

UPMC *HealthyU*

2022-2023 Healthy Activities Guide

Improve your health and lower your costs.



UPMC HEALTH PLAN

UPMC *HealthyU*. Live healthy. Earn rewards.

UPMC *HealthyU* is a unique health insurance plan that rewards you for making healthy choices. Depending on the plan you choose, you can earn reward dollars in a health incentive account (HIA) or a health savings account (HSA) by completing recommended healthy activities. These activities are designed to help you understand and improve your health.

The reward dollars in your HIA or HSA can be applied to eligible health care costs, such as your deductible and coinsurance.

Your unused HIA or HSA reward dollars can roll over from year to year. For the HIA, the amount you can roll over is up to two times your annual deductible.

There will be a brief delay between when you complete an activity and when your reward dollars show up in your account.

Please note that activities and associated reward credits are subject to change.



MyHealth OnLine

UPMC *HealthyU* is powered by MyHealth OnLine, our secure, interactive website. There, you can:

- View your list of recommended healthy activities.
- Track your HIA or HSA balance.
- Find doctors and pharmacies.
- Learn your plan's earning limit.
- Access tools and programs that can help you stay on track with your health goals.

MyHealth OnLine is also the place to go to complete your MyHealth Questionnaire, a confidential health risk assessment. Your responses on the questionnaire will help generate your list of healthy activities.



How UPMC *HealthyU* Works

1. You must pay for most of your health care costs until you've met your deductible.
 - Preventive care is covered at 100 percent when you see a participating provider.
 - Some UPMC *HealthyU* plans do not apply pharmacy costs to the deductible. Check your plan documents to learn the pharmacy details of your plan.
2. You can complete healthy activities and earn reward dollars to help pay for eligible health care expenses. The reward dollars will be deposited into your HIA or HSA.
 - Reward dollars in your HIA will automatically be applied to your deductible and coinsurance. Funds in your HSA can be applied to your deductible, coinsurance, copays, and other medical expenses.*
3. You will continue to pay a percentage of your health care costs until you reach your out-of-pocket limit. (Check your plan documents to learn what the limit is.) Once you reach it, you will no longer have cost shares for covered services.

**Refer to the IRS Publication 969 for information about allowed expenses.*



4. Unused reward dollars can roll over from year to year.
 - The HIA rollover amount is up to two times your annual deductible. If you leave your job, you cannot take your HIA funds with you.
 - Your entire unused HSA balance will roll over.

Start Earning Now



Create a *MyHealth OnLine* account and log in

- Go to upmchealthplan.com.
- Click **Log In/Register**.
- Click **Register**.
- Register as a new user. Have your member ID card handy. You'll need it to set up your account.

Complete your *MyHealth* Questionnaire

- After you've created your account, click **Resources for Healthier Living** (under **Better Health and Wellness**). Choose **Browse by Resource Type, Online Activities**, then **MyHealth Questionnaire**.
- You can earn \$100 for completing the *MyHealth* Questionnaire during the first 90 days of the plan year (or your effective date if you join the plan later). Assessments that are completed after the first 90 days will be worth \$75.



Earn reward dollars and grow your HIA or HSA

- Once you complete your *MyHealth* Questionnaire, you'll receive a personalized list of healthy activities. There will be a dollar value associated with each activity.
 - Go to **Better Health and Wellness**.
 - Click **Incentives with *HealthyU***.
- UPMC Health Plan will deposit your reward dollars into your HIA or HSA after you complete the healthy activities.

Save on eligible medical expenses

- Funds from your HIA or HSA can be used to pay for eligible health care costs.

MyHealth Questionnaire—\$100

This confidential health risk assessment, powered by WebMD®, is an online survey you will take once a year. It can be completed in as little as 20 minutes, and the results can help you understand your health status. After you complete the questionnaire, you will receive a customized road map to better health. All enrolled

employees and their covered spouses (if applicable) can complete an assessment and earn reward dollars. Each assessment is worth \$100 if it's completed within the first 90 days of the plan year (or your effective date if you join the plan later). Assessments completed after the first 90 days will be worth \$75.

Activity	Amount (\$)
Health risk assessment	
MyHealth Questionnaire (completed within 90 days)	100
MyHealth Questionnaire (completed after 90 days)	75

Health screening (routine blood work)—up to \$100

This important activity is the key to learning your health numbers. Your screening will check your cholesterol and glucose levels, as well as your blood pressure, body mass index, height, and weight.

The screening can be done at your doctor's office, a lab, or certain convenience care clinics. You will receive \$25 for each screening.

Activity	Amount (\$)
Glucose screening	25
LDL screening (lipid)	25
Blood pressure screening	25 (if completed at Center for Pharmacy Excellence)
Body mass index (BMI) screening	25 (if completed at Center for Pharmacy Excellence)

Personal health review—\$30 per session

Have questions about your MyHealth Questionnaire recommendations or the results of your biometric screening? A UPMC Health Plan health coach can speak with you to answer your questions. You'll earn \$30 as an individual or \$60

for yourself and your covered spouse (if applicable).

Call a health coach at 1-866-778-6073 (TTY: 711) to get started today.

