

Kickstart Your Year: Wellness & You



2025 Bridging Benefits Educational Series

Presented by the Benefits Department

1/29/2026 Noon – 1:00 PM

**Please be aware that the benefits outlined in these presentations are subject to change. The information provided is accurate as of the date of this presentation and is intended for general guidance only. Any future modifications or updates to benefits will be communicated as they occur. Staff, Faculty, and Librarians under Collective Bargaining Agreements are governed according to the terms of the agreements.*

Presenters

For Benefits Customer Support following the presentation:

[Submit a question or comment](#)

Phone: 833-852-2210 (Phone Hours: Monday - Friday, 8:30 am to 5:00 pm)



Lindsey Bandison

Benefits Customer Support

Supervisor



Ashley Boykin

Wellness Specialist



Kim Phillips

Lifestyle Benefits Program Manager



Brittany Frund

Sr. Benefits Analyst,

Health & Wellness



Gwen Pfleger

UPMC Health Care Concierge, Expert

Agenda

- Wellness & You
- Understanding When & Where to Seek Care
- How to Find/Obtain Your ID Card
- UPMC Guest Speaker
- MyHealth@Work Overview
- Wellness For Life Program
 - Wellness Incentives & Programs
- Additional Resources
- Q&A
- Upcoming Bridging Benefit Sessions & Staying Connected



Wellness & You

8 Dimensions of Wellness



PHYSICAL



EMOTIONAL



FINANCIAL



ENVIRONMENTAL



INTELLECTUAL



OCCUPATIONAL



SOCIAL



MINDFUL

Kick Start Your Year: Wellness & You

Start Strong. Stay Well.

- A new year offers a natural reset, a chance to refocus on your health and well-being
- Small, intentional steps now can create meaningful momentum for the year ahead and can help you save money by completing wellness activities

Why This Matters

- Many of us set New Year's resolutions tied to health, habits, or self-care
- It's also a great time to schedule overdue appointments, screenings, or follow-ups
- Proactive planning helps prevent issues, reduce stress, and support long-term well-being



Understanding When and Where to Seek Care

Prescriptions, PCPs and PDOs

Specialists, Urgent Care & the Emergency Room

Where to go when care is needed

In-Network vs Out-of-Network Reminders

Prescriptions, PCPs & PDOs



Prescription Drug

Drugs and medications that by law require a prescription from a doctor, or medical provider.

- **Examples:**
 - Antibiotics to fight a bacterial infection
 - Inhaler
 - Blood Pressure Medication
 - High Cholesterol Medication
 - Acid reflux Medication
 - Anxiety Medication
 - Pain Medication



Primary Care Physician (PCP)

A physician or medical doctor who directly provides or coordinates a range of health care services for a patient. Some insurance plans require that one is designated.



Primary Dental Office (PDO)

A dentist or dental office who directly provides or coordinates a range of dental services for a patient. Some insurance plans require that one is designated.

- **Examples:**
 - Routine Cleanings
 - Cavities/Filings
 - X-Rays

Specialists, Urgent Care & the Emergency Room



Specialist

A physician specialist focuses on a specific area of medicine or a group of patients to diagnose (such as children/pediatric specialist), manage, prevent or treat certain types of symptoms and conditions.



Urgent Care

Urgent care is a category of walk-in clinic focused on the delivery of ambulatory care in a dedicated medical facility outside of a traditional emergency room. Urgent care centers primarily treat injuries or illnesses requiring immediate care, but not serious enough to require an emergency room visit.



Emergency Room

The department of a hospital that provides immediate treatment for an acute illness or trauma.

Where to go when care is needed

+ The **MyHealth@Work** Center which will be discussed later as another option for care.



Primary Care Physician

- Check-ups or Physicals
- Common Illnesses
- Flu Shots
- Health Advice
- Medication Changes
- Referral to Specialist
- Routine Visits
- Regular Medical Problems



Specialist

- Management of complex chronic conditions
- Diagnosis and treatment of diseases
- Procedures or surgeries
- Reproductive Health (OBGYN)



Urgent Care

- Fever, Flu or Cold
- Sore Throat
- Sprains and Strains
- Pink Eye
- Animal or Insect Bites
- Small cuts that need stitches
- Urinary Tract Infection (UTI)



Emergency Room

- Broken Bone
- Major Allergic Reaction
- Back, Neck or Head Injury
- Difficulty Breathing
- Heavy Bleeding
- Seizures
- Severe Pain

In Network vs Out-of-Network

- **In Network** - The phrase usually refers to physicians, hospitals, or other health care providers who are considered **participants** in an insurance plan.
- **Out of Network** - The phrase usually refers to physicians, hospitals, or other health care providers who are considered **nonparticipants** in an insurance plan.

General Example:

UPMC Health Plan

Schedule of Benefits

Member Cost Sharing	Participating Provider	Non-Participating Provider
Annual Deductible		
Individual	\$750	\$1,500
Family	\$1,500	\$3,000
Your plan has an aggregate Deductible, which means that for family coverage, any one or a combination of covered family members must meet the family Deductible before Covered Services are paid for any member on the plan. The individual Deductible does not apply if you are enrolled in family coverage.		
Deductible applies to all Covered Services you receive during the Benefit Period, unless the service is specifically excluded.		
Coinurance		
	You pay 15% after Deductible	You pay 35% after Deductible

Important! Making sure you are using in-network providers is important to save \$\$ on medical care expenses.

How to Obtain/Find your ID Card

For Vision, Dental and Medical Coverages

Vision ID Cards

- Physical ID Card is sent to the address on file in PittWorx upon enrollment
- The Card will only have the Employee (Subscribers name) but can be presented for use for any enrolled dependents (spouse/partner/child)
- Digital ID Cards are also available
 - Accessible via single-sign-on (SSO) from my.pitt.edu → Search “**MetLife My Benefits**” → Select “**View ID Cards**”
 - Or via the MetLife MyBenefits App

SHORTCUTS



Update Email &
Phone



Communication
Preferences



View ID Cards



Vision

Network: Davis Vision

Employee name

University of Pittsburgh

Group name

To confirm eligibility with participating providers, mention the network above and provide your name and date of birth.

This card is not a guarantee of coverage or eligibility. See reverse for important plan information.

Benefits administered by Davis Vision, Inc.
Underwritten by Metropolitan Life Insurance Company, New York, NY

Front:



University of
Pittsburgh®

Using Vision Insurance

Locating a Participating Provider

- Can be done online at <https://www.metlife.com/insurance/vision-insurance/> or by calling 1-888-777-7418.

To locate participating providers in the Davis Vision by MetLife network:

1. Go to [MetLife.com](https://www.metlife.com).
2. Scroll to "How can we help you" and select "Find a vision provider."
3. Select "MetLife Vision - Davis".
4. Complete the demographics section (location, mile radius, etc.).
5. Click "Search Now" to obtain a provider list based on your inputs in step 4.

