As a University of Pittsburgh faculty or staff member, you can use MyHealth@Work’s many resources and services—free of charge—to help you live your healthiest life.

MyHealth@Work providers can treat minor ailments, such as coughs, fevers, upper respiratory infections, insect bites, or minor skin irritations. You never need an appointment to receive care.

An on-site health coach can help you develop a plan to achieve your health-related goals, whether you want to lose weight, quit smoking, improve your diet, or become more active.

Preventive services—like blood pressure screenings and vaccinations—can help you improve or maintain your health.

Guidance and resources from MyHealth@Work can help you stay safe.

Board-certified nurse practitioners at MyHealth@Work can connect you to wellness resources and teach you self-care strategies that may help you avoid potential problems with your condition.

A pharmacist—accessed through MyHealth@Work—can help you understand your medications and tell you about alternatives.

Life Solutions—your employee assistance program—can be accessed through MyHealth@Work. You can use this no-cost benefit to connect with financial, legal, or behavioral health support services. It is available to you and members of your household.

Medical Arts Building
Suite 505 (Fifth Floor)
Monday through Friday
7 a.m. to 3:30 p.m.
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

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）。