REGISTRATION STARTS
THURSDAY
JAN 2

CHOOSE YOUR CHALLENGE

UPMC *My*Health
WEIGHT RACE

RACE:
MONDAY
JAN 20

Join the race for helpful tips, healthy recipes, health education, and support!

Wellness for LIFE

UPMC MyHealth

REGISTRATION STARTS

THURSDAY

JAN 2

RACE:

MONDAY **FRIDAY**

JAN 20 — APR 10

How it works

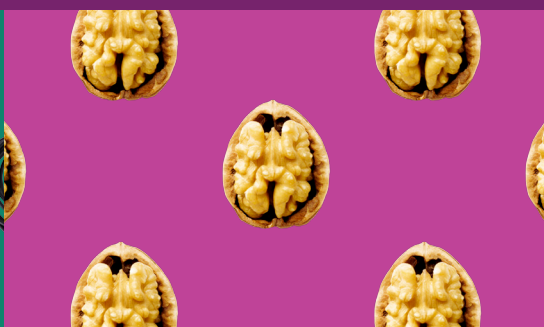
You'll **set a goal** of how much you want to lose in 12 weeks (small weekly goals can add up to BIG wins). You can then join a team or participate as an individual.

To get the most out of the Weight Race, **enter** your weight each week using *My*Health OnLine or the UPMC Health Plan mobile app.

To complete the race, you must **record** at least your starting and ending weights. Your weight will always be kept confidential.

Why register

- **Get the information and tips needed to apply healthy weight management skills.**
- **Feel healthier and have more energy.**
- **Stay active and enjoy life!**
- **Earn up to $25 toward your health incentive account (HIA) if you have not yet reached the maximum.**



Ready to race?

Employees:
To register, visit **my.pitt.edu** and follow this path:
My Resources > Human Resources > *My*Health Access > Menu > Better Health and Wellness > 2020 Weight Race

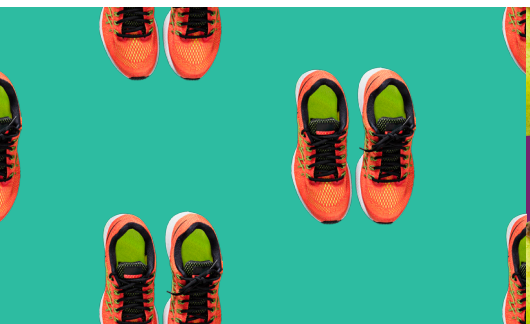
Covered Spouses/Domestic Partners:
Register today by visiting **upmchp.us/weightrace2020**

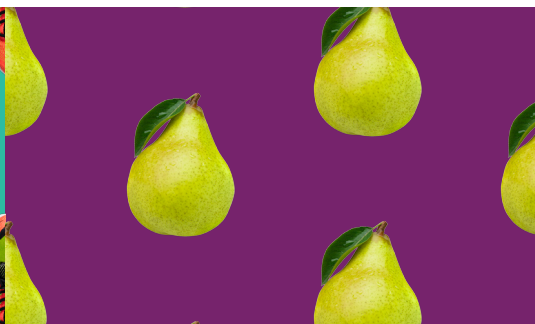
Choose your challenge

Each week, you'll receive an email giving you two ideas to try for the week ahead. Choose the one that is most appealing to you.

Your personal, fun path will include the following:

- **Helpful information, recipes, and tips.** Check out the Weight Race website each week.
- **Quick tips.** Opt in to text messaging.*
- **Social support.** Join the Weight Race Facebook page.
- **Online activity tracking.** Record weekly weights and log daily physical activity on *My*Health OnLine.
- **Experienced health coach conversation.**
  Call **1-800-807-0751 (TTY: 711).**
- **On the go?** Use our UPMC Health Plan mobile app.





Talk with your doctor before starting or increasing any exercise or diet program.

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.

**UPMC Health Plan doesn't charge for text messages. However, data and message rates from your carrier may apply. To stop receiving healthy tips, text "STOP" to 876247 at any time.*

Nondiscrimination statement

UPMC Health Plan[1] 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.

[1]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., Community Care Behavioral Health Organization, and/or UPMC Benefit Management Services Inc.

Translation services

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-833-0524 (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 1-844-833-0524 （TTY：711）。

UPMC MyHealth

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