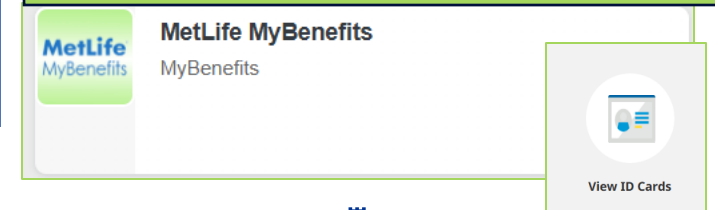
Appointment Scheduling

- Routine Vision care can be scheduled **every 12 months from the last date of service.**
- Medical Conditions impacting your eyes/eyesight may fall under medical insurance instead of vision.
- Please consult with a physician to confirm.

Digital Tools

- OHR Website:
 - <https://www.hr.pitt.edu/current-employees/benefits/health-wellness/vision-plans-and-rates>
- Davis Vision Website:
 - <https://www.metlife.com/insurance/vision-insurance/>
- MetLife MyBenefits App
- MetLife MyBenefits on my.pitt.edu (SSO)

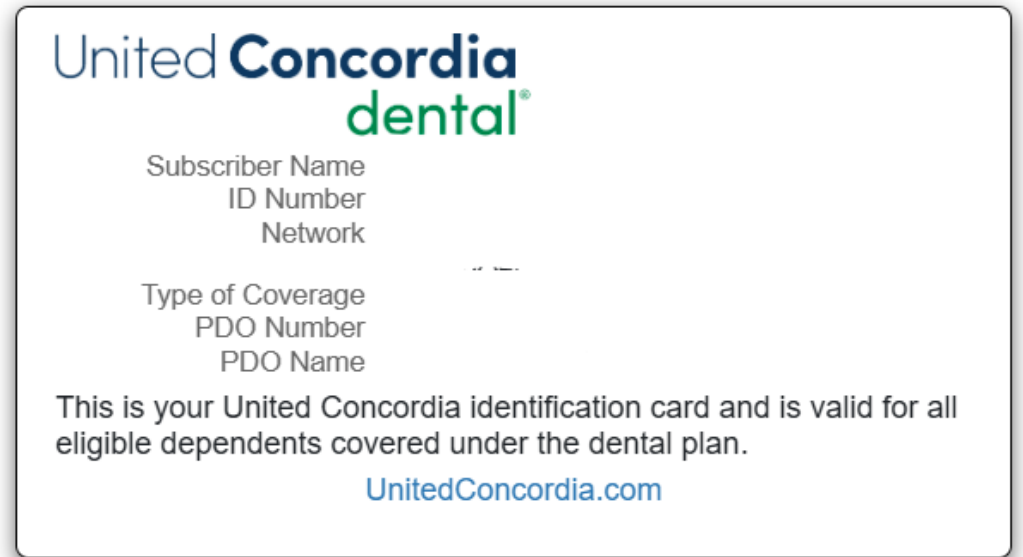
Tip! Enrolled employees can access a digital ID card using Single-Sign-On from my.pitt.edu and searching "MetLife MyBenefits"



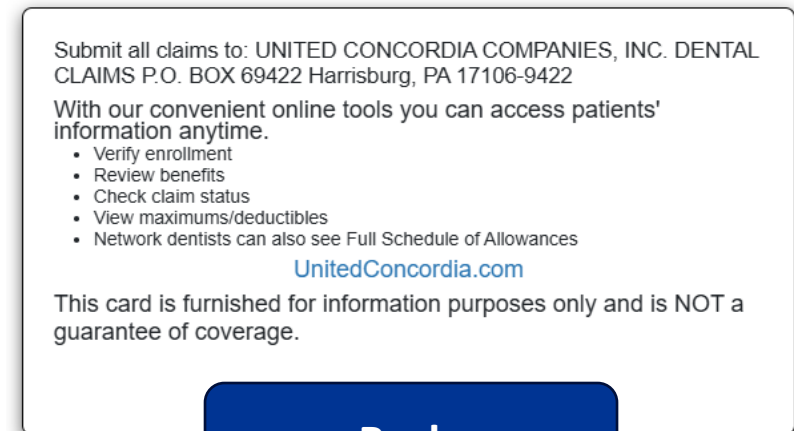
Dental ID Cards

- Physical ID Card is sent to the address on file in PittWorx upon enrollment
- The Card will only have the Employee (Subscribers name) but can be presented for use for any enrolled dependents (spouse/partner/child)
- Digital ID Cards are also available online
 - Accessible via United Concordia's Website

 ID Card



Front:



Back:

Using Dental Insurance

Locating a Participating Provider

- Can be done online, via the *'MyDentalBenefits'* App or by calling 1-877-215-3616 .

*Locate Participating Providers in the United Concordia network:

1. Visit www.unitedconcordia.com
2. Select **"Find a Dentist"**
3. Enter a location or dentist name
4. For the Pennsylvania DHMO plan Primary Dental Office selection, select **"DHMO Concordia Plus General Dentist"** in the **"Select Network"** search box located in Western PA only

Use the Provider ID to designate the PDO(s) when enrolling*
5. For the Concordia Flex I and II plans, select **"Advantage Plus"** in the **"Select Network"** search box

Appointment Scheduling

- Routine Dental care can be scheduled **every six months from the last date of service.**



Digital Tools

- OHR Website:
 - <https://www.hr.pitt.edu/current-employees/benefits/health-wellness/dental-plans-and-rates>
- United Concordia Website:
 - www.unitedconcordia.com
- United Concordia *'MyDentalBenefits'* App:
 - <https://www.hr.pitt.edu/sites/default/files/MyDentalBenefitsApp.pdf>

For certain providers discounted services may be available. For more information, please contact United Concordia directly. Look for dentists marked by a green \$Save! Box.

\$ave! ⓘ

Medical ID Cards

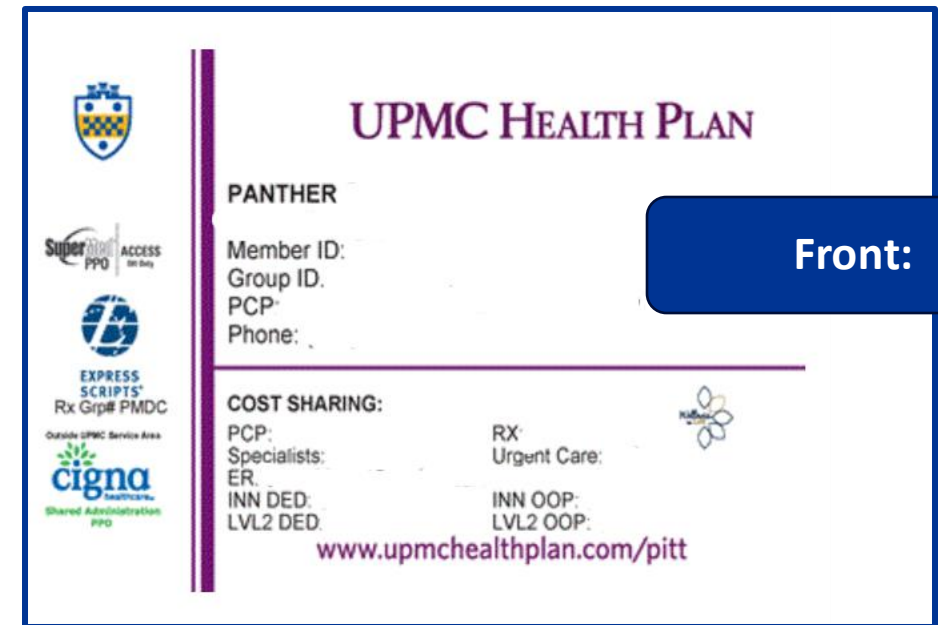
- **Physical ID Cards** are sent to the address on file in Pitt Worx upon initial enrollment.
 - If you have lost or misplaced yours, you can order a replacement online.
 - Accessible via single-sign-on (SSO):
 1. Login to my.pitt.edu
 2. Search **"Health Plan Access"**
 3. Select the **"Health Plan Access"** Task
 4. Select **"Print or Order an ID Card"**
- **Digital ID Cards** are also available online
 - Or via the UPMC Health Plan mobile app

