

STAY HEALTHY AND ACHIEVE YOUR WELLNESS GOALS



FourPoints
HEALTH

TIME FOR FITNESS 2021

SDPI Gym and Fitness Program

Make 2021 your year!

WHAT IS OFFERED:

- Use your local gym or choose to enroll in another 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) or a spouse, child, or parent/legal guardian, of an enrolled member residing with the enrolled member. Age 6 or older.
- Reside within one of the four county areas: Washington, Iron, Sevier, Millard.

HOW DOES THE PROGRAM WORK?

- Complete the SDPI Gym application form (available online at www.utahpaiutes.org/sdpi-application/).
- Submit online application to the Patient Outreach and Support Team (Hope Silvas or Lora Tom). Hope or Lora 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 approved gym in your area, or you may choose to enroll in a Yoga Class, Zumba Class, CrossFit, etc. and submit receipt for reimbursement (up to \$60 per month per person).
- 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

