2018
UPMC MyHealth
Weight Race

Track your progress, challenge a friend or teammate, and be inspired.
How it works

You’ll track your weight for 12 weeks using MyHealth OnLine or the UPMC Health Plan mobile app. To complete the race, you must weigh in on the first and last week. To get the most out of the Weight Race, track your progress every week and follow your standings. You’ll receive a weekly email with tips, recipes, and challenges.

To complete the race, you MUST record your weight during weeks 1 and 12.

You’re not alone

- **Calculator** — Determine your body mass index and suggested weight goal. You can adjust that goal if desired.

- **Online tracking** — Track your weight through MyHealth OnLine. You can log daily physical activity and synch your device using the My Activity Tracker.

- **Healthy weight management strategies** — Enter your goals and follow the standings, which are based on percentage of goal weight attained. Your actual weight always remains confidential. Weight loss goals cannot exceed 25 pounds, to encourage a safe rate of weight loss. Compete to reach 100 percent of your weight goal by week 12.

- **Health coaches** — Health coaches are available at 1-800-807-0751 or via online chat for tips on weight management, physical activity, and nutrition.

- **MyHealth Matters blog** — Access helpful information, recipes, and tips.

- **Facebook** — Like the UPMC MyHealth Weight Race Facebook page to connect with other racers to share tips, photos, and progress.

- **Text messages** — Opt for additional support from text message tips sent right to your mobile phone.
Ready to race?

Log in and register

1. Go to www.upmchealthplan.com, then go to Log In/Register.
2. If you haven’t already, create a user ID and password. Follow the instructions to set up your MyHealth OnLine account.
3. Click on Weight Race on the left side of the screen. Follow the instructions to register.

Help at your fingertips

• Use your phone or tablet to register and track your progress. Search UPMC Health Plan in the app store to get started (if you don’t already have the app).

• If you have a wearable tracking device, you can connect at MyHealth OnLine > Better Health and Wellness > Browse by Resource Type > Trackers > Connect your Physical Activity Monitor.

• GET TEXTS FROM US! Text WEIGHTRACE to 876247 to get helpful, supportive tips delivered right to your mobile phone. Standard text rates may apply.

Additional questions?
Contact Member Services at 1-888-876-2756.
We are committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all qualified members of this plan. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 1-855-395-8762, and we will work with you and your doctor to find a wellness program with the same reward that is right for you considering your health status.

Nondiscrimination statement

UPMC Health Plan¹ complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or gender expression.

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Translation Services


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