Quick Links:

Wellness for LIFE

Review your coverage

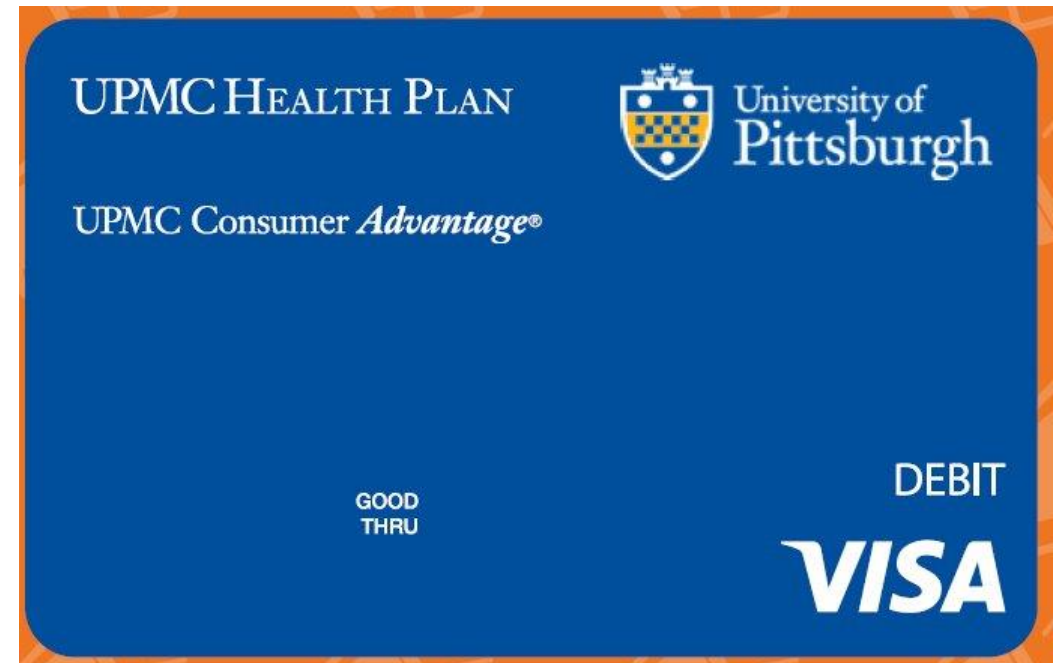
Print or order an ID card



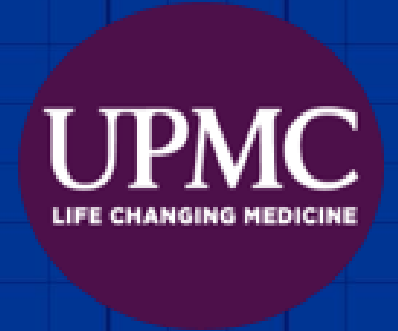
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Consumer Advantage Debit Card

- **Multi Purpose**
 - **Used for FSA Dollars**
 - Health Care FSA
 - Dependent Care FSA
 - Parking FSA
 - Mass Transit FSA
 - **Used for HSA Dollars**
 - **Also Used for the Health Incentive Account (HIA) Program that is automatically built into the 3 Medical Plans** *(*note Panther Basic participants not receive a card)*
 - Complete Healthy Activities and earn \$ after every 75 points effective 7/1/25 up to \$300 per employee and their covered spouse/domestic partner
 - Formerly known as Health Incentive Reward Dollars – name change



UPMC Guest Speaker



Presented by Gwen Pfleger, Health Care Concierge, Expert at UPMC Health Plan

Preventative Care

Digital Tools & Resources

Appointment Scheduling

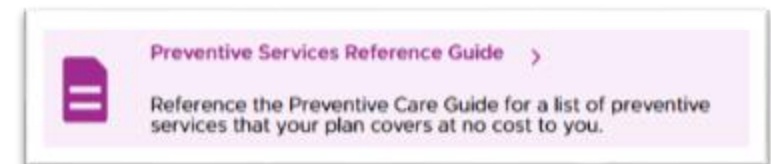
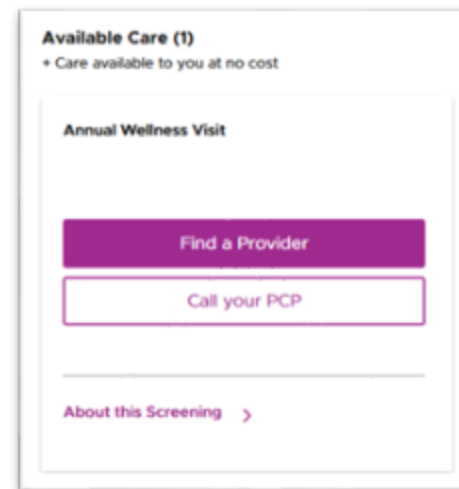
UPMC MyHealth 24/7 Nurse Line



Preventive Care

Importance of scheduling preventive care:

- Helps employees stay healthy by catching potential issues early, often before symptoms appear.
 - Supports long-term physical and mental well being through regular checkups and screenings.
 - Empowers employees to take control of their health and make informed care decisions.
-
- UPMC insured members and their covered dependents are eligible for an annual wellness visit with their Primary Care Provider (PCP) once per plan year. The annual wellness visit is covered at 100% by UPMC Health Plan.
 - You are also eligible for additional preventive screenings with your UPMC insurance. Through your UPMC Health Plan portal – you can access recommended care and a Preventive Services Reference Guide.



