



UK Health & Wellness
116A Seaton Center
Lexington, KY 40506-0219

Dear New BeH.I.P. Participant,

Congratulations! You are embarking on an exciting adventure toward better health! The BeHIP program is here to help you enhance your health. The key is that we can only help you to the extent that you are willing to help yourself.

A Personal Health Counselor, or PHC, will assist you in this journey to improve your health. You can think of him/her as your personal coach throughout the program. It is important to understand that the PHC cannot do the work for you but can only help you succeed in your goals. This is your program, and we are here to support and guide you every step of the way.

Eventually, you will be able to incorporate your new healthier habits into your daily lifestyle and will no longer need the support of the PHC.

To begin the program:

Complete the form below and return it Health & Wellness office. After receiving your enrollment form, we will assign you to a PHC and mail you the materials needed to get started in the BeHIP program.

Thank you for your participation and we look forward to celebrating many successes with you!

In health,

Tammy Akin
BeHIP Coordinator

BeH.I.P. Enrollment Form

Name: _____ Phone : _____

Address: _____ Email: _____

Physician: _____ Phone: _____

Date: _____

Please check appropriate box:

- | | |
|--|---|
| <input type="checkbox"/> Exercise for Health | <input type="checkbox"/> Weight Loss for Life |
| <input type="checkbox"/> Preventing Diabetes | <input type="checkbox"/> Achieving Balance |
| <input type="checkbox"/> Reduce the Pressure | <input type="checkbox"/> Banishing the Blues |
| <input type="checkbox"/> Start to STOP Smoking | |