

ROAD TO resilience

Scan to register!



Register:

Sept. 16-30

upmchp.us/pittresilience

Participate:

Oct. 1-31



UPMC
MyHealth

What is Road to Resilience?

Road to Resilience is a four-week resilience, stress, and self-care challenge. Each week, you will learn about core aspects of resilience and set small goals to improve your health.

Tracking your stress is a great way to learn how your body responds to different situations. It can also help you determine which stress-response tools work best for you and when to practice self-care. During Road to Resilience, you'll be asked to visit MyHealth OnLine each day to log your stress. You can also use the paper tracker we provide and log in to MyHealth OnLine every few days to update the online tracker.

To complete the campaign, you must track your daily stress for 21 days. You can earn up to 15 reward dollars in your health incentive account for completing Road to Resilience!*

What can you get from the program?

- You can find out what makes people resilient.
- You can learn evidence-based skills that can help you overcome life's challenges.
- You can learn how to balance your life, keep up with self-care, and build healthy supports.





Take the first step!

Visit upmchp.us/pittresilience by Sept. 30 to register.

You'll get access to resources and support.

Throughout the Road to Resilience campaign, you'll learn about the core aspects of resilience and get suggestions for activities that can help you improve your health!

- **Weekly emails.** Each week will focus on a different topic related to resilience, stress, or self-care. You'll receive emails with links to information and suggested activities.
- **Link to resources.** Our webpage has featured activities, tips, and helpful information to help you stay on track.
- **Support at your fingertips.** You can receive support, motivation, and reminders via text messages.**
- **Access to health coaching.** To get help setting health goals, call our health coaches at **1-800-807-0751**. TTY users should call **711**.



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 (TTY: 711)**, 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.

**Panther Gold, Plus, and Basic members can earn up to 125 reward dollars in a plan year, while Panther Advocate members can earn up to 200 reward dollars. For Panther Basic members, the reward will be reflected in the September 2022 paychecks.*

***UPMC Health Plan doesn't charge for text messages. However, data and message rates from your carrier may apply*



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