

# Wellness Pays Resources

## PREVENTATIVE SCREENINGS

**PEHP:** <https://www.pehp.org/members/login.jsp>

PEHP (Public Employees Health Program) is WSU's medical insurance provider.

**WSU Health Center:** <http://www.weber.edu/healthcenter>

University employees may receive services for a nominal office visit charge (lab services and procedures are extra). The Pharmacy is funded by student fees and is not available to university employees.

**EMI Health:** <http://www.educatorsmutual.com/web/members/search.aspx>

EMI Health (Educator's Mutual) is WSU's dental care provider.

**WSU Dental Hygiene Clinic:** <http://www.weber.edu/DentalHygiene/clinic.html>

By being a patient at the WSU Clinic, you will receive professional services at lower fees, and you will be giving students an opportunity to perfect their skills. All services are provided by students in the Dental Hygiene Program. These services are supervised and evaluated by experienced, licensed dental hygiene faculty.

All clients are referred to their personal dentist for dental diagnosis and restorative care.

## PHYSICAL ACTIVITY

### Group Fitness

WSU Employee Wellness: [http://www.weber.edu/employeeewellness/Event\\_Calendar.html](http://www.weber.edu/employeeewellness/Event_Calendar.html)

WSU Campus Recreation: <http://www.weber.edu/campusrecreation>

### Utah Races/Events

- <http://www.active.com/>
- <http://www.trifind.com/ut.html>
- <http://www.utahrunning.com/>
- <http://www.runningintheusa.com/>
- <http://www.cyclingutah.com/>
- <http://www.triutah.com/>
- <http://www.beginnertriathlete.com/>

### Physical Activity Wellness Challenge

WSU Employee Wellness: <http://www.weber.edu/employeeewellness/Programs.html>

## **Seasonal Sports League**

WSU Campus Recreation: <http://www.weber.edu/intramurals>

Ogden City: [http://www.ogdencity.com/en/recreation/sports\\_teams\\_leagues.aspx](http://www.ogdencity.com/en/recreation/sports_teams_leagues.aspx)

Layton City: <http://www.laytoncity.org/public/Depts/ParksRec/Recreation/Adult/adultsports.aspx>

Salt Lake County: <http://www.recreation.slco.org/sportsOffice/>

## **HEALTHY BEHAVIOR**

### **Weight Watchers:**

[http://www.weightwatchers.com/Templates/Marketing/Landing\\_1col\\_nonav.aspx?pageid=1218021&cid=ps\\_brnd](http://www.weightwatchers.com/Templates/Marketing/Landing_1col_nonav.aspx?pageid=1218021&cid=ps_brnd)

**Blomquist Hale:** [www.blomquisthale.com](http://www.blomquisthale.com)

On July 1, 2010, PEHP provided a new, valuable service for all Weber State University (WSU) faculty and staff covered by PEHP. This service is called Life Assistance Counseling and is being delivered through a partnership with Blomquist Hale Consulting Group.

No one is immune to life's ups and downs, so WSU recently upgraded this benefit to a full "Life and Employee Assistance Program (EAP)". EAP is a resource to help members address a broad range of personal difficulties that may be causing them distress. Receive brief, face-to-face counseling to help resolve such concerns as: marital difficulties; family problems; stress and anxiety; depression; drug/alcohol addictions; legal or financial issues; elderly or child care; or anything distressing.

These counseling services are **free, with no copay**. They are completely confidential and available to you and your covered dependents. There is no pre-set limit on the number of free sessions offered and visits to the EAP service do not count against your mental health benefit.

Most problems are addressed in just a few sessions over a couple of months. However, some types of issues are not appropriately treated by short-term counseling and may require a referral into your mental health panel of providers.

**WSU Stress Relief Center:** <http://www.weber.edu/relax>

**Weber in Motion:** <http://programs.weber.edu/womeninmotion/>