

2019 UPMC MyHealth Weight Race



Weigh in on your health IQ

Join the race for helpful tips, recipes, health education,
and support



UPMC
*My*Health

Register: Jan. 21-Feb. 4

Race: Feb. 4-April 26

How it works

You'll set a goal of how much you want to lose in 12 weeks. To encourage a safe rate of weight loss, your goal cannot exceed 25 pounds. Then you can join a team or participate as an individual.

To get the most out of the Weight Race, enter your weight each week using MyHealth OnLine or the UPMC Health Plan mobile app.

At minimum, you must weigh in on the **first and last week** to complete the race. Completing the Weight Race will result in a Wellness for Life reward up to \$25, but not to exceed your 2019 plan maximum.*

Your weight always remains confidential.

Test your knowledge

Each week you'll receive an email with one quiz question. Learning the right answer may help you tip the scale in your favor! You'll also receive links to tips, recipes, and other resources to help you win your race.

Ready to race?

Go to my.Pitt.edu then follow this path:

My Resources > UPMC Health Plan > MyHealth
Access > 2019 University of Pittsburgh Weight Race



Help at your fingertips

- **Calculator**—Determine your body mass index and suggested weight goal. You can adjust that goal if desired.
- **Online tracking**—In addition to recording your weight, you can log daily physical activity and sync your wearable device using the My Activity Tracker.
- **Health coaches**—Health coaches are available at 1-800-807-0751 or via online chat for tips on weight management, physical activity, and nutrition.
- **MyHealth Matters blog**—Access helpful information, recipes, and tips.
- **Facebook**—Like the UPMC MyHealth Weight Race Facebook page to connect with other racers to share tips, photos, and progress.
- **Text messages**—Opt in for additional support from text message tips sent right to your mobile phone

How to use our resources

- Use your phone or tablet to register and track your progress. (If you don't already have the UPMC Health Plan mobile app, search it in the Apple App Store or Google Play to get started.)
- If you have a wearable tracking device, you can connect at MyHealth OnLine > Better Health and Wellness > Browse by Resource Type > Trackers > Connect Your Physical Activity Monitor.
- **GET TEXTS FROM US!** Text WEIGHTRACE to 876247 to get helpful, supportive tips delivered right to your mobile phone. Standard text rates may apply.

**You can only earn up to your 2019 plan maximum. If you are near your maximum, you will not earn all of the \$25. If you have reached your limit, you will not earn any of the reward.*

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 considering your health status.

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 1-888-499-6885 (TTY: 711).

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