



Wellness Incentives for the 2017-2018 Plan Year

During the 2017-2018 plan year, participants in the University’s medical plans have the opportunity to earn reward dollars for the completion of the *MyHealth* Questionnaire, along with physical exams, biometric screenings and preventive care services. The healthy activity list and their associated Healthy Incentive Account (HIA) reward dollars follows:

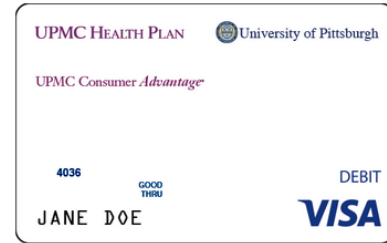
Activity	HIA Reward Value
<i>MyHealth</i> Questionnaire	\$75
Biometric Screening	\$50
Preventive Physical Exam with Primary Care Physician	\$25
Preventive Screenings (Age Appropriate)	\$25
Flu Vaccination	\$25
Other Immunizations	\$25

Faculty and staff members, along with their covered spouses/partners, can choose activities from the list and can earn a predetermined reward dollar amount depending on the plan in which you are enrolled. Additional information about the incentive program can be found at www.upmchealthplan.com/pitt, or by calling UPMC Member Services at 1-888-499-6885.

Panther Gold, Panther Advocate & Panther Plus Participants

Reward dollars for Panther Gold, Panther Advocate or Panther Plus are placed into a Healthy Incentive Account (HIA). The HIA funds are credited to a UPMC Consumer *Advantage* Visa debit card that can be used to cover the cost of certain health care expenses. Reward dollars are earned and credited to your HIA throughout the year as you complete eligible healthy activities.

If you enroll in a Panther Gold, Panther Advocate or Panther Plus, you will receive a debit card with a \$0 beginning balance, your earned incentive credits will then be applied to the card for your use after the claims have been processed.



If you also enroll in the FSA program, you will *not* receive an additional debit card. Any HIA funds earned will be credited to the same debit card. FSA funds are automatically used before any HIA funds that are earned. Additional information about the incentive program can be found at www.upmchealthplan.com/pitt, or by calling UPMC Member Services at 1-888-499-6885.

Panther Basic Participants

Panther Basic participants will have the reward dollars applied to their September 2018 paycheck.

Additional information about the incentive program can be found at www.upmchealthplan.com/pitt, or by calling UPMC Member Services at 1-888-499-6885.

Additional Wellness Resources

For your convenience, an onsite UPMC Health Coach is available on the Pittsburgh campus Monday through Friday at the UPMC MyHealth@Work Health and Wellness Center. UPMC Health Plan members can consult with a health coach on topics such as managing weight, reducing stress, eating healthier, quitting tobacco and being more physically active. Information about the Health and Wellness Center can be found at <http://www.hr.pitt.edu/wellness>. Please consider taking advantage of these valuable resources to maintain and improve your health!

Additionally, telephonic health coaching is available for the items listed above along with health management programs such as diabetes, high blood pressure, and more. These services are offered free of charge to all UPMC Health Plan members by calling 1-800-807-0751.