

STAY HEALTHY AND ACHIEVE YOUR WELLNESS GOALS



FourPoints
HEALTH

TIME FOR **FITNESS**2020

SDPI Gym and Fitness Program

Make 2020 your year!

WHAT IS OFFERED:

- Use your local contracted gym for free or choose to enroll in another gym or fitness program (i.e. CrossFit program, Yoga class, Zumba class) and get reimbursed.
- Nutrition Education
- Diabetes Prevention

FourPointsHealth.org

Schedule your appointment today with a member of Patient Outreach & Support:
435.586.1112

Access your health records: fourpointshealth.org/patient-portal

SDPI Gym & Fitness Program


PROGRAM PROVIDES:

- Special Diabetes Program for Indians (SDPI) is a grant program designed to prevent or reduce diabetes among Native Americans/Alaska Natives. Our SDPI gym and fitness program sponsors access to gyms and other fitness programs to you to help you stay healthy and achieve your wellness goals.

ELIGIBILITY CRITERIA:

- Enrolled member of the Paiute Indian Tribe of Utah (PITU), spouse or child of an enrolled PITU member and residing with the enrolled member or legal guardian, foster parents or child of an enrolled PITU member and residing with the enrolled member.
- Must be (and remain) eligible for Purchased Referred Care (PRC).
- Employee of the Paiute Indian Tribe of Utah (using contracted gyms only)

HOW DOES THE PROGRAM WORK?

- Complete the SDPI Gym application form (available online at www.fourpointshealth.org or at any of the FourPoints Health clinics).
- Turn in application to the Patient Outreach and Support Team (Hope Silvas, Lora Tom, or Shelley Wall) at the Tribal Office or by fax (435-238-4262). Hope, Lora, or Shelley will then meet with you to review and approve your application and explain program expectations & rules. A new application must be completed annually.
- Once approved you will be able to utilize the SDPI approved gym in your area for free or you may choose to enroll in another gym, Yoga Class, Zumba Class, etc. and submit receipt for reimbursement (up to \$60 per month per person). CrossFit memberships will be reimbursed up to \$120 per month per participant as long as the participant submits the monthly CrossFit check-ins with their receipt.
- Submit a monthly Wellness Survey using the QRC HERE  and submit a legible receipt to Health Program Assistant, Debra Heath at the Tribal Office or by fax (435-238-4262) in order to receive a gym/fitness program reimbursement. Failure to do so will result in a denial for reimbursement.
- Not being compliant with program rules may result in termination of application.



Cedar City
440 North Paiute Dr.
435.867.1520

Richfield
440 South Main St.
435.893.0977

Kanosh
157 North Reservation Dr.
435.759.2610

St. George
1449 N 1400 W Unit 19
435.688.8198

Shivwits Ivins
6109 West 3700 North
435.688.8198

