

# Health care that works for you

**MyHealth@Work services are available at no cost to Pitt faculty, staff, and their approved spouses and domestic partners, regardless of their insurance coverage.<sup>1</sup>**

To learn more about MyHealth@Work, visit [upmchp.us/PittMyHealthatWork](https://upmchp.us/PittMyHealthatWork).



Please note that the UPMC MyHealth@Work Center operates by appointment only. Same-day appointments are available, but walk-ins will not be accepted. To schedule an appointment, please visit [upmchp.us/Pitt-MyHealthatWork-Booking](https://upmchp.us/Pitt-MyHealthatWork-Booking), call 412-647-4949, or scan this QR code.

## 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.

- **Fitness Testing (In Person)**

Body mass index, body fat percentage, waist circumference, muscular strength, flexibility, and cardiovascular fitness are all assessed during these sessions.

- **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.<sup>2</sup>

<sup>1</sup>UPMC Health Plan members with Panther Basic coverage will be required to pay a \$10 charge for MyHealth@Work provider-related visits until their deductible is met. A provider-related visit may involve receiving treatment for a sinus infection, having lab results reviewed, or receiving chronic care management, among other services. Some services continue to be available at no cost, including flu shots and blood pressure checks. This charge is required to comply with IRS guidelines. Questions about this change can be directed to UPMC Health Plan Member Services at 1-888-499-6885 (TTY: 711).

<sup>2</sup>Only water and regular medications (if applicable) should be consumed during the fasting period.

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**MyHealth@Work**