

# Wellness for Life

Healthy activities guide—2020-2021 plan year



**Improve your health and earn rewards**



**UPMC HEALTH PLAN**



# Live healthy. Earn rewards.

Wellness for Life is a unique program that rewards you for making healthy choices. As a faculty/staff member or spouse/domestic partner, you can earn health incentive account (HIA) reward dollars for completing healthy activities during the plan year. These activities—which range from getting a flu shot to completing a lifestyle improvement program—are designed to help you understand and improve your health.

The reward dollars you earn will be loaded onto your UPMC Consumer *Advantage* debit card.\*

Plan	Rewards minimum	
	Individual	Employee and spouse/domestic partner
Panther Advocate	\$200	\$400
Panther Gold/Plus	\$125	\$250
Panther Basic*	\$125	\$250

Please note that activities and associated reward dollars are subject to change.

Your personalized list of healthy activities is available on MyHealth OnLine—the website that powers Wellness for Life. MyHealth OnLine is a confidential resource that allows you to track your HIA balance, find doctors and pharmacies, and discover tools and programs that will keep you on track toward your health goals.

To access MyHealth OnLine, log into my.pitt.edu and follow this path: My Resources > Human Resources > MyHealth Access. Covered spouses can visit MyHealth OnLine at [upmchp.us/pittwpls](http://upmchp.us/pittwpls).

This guide will help you learn about the healthy activities included in the program and the rewards associated with their completion.

*\*For Panther Basic members: Any earned reward dollars will be applied to your September 2020 paycheck.*



## MyHealth Questionnaire—up to \$75

This confidential health risk assessment, powered by WebMD®, is an online survey that you'll take once each plan year. The survey can be finished in about 20 minutes, and the results will help you understand your health status. After you complete the questionnaire, you will receive a customized roadmap to

better health. All enrolled faculty/staff members and their covered spouses/domestic partners can complete the survey and earn reward dollars. Each questionnaire completed by September 30, 2020, is worth \$75. Questionnaires completed after that date are worth \$50.

Activity	Amount (\$)
MyHealth Questionnaire	75 (50 if completed after September 30, 2020)

## Personal health review—\$15

Have questions about your MyHealth Questionnaire recommendations or the results of your biometric screening? A UPMC Health Plan health coach can speak with you to answer your questions.

Individual members can call twice, while those on a family plan can call four times. This means you can earn a total of \$30 as an individual and \$60 as a family.

**Call a health coach at 1-866-778-6073 to get started.**

Activity	Amount (\$)
Health risk review	15 per session

# Biometric screening (routine blood work)—up to \$80

This important activity is the key to understanding your health status. Your biometric screening will check your cholesterol and glucose levels as well as your blood pressure, body mass index, height, and weight (together, these are considered your “health numbers”). Those whose results show in “optimal” ranges may earn additional rewards.

- **On-site screenings** will be held at the Pittsburgh, Greensburg, Johnstown, and Bradford campuses. Campus communications will detail dates, times, and scheduling procedures.
- **Off-site biometric screenings** are available at Quest Diagnostic Patient Service Center. The code **Pitt2020** can be used from July 1, 2020, until May 31, 2021.

Activity	Amount (\$)
Glucose screening	15
LDL screening (lipid)	15

Result range	Amount (\$)
Optimal total cholesterol	10
Optimal LDL cholesterol	10
Optimal glucose	10
Optimal body mass index (BMI)	10
Optimal blood pressure	10

Health coaching: On-site (Pittsburgh only), telephonic, Odyssey by UPMC app, or self-guided—up to \$125

A health coach is like a personal trainer for lifestyle improvements. Whether you want to lose weight, be more physically active, improve your nutrition, reduce your stress, or stop using tobacco, your health coach will help you achieve your goal. You'll have weekly conversations with your health coach to help you stay accountable and a workbook that will help

keep you on task. Health coaching programs last four weeks, and you will receive follow-up phone calls after 30, 90, and 180 days. Enrollment is limited to one program at any given time. Programs cannot be repeated in a single plan year for rewards.

