Introduction to Wellness for Life

Making healthy lifestyle changes isn’t always easy, but it’s important to have a goal and a plan to make it happen. That’s why the University of Pittsburgh, in partnership with UPMC Health Plan, developed the Wellness for Life program.

This year’s program will lay the foundation for a culture of well-being. Over the coming years, new activities will be made available for earning rewards, as well as new rewards for perennial favorites such as the Weight Race and Home Run for Health.

This resource guide outlines the main aspects of the Wellness for Life program and the available incentivized activities that are based upon your medical plan. These activities will help determine your health status and highlight areas for improvement. You’ll also discover areas where you have already achieved optimal health. You’ll be able to access wellness activities, interactive tools, and an archive of the latest health information.

Take a few moments to read through this guide to understand how to begin earning your incentive rewards. We look forward to helping you live a healthier lifestyle.
Panther Advocate members

The maximum reward for this plan remains the same as the previous program year, up to $200 for an individual and $400 for a family in your health incentive account (HIA). The HIA funds are credited to a UPMC Consumer Advantage debit card that you can use to help cover the cost of certain health care expenses.

Important changes for 2017-2018:

- The list of incentivized activities includes only those that are personalized for your unique needs. To access your customized list of healthy activities and start earning reward dollars in your HIA, you first should complete the MyHealth Questionnaire.

- The faculty/staff member or covered spouse/domestic partner may only earn half the family incentive reward maximum. For example: If the family maximum incentive reward amount is $400, then the faculty/staff member may only earn up to $200, and the covered spouse/domestic partner may earn the remaining $200.

- Incentive rewards are only able to be earned by faculty/staff members and covered spouse/domestic partners. Dependents, even those over 18 years old, are no longer eligible to earn HIA reward dollars. In family contracts covering one parent plus a child or children, the parent may earn the full $400.

- Some of the HIA reward dollar values have been changed for certain activities. Please refer to the Wellness for Life Healthy Activities Guide for Panther Advocate Members.
Panther Gold, Plus, and Basic members

The maximum reward for these plans remains the same as the previous program year, up to $100 for an individual and $200 for a family.

For Panther Gold and Plus members, the reward will be deposited into an HIA. The HIA funds are credited to a UPMC Consumer Advantage debit card you can use to help cover the cost of certain health care expenses, such as plan deductibles, coinsurance, and medical and prescription copayments.

For Panther Basic members, the reward dollars will be applied to their paycheck in September 2018.

The activity list for Panther Gold, Plus, and Basic members has increased to include preventive care. Please see the list of activities below and their associated reward dollars.

<table>
<thead>
<tr>
<th>Activity</th>
<th>HIA reward value</th>
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<tbody>
<tr>
<td>MyHealth Questionnaire</td>
<td>75</td>
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<tr>
<td>Biometric screening</td>
<td>50</td>
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<tr>
<td>Preventive physical exam</td>
<td>25</td>
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<tr>
<td>Preventive screening</td>
<td>25</td>
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<tr>
<td>Immunizations</td>
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<td>Flu shot</td>
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Take or update the *MyHealth Questionnaire*

The *MyHealth Questionnaire* is a confidential health risk assessment you take online. It asks questions about current health issues, medical history, and lifestyle, such as eating habits and stress level. It only takes about 20 minutes to complete. Upon completion, a score based on a 100-point scale compares your health with others of the same age and sex. You’ll also get a personalized report with tips on improving your health.

**Faculty and staff can access the *MyHealth Questionnaire* by taking the following steps:**

1. Log on to [my.pitt.edu](http://my.pitt.edu).
2. Click on the *My Resources* tab at the top of the page.
3. Scroll down the My Resources list and click on *UPMC Health Plan*.
4. Click on the *MyHealth Access* link on the top right section of the screen.