Digital Tools & Resources



UPMC Health Plan

- UPMC Health Plan App & UPMC Health Plan Member Site
- Offers quick access to your plan details, medical claims, spending account balances, UPMC 24/7 video visits, and other powerful tools.
- You can use the app to **download your digital ID card(s)** and chat with a Health Care Concierge if you need additional support.
- You can also receive virtual care with UPMC telehealth services.
 - [Schedule a Virtual Visit: Choose Care > Video Visits > Start a Visit](#)



MyUPMC

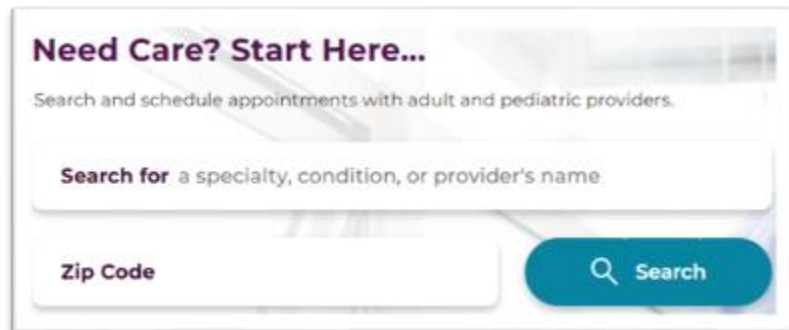
- MyUPMC makes it easy for UPMC patients to manage their health care.
- With the free and secure website and app, you can see your test results and medical records, schedule and manage appointments, send messages to your providers, pay your bills, and find helpful information to help you stay healthy.
- You can also receive virtual care with UPMC telehealth services.
 - [Schedule a Virtual Visit: Choose Other Care Options > Virtual Services](#)

Appointment Scheduling

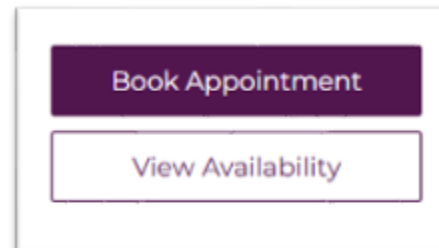
Covered UPMC Health Plan members can schedule appointments a few different ways:

- **Online**

- You can schedule with UPMC providers online at www.upmc.com/providers
- Here you can search for a specialty, condition, or by providers name and enter your desired zip code.



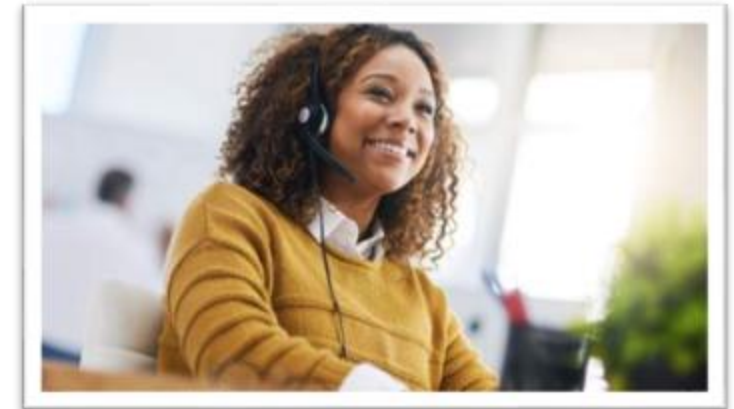
The screenshot shows a web form titled "Need Care? Start Here...". Below the title is a subtitle: "Search and schedule appointments with adult and pediatric providers." There are two input fields: "Search for a specialty, condition, or provider's name" and "Zip Code". A teal "Search" button with a magnifying glass icon is positioned to the right of the "Zip Code" field.



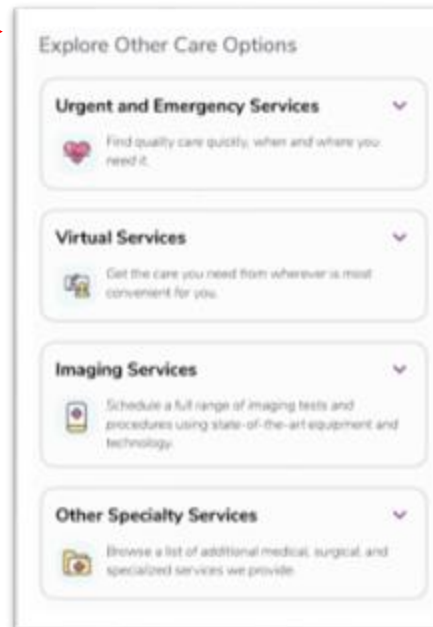
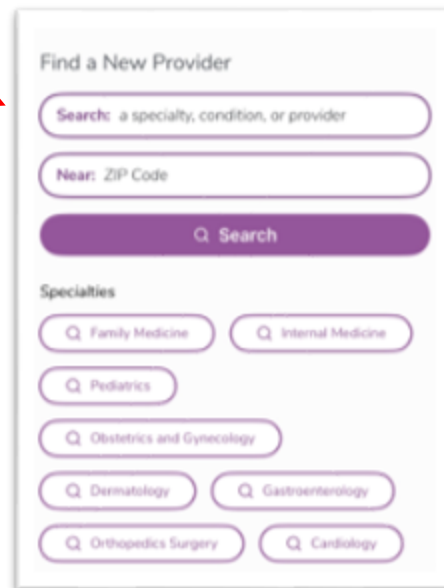
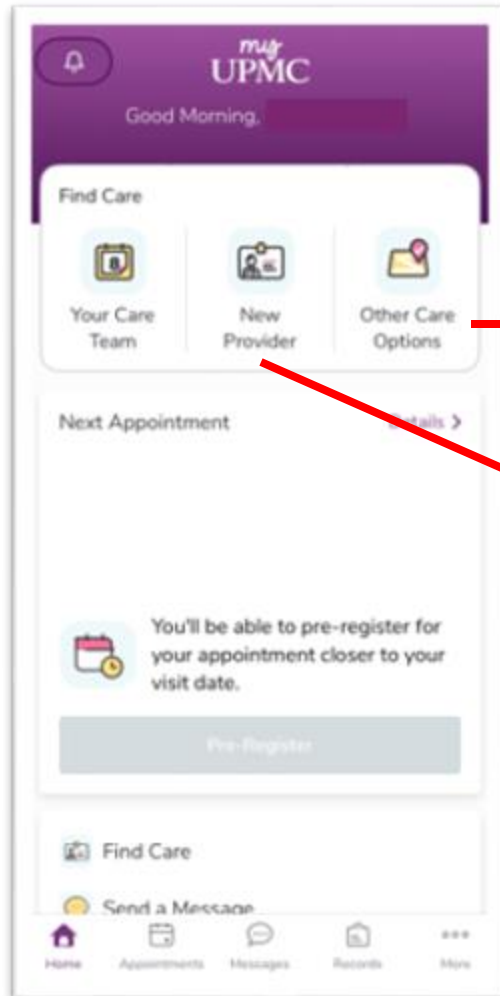
Two buttons are shown: a purple "Book Appointment" button and a white "View Availability" button with a purple border.

- **Over the Phone**

- You can call UPMC Member Services at **888-499-6885** and speak with a concierge for assistance with finding participating providers and scheduling appointments.
- The UPMC Member Services phone number can also be found on the back of your medical insurance ID card.



Appointment Scheduling



- **MyUPMC App**

- You can also find care and schedule with UPMC providers through the MyUPMC app.
- You can schedule with your current care team, find new providers, or explore other care options, such as virtual services.

- When scheduling with your current care team or a new provider you may have the option to choose an in-person office appointment or a virtual video visit appointment.

