

# Wellness for Life

Healthy activities guide—2021-2022 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 reward dollars in a health incentive account (HIA) for completing healthy activities during the plan year. These activities—which range from getting a flu shot to completing lifestyle improvement programs—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 their 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 can keep you on track to reach your health goals.

To access MyHealth OnLine, visit [upmchp.us/pitt2021](https://upmchp.us/pitt2021). Covered spouses/domestic partners can visit [upmchp.us/pittwpls](https://upmchp.us/pittwpls).

This guide will help you learn about eligible healthy activities and the rewards associated with them.

*\*For Panther Basic members: Any earned reward dollars will be applied to your September 2022 paycheck.*



## MyHealth Questionnaire—up to \$50

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 road map to better health. All enrolled faculty/staff members and their covered

spouses/domestic partners can complete the survey to earn reward dollars. Each questionnaire that's completed by Sept. 30, 2021, is worth \$50. Questionnaires completed after that date are worth \$25. If this is the first time you complete the MyHealth Questionnaire while being employed by the University of Pittsburgh, you will receive an extra \$15 in your HIA.

Activity	Amount (\$)
MyHealth Questionnaire	50 (25 if completed after Sept. 30, 2021)

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

This important activity is 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”). Individuals whose results are in the “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 Centers. The code **Pitt2021** can be used from July 1, 2021, until May 31, 2022.

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

## Personal health review—\$20

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

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

Activity	Amount (\$)
Personal health review	20

## Health coaching: Telephone-based—up to \$160\*

A health coach is your personal trainer for improving your lifestyle habits. Whether you want to lose weight, be more physically active, improve your nutrition, reduce your stress, or stop using tobacco, your health coach can help you achieve your goal. Health coaches can also help you manage chronic conditions—such as heart disease, diabetes, asthma, chronic

obstructive pulmonary disease (COPD), or depression—so you can live your healthiest life. You will have scheduled phone calls with your health coach and be guided by a workbook that will keep you on task.

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

Activity	Amount (\$)
Health coaching	20 per session (reward available for up to 8 sessions)

**Example coaching areas:** *Weight loss, nutrition, tobacco cessation, physical activity, stress, heart health, prediabetes, diabetes, pregnancy, kidney health, lung health, cancer care and prevention, and muscle or joint pain*

\*Panther Gold, Plus, and Basic members can only earn up to \$125 through health coaching.

## RxWell mobile app—up to \$100

RxWell promotes cognitive behavioral intervention for stress, depression, anxiety, weight management, nutrition, physical activity, and tobacco cessation—all from your smartphone.

The mobile app offers evidence-based relaxation, behavioral activation, distress tolerance, cognitive reframing, and mindfulness techniques. It delivers 5- to 15-minute lessons right you and

provides support from a health coach who will communicate with you via in-app messaging.

You will get support through a personalized plan, track your progress, and learn doctor-recommended techniques.

**Download the app from the Apple App Store or Google Play to get started!**

Activity	Amount (\$)
Complete modules	20 per module (reward available for up to 5 modules)

## Healthwise Conversations—\$15 each

Healthwise Conversations® use storytelling and animation to help you “get smart” about lifestyle topics, such as healthy weight and eating, positive thinking, and getting active. Healthwise Conversations can act as a convenient virtual health coach, dynamically teaching you about a health topic

and helping 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 (\$)
Flu vaccine	15

## 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 (if applicable) 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 (if applicable) 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 your health care provider detect problems early, when they may be more treatable. Your doctor can help you determine what screenings you need and when. In order for you 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 5 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 and 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, 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
<i><b>Example programs:</b> 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)</i>	

## 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 **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 the UPMC Health Plan Health Care Concierge team 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 to Friday from 7 a.m. to 7 p.m.**  
**Saturday from 8 a.m. to 3 p.m.**

*Subscribers and their covered spouses/domestic partners (if applicable) 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 (TTY: 711), 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.*





## UPMC HEALTH PLAN

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