**Covered spouses/domestic partners can access the *MyHealth Questionnaire* by taking the following steps:**

2. Click on *Register for MyHealth OnLine*. Accept the terms, enter the requested information, and follow the account setup instructions.
3. Enter your username and password to access MyHealth OnLine, our member portal.
4. Select *Better Health and Wellness* and click on *Browse by Resource Type*.
5. Go to *Online Activities* and click on *MyHealth Questionnaire*.
6. Select *Launch Assessment*. 
Biometric Screenings

A biometric screening is a health exam that measures your risk for certain conditions such as high blood pressure, diabetes, high cholesterol, and obesity. A biometric screening can help you understand where you should take action to improve your health. The biometric screening measures cholesterol, glucose, blood pressure, and measured height and weight. Listed below are ways you can obtain a biometric screening.

- **Onsite biometric screenings:** A number of onsite biometric screenings will be scheduled at the Pittsburgh, Greensburg, Johnstown, Bradford, and Titusville campuses. Please pay attention to campus communications regarding dates, times, and scheduling procedures.

- **Offsite biometric screenings:** If you are unable to attend an onsite screening event, live outside of western Pennsylvania, or would like to have a screening at a Quest Diagnostic Patient Service Center, go to [https://my.blueprintforwellness.com](https://my.blueprintforwellness.com) and use the code *Pitt2017* from July 1, 2017, to May 31, 2018. You can also call Quest at *1-844-598-7966* and provide the company name, University of Pittsburgh.

- If you have a screening as part of a medical exam between July 1, 2017, and June 30, 2018, obtain the Biometric Screening Proof of Service Submission Form from the Pitt benefits team and have your physician record your lab values. Please have the physician sign the form and follow the instructions to return the form.
Are there any special requirements before I take my test?
Yes, fasting for 12 hours is recommended for this test. However, drink plenty of water and take all medications as prescribed. Pregnant women should not fast.

What will I be tested for?
- Total cholesterol
- Glucose
- Height and weight
- Blood pressure

Preventive physical exam and immunizations

If you complete a preventive physical examination or receive a recommended immunization between July 1, 2017, and June 30, 2018, and a claim is submitted, you will receive credit for completion. Please be sure to check your completion status. If you have questions about receiving credit, please contact Member Services at 1-888-499-6885.
Where can I find out more information/details about the Wellness for Life program?

Visit the University of Pittsburgh website administered by UPMC Health Plan at www.upmchealthplan.com/pitt for more information on the Wellness for Life program.

Questions

If you have any questions about the Wellness for Life program, please contact Member Services at 1-888-499-6885.

We are committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all members. 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 in light of your health status.
Nondiscrimination Notice

UPMC Health Plan¹ complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. UPMC Health Plan¹ does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

UPMC Health Plan¹:

• Provides free aids and services to people with disabilities so that they can communicate effectively with us, such as:
  
  o Qualified sign language interpreters.
  o Written information in other formats (large print, audio, accessible electronic formats, other formats).

• Provides free language services to people whose primary language is not English, such as:
  
  o Qualified interpreters.
  o Information written in other languages.

If you need these services, contact the Civil Rights Administrator.

If you believe that UPMC Health Plan¹ has failed to provide these services or has discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Civil Rights Administrator
UPMC Health Plan
600 Grant Street - 55th Floor
Pittsburgh, PA 15219

Phone: 1-844-755-5611 (TTY: 1-800-361-2629)
Fax: 1-412-454-5964
Email: HealthPlanCompliance@upmc.edu

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Administrator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically.
Nondiscrimination Notice

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Complaint forms are available at www.hhs.gov/ocr/office/file/index.html.

1UPMC Health Plan is the marketing name used to refer to the following companies, which are licensed to issue individual and group health insurance products or which provide third party administration services for group health plans: UPMC Health Network Inc., UPMC Health Options Inc., UPMC Health Coverage Inc., UPMC Health Plan Inc., UPMC Health Benefits Inc., UPMC for You Inc., and/or UPMC Benefit Management Services Inc.

Translation Services

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-869-7228（TTY：1-800-361-2629）。


