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Huddle Up Lift Up

52

prompts for each week
of the year to support your
emotional well-being



Intermountain
Health

Huddle Up Lift Up provides a year's worth of guided prompts, activities, and communication strategies to improve mental health for individuals, families, and teams.

Each week the tool kit focuses on one category:

- Mindfulness
- Workplace
- Gratitude
- Social Connection
- Self-Care & Growth

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**[Huddle Up Lift Up PDF
\(English\)](#)**

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\(Spanish\)](#)**

Order Printed Copies through Print It!



1. Visit <https://printit.intermountainhealth.org/>

2. Click “Create an Account”

A screenshot of the 'Print It!' website homepage. The header includes the Intermountain Health logo and a 'Print It!' button. Below the header, there's a login section with fields for 'User ID' and 'Password', and a 'Log In' button. A red box highlights the 'Create an Account' link next to the password field. To the left of the login section is an image of a stack of printed documents. Below the login section, there are four columns of text: 'Order With Confidence', 'Order Anywhere', 'Track It', and 'Get Started'. At the bottom, there's a yellow banner with the text 'Get Started Now IT'S FAST AND EASY' and a four-step process: 1 Log In, 2 Upload Files, 3 Choose Options, 4 Place Order.

3. Fill out registration form

A screenshot of the 'New User Registration' form on the 'Print It!' website. The form is titled 'New User Registration' and includes a note: 'Please enter your contact information. Fields with a * are required.' The form is divided into two main sections: 'Address' and 'Phone / Email'. The 'Address' section includes fields for 'First name *', 'Last name *', 'Job title', 'Company name', 'Location within facility *', 'Street 1 *', 'Street 2', 'City *', 'State' (a dropdown menu with 'Utah' selected), 'Zip *', and 'Country' (a dropdown menu with 'United States' selected). The 'Phone / Email' section includes fields for 'Email *', 'Re-enter Email *', 'Work # *', and 'Mobile #'. Below these fields, there's an 'Account Codes' section with fields for 'External Billing' and 'Saltzer ASC'. At the bottom of the form, there are two buttons: 'Cancel' and 'Register'. A red box highlights the 'Register' button.

3. Click “Register”

Once registered, the Print Center will review the request and grant access. The approval process shouldn't take more than 24 hours. Once approved, an email will be sent to you with login in details.

4. Once logged in, use the search bar to search “Huddle Up”

Intermountain Health

Print It!

Orders Books Manage Files

CART [0]

Search for Items

Entire Catalog

Huddle Up

Search

User Tools

Getting Started

View Order History

Manage Uploaded Files

Reorder Uploaded Files

Manage Account

Upload a File

Drag files here or [click to browse](#)

Order from Catalog

We will continue to add files to the catalog as they are ready.

Go

Mailing Services

Click to upload files

5. Add the desired amount to your cart, click the cart icon to be taken to the checkout screen.

Intermountain Health

Print It!

Orders Books Manage Files

CART [0]

Home > Catalog > [All Workgroups](#) > [All Orders](#)

Select Items

Add items to your cart by entering quantities and clicking **Add to Cart**. For template documents, click **Configure** to set up the template and add it to your cart. All items with quantities are added to your cart first.

Item Search

Search [Show Advanced Search Criteria](#) [Search](#) [Clear](#)

Rows Per Page 100

Sort By Item A-Z

Huddle Up Lift Up Weekly Wellbeing Booklet - External

PIC4198

4x9 Saddle stitched book

[More Details](#)

Located in EAP-External / EAP-Content

Qty [Add to Cart](#)

Huddle Up Lift Up Weekly Wellbeing Booklet - External - Spanish

PIC4198S

4x9 Saddle stitched book

[More Details](#)

Located in EAP-External / EAP-Content

Qty [Add to Cart](#)

[1-2] of [2]

[Add All to Cart](#)

6. At checkout, please select “11300-35034 - External Billing” from the drop down and click “Place Order”.

* Shipping Information

[Add Address](#)

I would like my order shipped by: Thursday, August 20, 2026

First Name Last Name

Facility

113

35034

Department

Design and Print Center

Street2

City, Utah Zip Code

United States

[jake.helgesen@gmail.org](#)

Select a Shipping Method

UPS Standard

Delivery Estimate

Tuesday, August 25, 2026

Ordered Items

1 [PIC4198] Huddle Up Lift Up Weekly Wellbeing Booklet - External

Quantity 1

[Enter shipping instructions for this recipient](#)

Billing Information

First Name Last Name

Facility

Catalog Specialist

Department

Design and Print Center

Street 1

City, Utah Zip Code

United States

[jake.helgesen@gmail.org](#)

Effective April 1, 2026: Please enter your NEW Intermountain Health billing code to submit an order. Legacy billing codes will no longer be accepted.

External Billing

11300-35034-External Billing - Print It

[Enter billing instr](#)

[Start a New Cart](#) [Continue Shopping](#) [Place Order](#)

* The shipping information will automatically populate with the name/address used when signing up.

Click the pencil icon  to edit the shipping info for this order. *Addresses can be saved for future use.*