Activity	Amount (\$)
Personal health review	30 per session

RxWell app—up to \$100

Do you need help sorting through your life or making healthy lifestyle changes? If so, you don't have to do it alone. With the RxWell app, you can get support from a health coach and access to doctor-recommended activities and techniques that can help you reach your health and wellness goals. If you'd like, you can do the activities on your own.

RxWell offers a variety of programs:

- Stress
- Anxiety
- Depression
- Weight Management
- Nutrition
- Physical Activity
- Ready to Quit (Tobacco Cessation)
- Diabetes Management
- Sleep

Download the app from the Apple App Store or Google Play!

Activity	Amount (\$)
Complete modules	20 per module (reward available for up to 5 modules)

Health coaching: Telephone-based—up to \$240

A health coach is your personal trainer for making lifestyle improvements. Whether you want to lose weight, be more physically active, improve your nutrition, reduce your stress, or stop using tobacco, your health coach can help. Health coaches can also help you manage chronic conditions—such as heart disease, diabetes, asthma, chronic obstructive pulmonary disease (COPD), or depression—so you can live your

healthiest life. You will have scheduled phone calls with your health coach and be guided by a workbook that will keep you on task.

Call your health coach at 1-866-778-6073 (TTY: 711) to get started today.

Activity	Amount (\$)
Health coaching	30 per session (reward available for up to 8 sessions)
<i>Example coaching areas: Weight loss, nutrition, tobacco cessation, physical activity, stress, heart health, prediabetes, diabetes, maternity, kidney health, lung health, cancer care and prevention, and muscle or joint pain</i>	

Wellness visits and immunizations—up to \$250

Wellness visits and immunizations are extremely important for keeping you healthy. They can help you head off trouble before it starts. **You will receive \$100 per person per year for wellness visits and up to \$150 per person per year for immunizations.**

This includes routine physicals and gynecological visits. Your provider must code the exam as a preventive service for it to qualify.

Activity	Amount (\$) per person per year
Periodic physical exam	100

Activity	Amount (\$) per person per year
Diphtheria, tetanus toxoids, and/or pertussis	75
Hepatitis B	75
Human papillomavirus (HPV)	75
Measles virus, live, for subcutaneous use	75
Measles, mumps, and rubella virus (MMR)	75
Varicella virus (chickenpox)	75
Zoster (shingles)	75

Immunizations are risk-recommended activities. You will only receive credit if the immunization is a recommended and appropriate activity for you.

Health screenings—\$100 each

You and your covered spouse (if applicable) can each earn reward dollars for having preventive screenings. (You cannot earn additional reward dollars for having a screening more than once in a plan year.) Screenings can help lower your chronic

disease risk and detect problems early, when they may be more treatable. Your provider can help you determine which screenings you need and when. Your provider must code the screening as a preventive service.

Activity	Amount (\$)
Screenings	100 per screening
Breast cancer	
Cervical cancer	
Chlamydia infection	
Colorectal cancer (every 5 years)	
Osteoporosis	

Flu shot—\$75

Getting a flu shot is easy and convenient. Flu shots are available at your doctor's office, many pharmacies, convenience

care clinics, and even some mobile locations. Flu season usually lasts from October until May.

Activity	Amount (\$)
Flu vaccine	75

Dental and vision

Visiting your dentist once or twice a year is something you may already do. Dental health is crucial to your overall health, and getting regular cleanings can help you avoid painful and expensive repairs.

Periodic eye and vision exams are also important for your health. Many eye and vision problems do not have obvious signs or symptoms. Early diagnosis and treatment are important for maintaining good vision and eye health.

If your dental or vision benefits are provided by another insurance carrier, you will need to provide an HIA submission form to receive your reward credits. You can obtain the form by logging in to MyHealth OnLine. Click **Menu**, then select **Forms and Guides**.

Activity	Amount (\$)*
Dental exam	20
Vision exam	20

*Dental is \$20 per visit, two times per year per subscriber or covered spouse. Vision is \$20 per visit, one time per year per subscriber or covered spouse.

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.

Subscribers and their spouses can earn reward dollars in their HIA or HSA by completing incentivized activities. Dependent children, including adult children, are not eligible to earn reward dollars.

If you are interested in doing activities that can have a big impact on your health, we can help.

A health coach can recommend healthy activities based on your claims data and answers to your *MyHealth* Questionnaire. Get started by calling a health coach at 1-866-778-6073 (TTY: 711). You can also find a customized list of healthy activities by visiting upmchealthplan.com and logging in to *MyHealth* OnLine. Click on **Resources for Healthier Living** (under **Better Health and Wellness**).

Call us with questions about your benefits and coverage or for help accessing *MyHealth* OnLine.

UPMC Health Plan Health Care Concierge team
1-877-563-0301 (TTY: 711)
Monday through Friday from 7 a.m. to 7 p.m.
Saturday from 8 a.m. to 3 p.m.

This information is not a substitute for professional care. If you have or suspect that you have a physical or mental health issue, please consult your health care provider.

UPMC HEALTH PLAN

upmchealthplan.com