**Call a health coach at 1-866-778-6073 to get started.**

Activity	Amount (\$)
Completion of a health coaching program	100
Follow-up after 30, 90, and 180 days	25 per session

**Program examples:** UPMC MyHealth Less Stress (stress management), UPMC MyHealth Step Up to Wellness® (physical activity), UPMC MyHealth Ready to Quit® (tobacco cessation), UPMC MyHealth Weigh to Wellness® (weight management), and UPMC MyHealth Eating Well (nutrition basics)

## Coach on Call—\$15 each

If you're not ready to commit to an entire lifestyle or condition management health coaching program, you can participate in Coach on Call. This program lets you talk with a health coach about a health concern over the phone for 5-10 minutes. Your coach will send you an email with a link to resources specifically designed to help you meet your health goals for you to review at your leisure.

Individual members can earn up to \$60 per plan year (four sessions), while those on a family plan can earn \$120 (eight sessions). With a family plan, any one eligible participant can earn the full \$120.

**Call a health coach at 1-866-778-6073 to get started.**

Activity	Amount (\$)
Participating in Coach on Call	15 per session

**Example program areas:** Nutrition basics, physical activity, stress management, tobacco cessation, weight management, physical health, and behavioral health

## Beating the Blues *US* online program—up to \$100

Are you feeling stressed or anxious? Take control of your mood with the Beating the Blues *US*® online program. Throughout this eight-session, confidential program, you will learn how your thoughts and feelings are connected. You will

set individual goals, follow scenarios of people with problems similar to yours, and practice new skills.

**Call a health coach at 1-855-770-8762 to enroll.**

Activity	Amount (\$)
Completion of Beating the Blues <i>US</i>	100

# Health coaching: Condition management programs—up to \$100

Health coaches will help you manage a chronic condition—such as heart disease, diabetes, asthma, COPD, or depression—so you can live your healthiest life. You'll have scheduled phone conversations with your health coach and a workbook to help keep you on task. Enrollment is limited to one program at any

given time. Programs cannot be repeated in a single plan year for rewards.

**Call a health coach at 1-866-778-6073 to get started.**

Activity	Amount (\$)
Completion of a condition management program	100

**Example program areas:** Anxiety, depression, substance use, asthma (adult), chronic obstructive pulmonary disease, coronary artery disease, congestive heart failure, high blood pressure, high cholesterol, diabetes, low back pain, and maternity

## Healthwise Conversations—\$15 each

Healthwise Conversations® use storytelling and animation to help you “get smart” about lifestyle topics like healthy weight, healthy eating, positive thinking, and physical activity. Healthwise Conversations can act as a convenient, virtual health coach, dynamically teaching you about a health topic to help you develop a plan for improvement. You can earn \$15 per session for the first four videos you watch. Individual members can earn up to \$60 per plan year, while those on a family plan can earn \$120. With a family plan, any one eligible participant can earn the full \$120.

Activity	Amount (\$)
Get Active	15 per session
Healthy Weight	15 per session
Healthy Eating	15 per session
Positive Thinking	15 per session
Sleep Well	15 per session

## Flu shot—\$15

Getting a flu shot is easy and convenient. Flu shots are available at your doctor’s office, many pharmacies, convenience care clinics, and even some mobile locations. Flu shot clinics may also be held on campus. Flu season usually lasts from October through May.

Activity	Amount (\$)
Receive a flu vaccine during flu season	15



# MyHealth Selections—\$75

If you want to make a change in an area not currently addressed by an established program, a health coach can tailor a program just for you. Your coach can even combine three or four of our lifestyle programs into one. As with the other health coaching

programs, you'll talk with a coach over the phone to help you stay accountable and receive customized material that will complement your health coaching.