UPMC MyHealth 24/7 Nurse Line

- When you or your covered dependents need guidance for a non-emergency concern, especially after hours or when your PCP isn't available, the UPMC MyHealth 24/7 Nurse Line is a great option. You can talk to a UPMC nurse at no cost, anytime. Just have your member ID card ready when you call.
- You can speak with a nurse 24 hours a day, 7 days a week by calling **866-918-1591**.

The UPMC MyHealth 24/7 Nurse Line can help:

- Understand your symptoms and determine the right care option.
- Know your next step in seeking care, including connecting you directly to 24/7 video visits.
- Get answers to clinical questions and general health concerns.
- Receive guidance on medications and safe use.
- Get support in deciding the appropriate level of care.



MyHealth@Work Center

UPMC MyHealth@Work Health & Wellness Center



The UPMC MyHealth@Work Center for the University of Pittsburgh is an onsite Health and Wellness Center that treats a variety of health issues. Healthcare professionals at the Center can help you get back to feeling your best.

About the Center

- Onsite health and wellness center supporting a wide range of health needs
- Provides wellness screenings, chronic condition support, and online/telephonic resources
- Services available to faculty, staff, and their covered spouse/domestic partner

Key Benefits

- **No-cost services** for Pitt faculty, staff, covered spouses and domestic partners*
- **Staffed by UPMC professionals**, including:
 - Certified Registered Nurse Practitioner
 - Registered Nurse
 - Medical Assistant
 - Health Coach
 - Oversight from a practicing physician

Wellness & Health Coaching

- One-on-one health coaching available
- Guidance on healthy habits for work and home
- Access to additional online and phone-based resources



Scan the QR
Code To
Schedule:



Appointments can be made using the **online scheduling form**, by visiting hr.pitt.edu/benefits/wellness-center or by calling **412-647-4949**. Walk-ins will not be accepted.

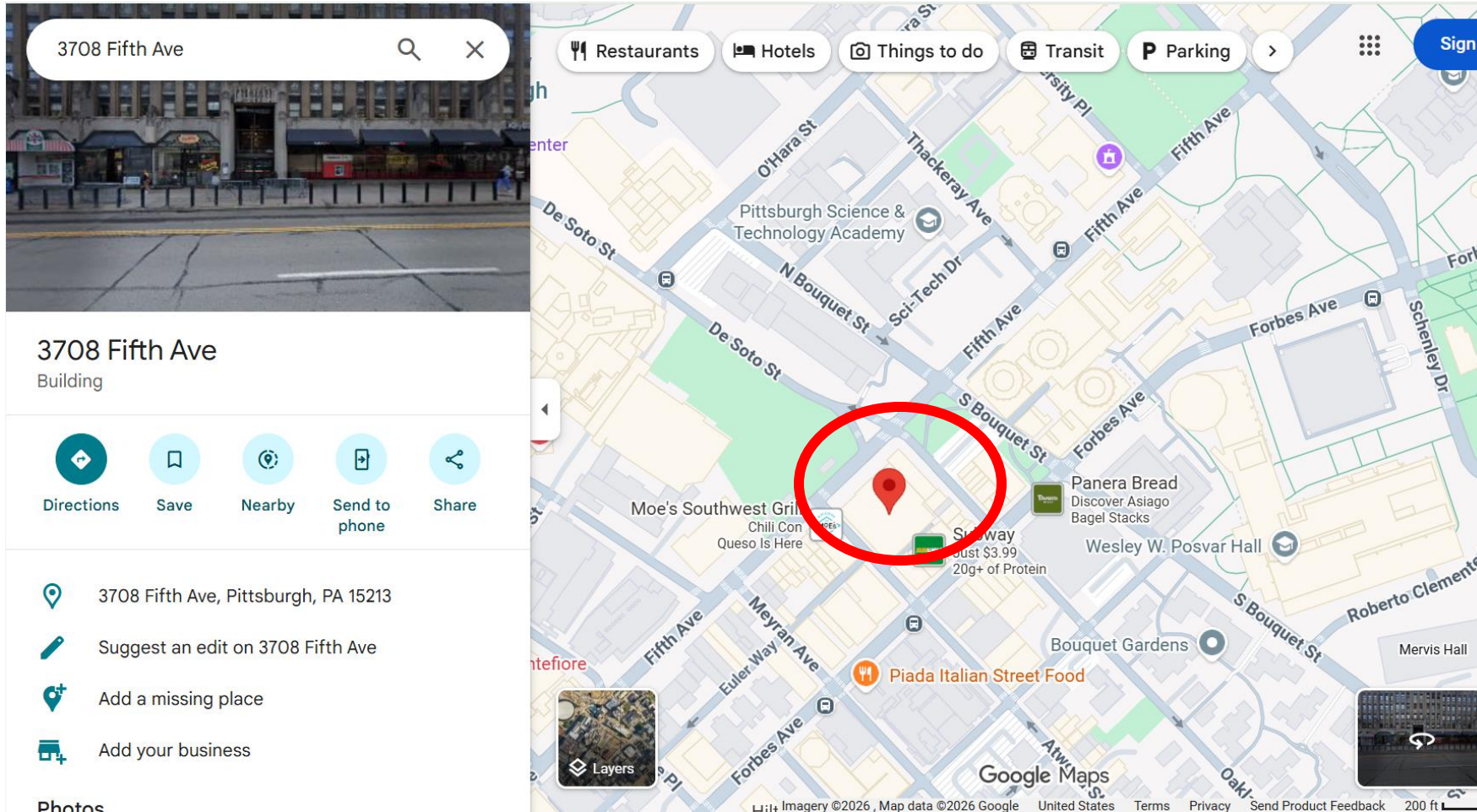
** UPMC Plan members with **Panther Basic coverage** will be required to pay a \$10 charge for MyHealth@Work provider-related visits until the individual meets their deductible.*

MyHealth@Work Services



- **Allergy Injection**
 - Patients must bring their physician order, medications, and allergy flow sheet to this appointment.
- **Animal Research Exposure/Bite Visit** (In Person)
- **B12 Injection**
 - Patients must bring their physician order and medication to this appointment.
- **Behavioral Health Follow-Up Visit** (In Person or Virtually)
- **Behavioral Health Initial Visit** (In Person or Virtually)
 - Receive clinical support for anxiety and/or depression
- **Complete Health Review** (In Person)
 - Benefit-eligible faculty and staff can talk with a provider about their health risks, review their medical history, and get help creating a plan to maintain or improve their health.
 - Please note: Patients must fast for at least eight hours before their scheduled appointment.²
- **Fitness Testing** (In Person)
 - Body mass index, body fat percentage, waist circumference, muscular strength, flexibility, and cardiovascular fitness
- **Flu Vaccine**
- **Health Coach Visit** (In Person)
 - A health coach will review the participant's biometric screening or MyHealth Questionnaire results, discuss health and wellness goals, explore risk-appropriate resources, and help the participant develop an action plan.
- **Needlestick/Bloodborne Pathogen Exposure (BBP)** (In Person)
- **Nurse Visit: Blood Pressure Check** (In Person)
- **Research-Related Visit** (In Person)
 - Blood draws and annual surveillance visits
- **Sick Visit (In Person)**
 - Get treatment for minor illnesses and injuries, such as coughs, colds, sinus infections, minor cuts, rashes, and fevers.
- **Virtual Care Visit**
 - Book an illness/injury visit to be seen by a MyHealth@Work provider for minor illnesses and/or injuries (ex: coughs, colds, sinus infections, minor cuts, rashes, and fevers, etc.)
- **Weight Management Program Blood Work** (In Person) Please note: Only Weight Management program enrollees can schedule this visit, and participants must fast for at least eight hours before their scheduled appointment.²

