnesschallenges@pehp.org).



# PEHP Wellness Incentives



## PEHP Wellness Rebates\*

### » **Know & Plan (\$50) – *Know your numbers and make an action plan***

Participate in biometric testing or obtain biometrics from physician and complete online health questionnaire.

### » **Next Steps (\$50) – *Take the next steps and put the plan in place***

After completing the Know & Plan rebate, participate in personal choice of PEHP wellness programs and activities and submit rebate form.

### » **Tobacco Cessation Rebate (\$50)**

Participate in PEHP Quitline or have physician verify member has quit for at least 6 months and submit rebate form.

### » **Diabetes Management Rebate (\$100)**

Take steps to actively manage diabetes and submit rebate form.

### » **WeeCare Rebate (\$50)**

Participate in the WeeCare program, view one wellness webinar and submit rebate form.

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

To see a list of all wellness rebates and download forms, visit [www.pehp.org/wellness/rebates](http://www.pehp.org/wellness/rebates).

## Questions?

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