

Your health. Your way.

WELLNESS FOR LIFE

The Wellness for Life program offers resources, tools, and support to help participants improve their health.

You can begin your journey to better health today! Complete all four levels to earn your maximum incentive. Panther Gold and Panther PPO members earn up to \$300 on your UPMC Consumer Advantage Debit Card, Panther Basic up to \$300 in your September 2026 paycheck:

Level 1 - Bronze

- Earn \$75 for 75 points.

Level 2 - Silver

- Earn an additional \$75 for 150 points.

Level 3 - Gold

- Earn an additional \$75 for 225 points.

Level 4 - Platinum

- Earn an additional \$75 for 300 points.

The Wellness for Life program began on July 28, 2025, and will run through May 31, 2026.

Visit upmchealthplan.com to check your progress and review your recommended activities.

Once you are logged in, select **Wellness**, click your **well-being program**, then click the **My Points tab**.



If you have any questions or need help, please call **888-499-6885 (TTY: 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.