Location & Parking



Medical Arts Building
3708 Fifth Avenue
5th Floor, Suite 505
Pittsburgh, PA 15213

Monday - Friday,
7:00 am to 3:30 pm

Parking:

- If you park in the Medical Arts Parking Garage, bring your ticket into the clinic for validation and your parking is **free!**
- Parking for the Center is also available at a cost on the street.

Wellness Incentives

Health Incentive Account Overview

Activities

How to Use The Reward Dollars

Health Incentive Account (HIA) Overview

What is a Health Incentive Account or Wellness Incentive?

- A special account funded with **HIA Reward Dollars** that you earn by completing approved wellness activities through the University of Pittsburgh's Wellness Incentives Program.
- Available to participants enrolled in the UPMC Health Plan
- Earn **HIA Reward Dollars** by completing approved wellness activities
- You *and* your covered spouse/domestic partner can each earn **up to \$300 per plan year (2025–26)**

How the Incentives Are Funded

- The University adds reward dollars to your **UPMC Consumer Advantage card***
- Funds are deposited as you complete each of the program's **four incentive levels**

** Panther Basic members will receive up to \$300 per covered adult in their September 2026 paycheck for dollars earned*

HIA Reward Dollar Levels

Maximum per employee and covered spouse/domestic partner: **\$300** in Reward Dollars

Level	Points	Reward Dollars
Level 1	75 points	\$75 dollars added to UPMC Consumer Advantage Debit Card
Level 2	150 points (includes 75 from Level 1)	Additional \$75 on the UPMC Consumer Advantage Debit Card
Level 3	225 points (includes 75 from level 1 and 75 from level 2)	Additional \$75 on the UPMC Consumer Advantage Debit Card
Level 4	300 points (include 75 points from each of the first three levels)	Additional \$75 on the UPMC Consumer Advantage Debit Card

* Panther Basic members will receive up to \$300 per covered adult in their September 2026 paycheck

Eligible Wellness Activities



My Health Questionnaire

Earn up to **75 points**
([learn how to access the questionnaire](#))



Preventive Care (wellness exam, flu shot)

Earn up to **25 points**



Biometric Screening

Earn up to **25 points**



Health Coaching: Lifestyle Program/Condition Management

Earn up to **25 points per session**

[Wellness for Life Program 2025-26 plan year](#)

How to Access The UPMC MyHealth Questionnaire

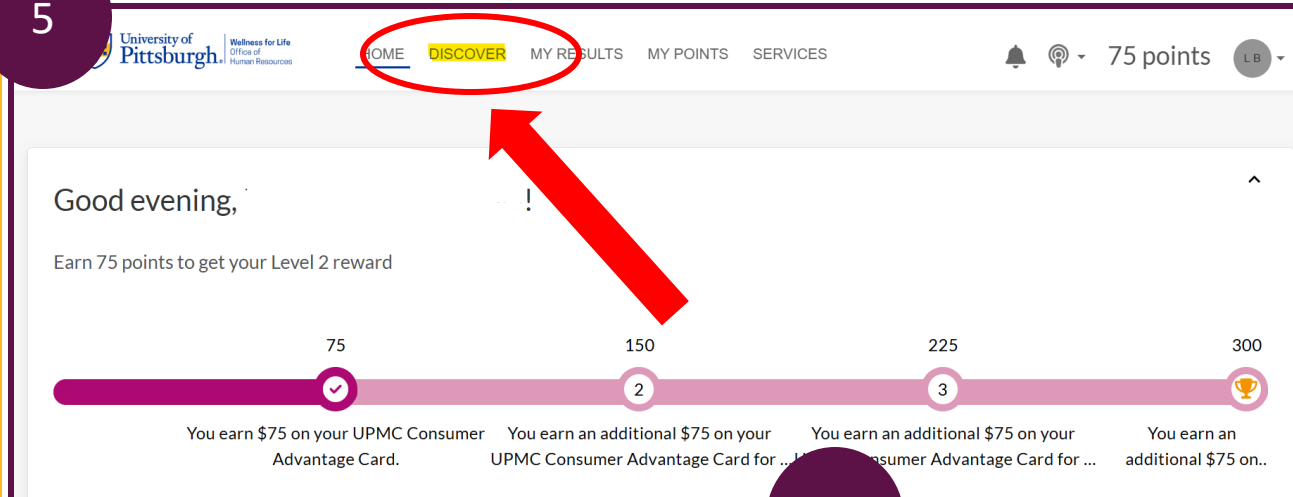
1. Log in my.pitt.edu (Pitt Passport)
2. Select the [Health Plan Access](#) task
3. Select **Wellness for Life** next to the quick links section (it may also be selected from the top of the screen under **Wellness**)
4. Read and agree to the terms and conditions

The screenshot illustrates the process of accessing the UPMC MyHealth Questionnaire through the myPitt portal. It is divided into four numbered sections:

- Step 1:** The top navigation bar of the myPitt website, showing the University of Pittsburgh logo and the myPitt branding.
- Step 2:** The 'Health Plan Access' search bar and the 'Tasks' section. The 'Tasks' section lists 'UPMC HEALTH PLAN' and 'Health Plan Access UPMC Health Plan'.
- Step 3:** The 'Quick Links' section, which includes a link to 'Wellness for LIFE' (highlighted with an orange circle), 'Review your coverage', and 'Print or order an ID card'.
- Step 4:** The 'Terms of Use' section, which contains a paragraph stating: 'Please review the information below. If you consent to participate in the wellness program, please indicate by checking the box below to proceed.' Below this is a box containing the full text of the terms of use, which states that the use of Limeade Well-Being is conditioned upon acceptance of these terms of use ('Terms of Use').

