Capture Your Well-Being Story



WELL-BEING HAPPENS WHEN YOU FIND THE BALANCE THAT'S RIGHT FOR YOU.

With Wellness for Life, you can find new ways to capture moments of exercise and rest, solitude and social connection, and time spent caring for every part of your well-being.

Free resources to support you:

- **Get a snapshot of your health:** The My Health Questionnaire is a quick survey that will give you a personalized health report with activity recommendations.
- **See your daily progress:** With our Daily Habits tool, you can choose a health goal, see your day-to-day progress, and stay on track with helpful reminders.
- **Get rewarded:** Earn up to $300 ($600 jointly) in health incentive account reward dollars for working toward a healthier, balanced life.
- **Explore WebMD®'s trusted health information:** Enjoy a library of articles, exercise videos, mental health podcasts, and more.
- **Automatically track activity:** Visit the Device and App Connection Center to track and upload your activity from a fitness device or app.

Get inspired

- You and your covered spouse/partner can each earn up to $300. Single parents can earn up to $600.
- Panther HMO and Panther PPO: As you complete program levels, rewards will be added to a UPMC Consumer *Advantage*® Visa debit card to use toward eligible medical and prescription expenses.
- Panther HDHP: Rewards will be paid in your September 2027 paycheck.

Earn rewards throughout the year as you complete each level!

WebMD® Health Services

Already have a UPMC Health Plan member account?

Scan the QR code to download the Wellness At Your Side app. Use your member login information and enter the connection code: **wellbeing**

Don't have an account or prefer to use a computer?

Visit upmchp.us/registernow to create your UPMC Health Plan member account. Once signed in, select Wellness and choose your well-being program.

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