Activity	Amount (\$)
Completion of a MyHealth Selections program	75

**Example programs and areas:** Anxiety, depression, substance use, asthma (adult), chronic obstructive pulmonary disease, coronary artery disease, congestive heart failure, high blood pressure, high cholesterol, diabetes, low-back pain, maternity, UPMC MyHealth Less Stress (stress management), UPMC MyHealth Step Up to Wellness® (physical activity), UPMC MyHealth Ready to Quit® (tobacco cessation), UPMC MyHealth Weigh to Wellness® (weight management), and UPMC MyHealth Eating Well (nutrition basics)

## Well-visits and immunizations—\$15

These activities can help you stop trouble before it starts. **You can receive a maximum of \$15 per person per plan year for well-visits and immunizations.** Only faculty/staff members and their covered spouses/domestic partners are eligible for

rewards for well-visits and immunizations. Routine physicals and gynecological exams are included. The exams must be coded as “preventive” by your provider.

Activity	Amount (\$)
<b>Well-visits and immunizations</b>	<b>Limited to a total of 15 per person per plan year (one activity)</b>
Annual physical exam	15
Clinically appropriate immunizations	15

# Preventive health screenings—\$15 each

You and your covered spouse/domestic partner can each earn reward dollars for having preventive screenings. You cannot earn additional reward dollars for having a screening more than once in a plan year.

Screenings can help lower your chronic disease risk. They can also help you detect problems early, when they may be more treatable. Your doctor can help you determine what screenings you need and when. Remember, to receive reward dollars, the screening must be coded as “preventive” by your provider.

Activity	Amount (\$)
Breast cancer screening	15
Cervical cancer screening	15
Chlamydia infection screening	15
Colorectal cancer screening (every five years only)	15
Osteoporosis screening	15

# Digital health assistant—\$10

The digital health assistant (DHA) is a coaching tool powered by WebMD’s clinical expertise. You can choose the health and wellness areas you want to work on, and the DHA will provide achievable short-term tasks to keep you engaged on your path to success. It will also provide regular feedback and encouragement to help you build healthy habits.

The DHA can help you eat better, become more physically active, manage your stress, feel happier, lose weight, and quit using tobacco.

To access the DHA, log in to MyHealth OnLine, click **Resources for Healthy Living** (under **Better Health and Wellness**), and select **DHA**.

Activity	Amount (\$)
Completion of a digital health assistant program	10

**Example programs:** UPMC MyHealth Less Stress (stress management), UPMC MyHealth Step Up to Wellness® (physical activity), UPMC MyHealth Ready to Quit® (tobacco cessation), UPMC MyHealth Weigh to Wellness® (weight management), and UPMC MyHealth Eating Well (nutrition basics)

## Interested in activities that can improve your health? We can help.

A health coach can recommend healthy activities for you based on your claims data and answers to your MyHealth Questionnaire. Get started by calling a health coach at **1-866-778-6073 (TTY: 711)**.

You can find a customized list of healthy activities by visiting **[www.upmchealthplan.com](http://www.upmchealthplan.com)** and logging in to MyHealth OnLine. Click **Menu**, select **Better Health and Wellness**, then click **Resources for Healthier Living** to view your personalized list of activities.

Call us with questions about your benefits and coverage or for help accessing MyHealth OnLine.

UPMC Health Plan Health Care Concierge Team

1-888-499-6885 (TTY: 711)

Monday through Friday from 7 a.m. to 7 p.m.

Saturday from 8 a.m. to 3 p.m.

*Subscribers and adult dependents can earn reward dollars in their HIA or HSA for completing incentivized activities. Dependent children (including adult children) are not eligible to earn reward dollars.*

*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 in light of your health status.*

*This information is not a substitute for professional care. If you have or suspect that you have a physical or mental health issue, please consult your health care provider.*

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## Nondiscrimination statement

UPMC Health Plan<sup>1</sup> 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.

<sup>1</sup>UPMC 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

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-499-6885 (TTY: 711).

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 1-888-499-6885（TTY：711）。

## UPMC HEALTH PLAN

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[www.upmchealthplan.com](http://www.upmchealthplan.com)