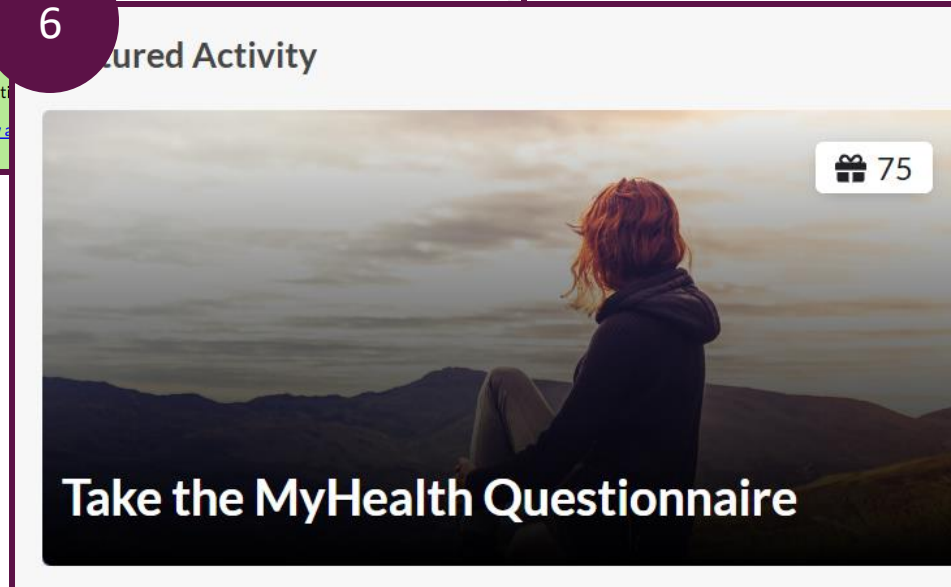
How to Access The UPMC MyHealth Questionnaire

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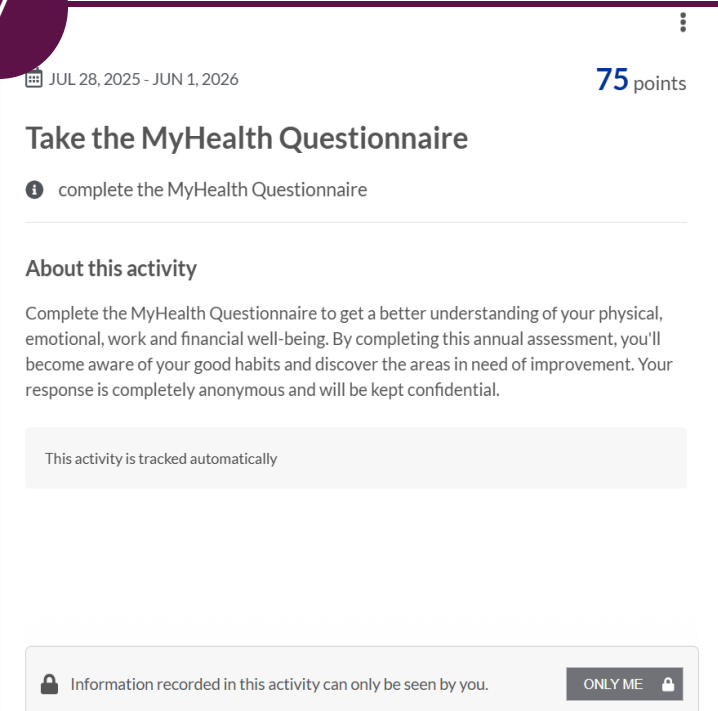


5. Click on the Discover Tab
6. Select **MyHealth Questionnaire**
7. Complete the assessment

6



7



You can also access the activities under the "Take Action" Discover button.

February Wellness Challenge

Challenge: Make a Spending plan work for you

- **Timeframe:** Feb. 1, 2026 – Feb. 28, 2026
- **How to Begin:** Track online via the Discover Tab (will be available starting Feb. 1st)
- **Wellness Incentive Points:** Track 4 times and you can earn up to 25 points!




Register for a Group Class

Group Class: Eating Well For Life

- **Registration:** Feb. 16, 2026 – Feb. 27, 2026
- **Class Time:** Every Thursday for 6-Weeks from Noon – 1:00 p.m.
- **How to Get Started:**
 1. Log into you're my.pitt.edu
 2. Search "Health Plan Access" from the search bar
 3. Click on the "Health Plan Access" task
 4. Select "Wellness" (top menu bar)
 5. Click "Wellness Event Registration"
- **Wellness Incentive Points:** You can earn up to 25 pts. per session!



Attend the Monthly Lunch and Learn

- **Faculty & Staff** Take a mid-day break to focus on your wellness!
- **Join us Feb. 16, 2026, from Noon – 1:00 p.m.** Free to attend. Breaking bad habits doesn't have to be hard. There are strategies that can maximize your chances of succeeding. This presentation will cover ways to increase your odds of breaking your bad habits and taking back your life! Led by a Health Coach.
-  **Breakup with Bad Habits**
 - **Date:** Feb. 16
 - **Time:** Noon – 1pm
 - **Location:** Virtual
 - **Link to Add to Calendar:** [MyHealth Lunch & Learn: Break Up with Bad Habits - University of Pittsburgh](#)



Additional Programs

- Examples of additional offerings you can discover online to earn points
- The offerings you may see may differ as they are often tailored to your specific health needs

Trending Now



🎁 25

Health Coaching-Healthy Families Session

📄 talk to a health coach



🎁 5

Help Your Coworkers Get to Know You



🎁 5

Community-Sponsored Event



🎁 5

Can I Get Your Help?

Recommended by UPMC Health Plan



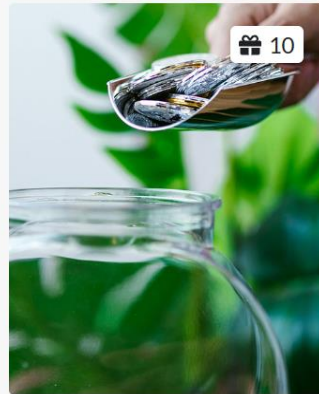
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Money Anxiety and Dread



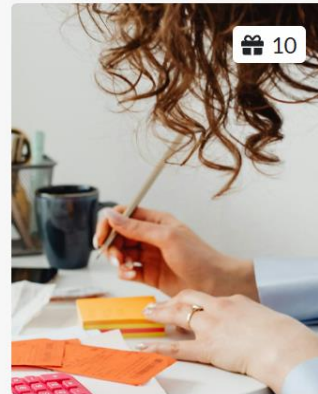
🎁 10

Prepare for Your Financial Future



🎁 10

Starting an emergency fund



🎁 10

Budgeting basics

How to Use the Reward Dollars

What can the Reward Dollars be Used for?

- Reward Dollars can be used for eligible medical, prescription, dental, vision, and certain over-the-counter expenses.
- Participants in Panther Gold and Panther Plus earn funds that are placed on the UPMC Consumer Advantage Debit Card* upon completing each level.

Using Your Reward Dollars

- **Pay directly** with your UPMC Consumer Advantage debit card for eligible expenses
- **Or** pay out-of-pocket and request reimbursement with itemized receipts

What Happens to Unused Funds?

- Unused dollars roll over into the next plan year **up to 1× the in-network deductible.**

* Panther Basic members will receive up to \$300 per covered adult in their September 2026 paycheck for dollars earned



Tips:

- Keep itemized receipts for all purchases in case substantiation is required for reimbursement
- Regularly monitor your account balance & health tools

Wellness Programs

Departmental Wellness

Health Coaching

Active & Fit Program

Departmental Wellness

Cost: FREE!

For questions or to schedule, please contact Ashley Boykin at BeWell@pitt.edu.

