

Wellness for Life checklist

Complete these healthy activities to get your HIA reward dollars and maximize your health.*

- MyHealth Questionnaire—50 reward dollars if completed by Sept. 30, 2021; 25 reward dollars if completed after that date
- Biometric screening—Up to 80 reward dollars
- Wellness exam—15 reward dollars
- Flu shot—15 reward dollars
- Health improvement activities based on your health risks—Reward dollars vary

Health improvement activities:**

- Lifestyle and condition management coaching—20 reward dollars per session (up to 8 sessions for a maximum of 160 reward dollars)
- Digital health assistant—10 reward dollars
- RxWell mobile app—Up to 100 reward dollars
- Participate in a UPMC Health Plan wellness campaign—Up to 25 reward dollars per campaign

**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. The reward will be reflected in the September 2022 paycheck for Panther Basic members only.*

***Your eligibility for health improvement activity rewards is determined by your health risk.*



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.