Earn HIA rewards

It’s convenient and easy to understand. It takes only 20 minutes to complete, and faculty/staff members and covered spouses/domestic partners may earn a reward in their health incentive account (HIA). Best of all, you get a list of simple, practical, personalized steps for improving your health.

Your results are completely confidential. Your employer will not have access to your health information.

About those rewards

<table>
<thead>
<tr>
<th>Plan</th>
<th>HIA reward value</th>
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</thead>
<tbody>
<tr>
<td>Panther Advocate</td>
<td>$100</td>
</tr>
<tr>
<td>Panther Gold, Plus, or Basic*</td>
<td>$75</td>
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</tbody>
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*Rewards for Panther Basic members will be applied to their September 2018 paycheck.

Complete your MyHealth Questionnaire today!

Faculty and staff access:
1. Log in to my.pitt.edu.
2. Click on the My Resources tab (top).
3. Click on Human Resources.
4. Click on the MyHealth Access link (top right).
5. Select Quick Links (top), then MyHealth Questionnaire.

Covered spouses/domestic partners:
1. Go to upmchp.us/MyHealthQuestionnaire.
2. Enter your username and password.
3. Select Launch Assessment.
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.

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., 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 1-888-499-6885（TTY：1-800-361-2629）。

UPMC Health Plan

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