Academic Leaders and Department Heads can schedule wellness services for their employees. Categories of services include:



ON THE GO'S

On the Go is a program developed to bring quick and effective activities to employees such as: stress management, physical activity, and nutrition. These can be done in person or virtually upon request. The time for each activity is 15-20 minutes but can be tailored to the amount of time you have available.

This option is great to offer during staff meetings or a full day of training to break up the flow.



STOP BY BOOTHS

The on-site health coach will be at a table with information on a variety of wellness topics such as: stress, physical activity, tobacco cessation, hypertension, lower back pain, and healthy holiday eating. The table should be placed near high traffic areas such as employee cafeterias, lunchrooms, or lounges. Each session includes an interactive activity and a Coach on Call educational piece with follow up. Times are usually scheduled in two-hour blocks.

This option would be great to offer if there is a certain day of the week when most of your team will be in the office.



MYHEALTH KITCHEN

Looking for new recipe ideas that are quick, easy, and help achieve your health and wellness goals? Welcome to the MyHealth Kitchen where participants can learn in real time how to accomplish healthy, nutritional-based foods in the comfort of their home. Each demonstration will range from 20-30 minutes highlighting different aspects of nutrition that is inclusive to all.

Only offered virtually.



PRESENTATIONS (LUNCH & LEARNS)

Educational sessions offered in a wide variety of topics. Each session can range in length from 30-45 minutes.

Sessions can be offered in person or virtually.

Benefits of Departmental Wellness

- Better concentration, focus, and creativity
- Reduced absenteeism
- Higher energy levels
- Improved productivity
- Happier work environment



Health Coaching Services at Pitt

- One-on-one coaching to define and achieve health goals
- Free for faculty and staff with UPMC Health Plan
- Available onsite, by phone, and online
- Support for weight management, physical activity, healthy eating, stress reduction, and quitting smoking
- Onsite coaching for departments during work breaks



Active & Fit Program

- For UPMC Health Plan Participants
- Provides access to a wide range of national fitness centers and on-demand fitness videos for just \$28 a month.

Learn More:

Scan the QR Code > Login > Wellness > Health and Wellness Discounts




UPMC HEALTH PLAN

WELLNESS

for Every Part of You



\$0 Enrollment Fee
 with code: MAKEYOURMOVE¹

Get Started: Scan the QR Code > Login >
Wellness > Health and Wellness Discounts



Top Gyms Starting at \$28/mo.²
 From yoga, to strength, to Pilates, and more—**thousands of gyms and premium studios** to choose from. Pick your favorite and work out your way.

NEW

Active&Fit Direct™ Marketplace

10% - 50% Off Wellness Products³
 Unlock exclusive deals on gear, gadgets, and apparel from Adidas®, New Balance®, Fitbit®, NutriBullet®, Therabody®, and more!

No Long-Term Contracts, Annual Fees, or Cancellation Penalties
 Enjoy ultimate flexibility and choice. Plus **save \$5** when you add a second gym.⁴

More to Power Your Progress
 Enroll your partner and move toward your goals together.⁵

 Access thousands of on-demand workout videos —free and at your fingertips.

0+ Gyms



0+ Gyms



24 FITNESS



EOS FITNESS



snap 24/7 fitness



ANYTIME FITNESS



Where to learn More

Questions about current campus wellness programs/events for faculty and staff?

- Visit our [Wellness for Life Webpage](#)

Do you want to have the onsite health coach come to your department?

- Visit our [Departmental Wellness page](#), then contact:
- Ashley Boykin
Wellness Specialist
- **Email:** bewell@pitt.edu

Additional Resources

- Where to find additional support and resources.

Resources & Contact Information

Department:	Topic:	Where to Learn More:
Benefits Department Phone: 833-852-2210 Mon - Fri 8:30 a.m. – 5 p.m.	Health and Wellness Benefits	www.hr.pitt.edu/health-and-wellness
	Wellness For Life	www.hr.pitt.edu/health-and-wellness
	Wellness Incentive Program (HIA)	www.hr.pitt.edu/wellness-for-life/wellness-incentives
UPMC Member Services Phone: 1-888-499-6885 Mon - Fri 8:00 a.m. – 6 p.m.	Accessing Wellness Incentive Activities	Visit your Online Portal
	Lost or Replacement ID Cards	Visit your Online Portal or Contact UPMC Member Services
	Claims & Reimbursement Assistance	Contact UPMC Member Services
MyHealth@Work Center Phone: 412-647-4949 Mon - Fri, 7:00 a.m. - 3:30 p.m.	Details about the Center	https://www.hr.pitt.edu/current-employees/work-life-balance/wellness-life/myhealthwork-center
	Scheduling	Visit the online scheduling form .
Wellness Program/Event Inquiries For questions or to schedule, please contact Ashley Boykin at BeWell@pitt.edu .	Departmental Wellness	https://www.hr.pitt.edu/current-employees/work-life-balance/wellness-life/departmental-wellness

Online inquiries to the Benefits Department can be submitted at: www.hr.pitt.edu/contact-ohr

Q&A

Bridging Benefits

Upcoming Sessions

Upcoming Sessions

Visit : <https://www.hr.pitt.edu/bridging-benefits>

February 26, 2026



Benefits 101: Your Health & Wellness Toolkit

- Covering the Differences between the University Medical, Dental, and Vision Plans & FSAs
- Guest Speaker from Amplifon, on available hearing aid benefits

March 26, 2026



Protect and Plan: Retirement Savings Basics

- Retirement Savings Basics with TIAA
- Life Insurance Coverage through the Hartford

How to Access Recorded Sessions

- Visit : <https://www.hr.pitt.edu/bridging-benefits>
- Select 'view recording'
- Or click the link under the **Recorded Sessions** section

Today's Session + Slides will be made available online and you will receive an email once ready.

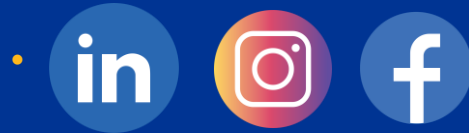
Date	Topic	Registration Link	Shareable PDF
Jan. 27, 2025	Education Benefits for Dependent Children	Closed - View Recording*	Slide Deck
Feb. 27, 2025	Education Benefits for Employees, Spouses & Domestic Partners	Closed - View Recording*	Slide Deck
March 27, 2025	Back to Basics: General Benefits Overview	Closed - View Recording*	Slide Deck
April 24, 2025	Financial Wellness Benefits & Resources	Closed - View Recording*	Slide Deck

Next Steps:

❑ Register for a Session or access Previous Recordings!

- <https://www.hr.pitt.edu/bridging-benefits>

❑ Follow Us on Social Media



❑ Keep an Eye Out for Future Sessions!

❑ Take our Bridging Benefits – Experience Survey

- Link will be sent via email following today's session.
- The recording + slides will also be made available on the Bridging Benefits Webpage.





University of Pittsburgh®

Office of Human Resources Benefits Department

<https://www.hr.pitt.edu/current-employees/benefits>

Contact us at 833-852-2210 or online at <https://www.hr.pitt.edu/contact-ohr>