

Your hub for health, safety, and wellness

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'll need to make an appointment to receive care.

Receive treatment for minor illnesses

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.

Access health coaching services

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

Stay on top of preventive care

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

Learn about safety

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.

Start better managing a chronic condition

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

Understand your medications

Balance work, life, and wellness

**MyHealth
@Work**

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

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.

UPMC
MyHealth@Work

Nondiscrimination statement

UPMC Health Plan¹ 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.

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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）。



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