

Healthy lifestyle rewards

Panther Gold, Plus, and Basic Participants

Making healthy lifestyle changes isn't always easy, but we know it's important to work toward a healthy lifestyle. That's why the University of Pittsburgh is offering you the chance to participate in UPMC Health Plan's "Take a Healthy Step" program. Do it for yourself, do it for your family, and do it one step at a time. This year's program will lay the foundation for a culture of well-being.

An incentive to help you start!

The first step on your journey to better health involves determining your current health status, so you know what goals to strive for.

In order to establish your health goals and earn incentives, complete one of these two options:

1. Complete the MyHealth Questionnaire to earn **\$100**.

Or

2. Complete a biometric screening to earn **\$50**, **and** complete an annual preventive physical examination through your PCP to earn an additional **\$50**.

The MyHealth Questionnaire is a confidential health risk assessment that you take once a year. In just about 20 minutes, the results can provide information on your health status along with customized recommendations for activities to help you achieve better health.

A biometric screening is a health exam that can help determine your risk for certain health conditions like high blood pressure, diabetes, high cholesterol, and obesity.

Your covered spouse/domestic partner may participate and earn an incentive

The maximum incentive you, as the faculty or staff member, can earn during the 2016-2017 plan year is \$100. In addition, your covered spouse or domestic partner is also eligible to participate and receive the monetary incentives up to \$100 for the plan year.

Important points

- The incentive program is completely voluntary.
- You can earn the incentive between July 1, 2016, and June 30, 2017.
- The incentive will be applied to your paycheck in September 2017. You must be actively employed* through September 1, 2017 in order to receive the incentive.

Panther Advocate Participants

If you are a Panther Advocate participant over the age of 18, the health incentive account reward for completing the MyHealth Questionnaire will increase to \$100. You will be able to earn the \$100 credit for completing the MyHealth Questionnaire between July 1, 2016, and June 30, 2017. It is always best to complete the MyHealth Questionnaire right after July 1 so you have reward dollars available for your health care expenses. You will receive valuable suggestions as to which healthy activities may be the most beneficial for you.

**Individuals on long-term disability or workers' compensation as of September 1, 2017, are eligible to participate in this incentive program.*

Your incentive(s) will be applied on the last business day in September for those receiving a monthly paycheck, and the second pay period in September for those receiving a bi-weekly paycheck. Monetary incentives are considered taxable income, according to the IRS.