

UPMC *HealthyU*

2020-2021 Healthy Activities Guide

Improve your health and lower your costs



UPMC HEALTH PLAN

Nondiscrimination statement

UPMC Health Plan¹ complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or gender expression.

¹UPMC Health Plan is the marketing name used to refer to the following companies, which are licensed to issue individual and group health insurance products or which provide third party administration services for group health plans: UPMC Health Network Inc., UPMC Health Options Inc., UPMC Health Coverage Inc., UPMC Health Plan Inc., UPMC Health Benefits Inc., UPMC *for You* Inc., Community Care Behavioral Health Organization, and/or UPMC Benefit Management Services Inc.

Translation services

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-420-9589 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-420-9589（TTY：711）。

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 out-of-pocket health care costs, such as your deductible, and coinsurance.

Any unused reward dollars in your HIA account—up to two times your annual deductible—will roll over to the next year.

(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 the balance of your HIA or HSA.
- 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 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 earn reward dollars to help pay for out-of-pocket health care expenses. The reward dollars will be deposited into an 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 funds in you HIA will roll over to the next year (up to two times the deductible). Unused HSA funds do not roll over.
 - If you leave your job, you cannot take your HIA funds with you.
 - You own your HSA and can take it with you if you change medical plans, change jobs, or retire.

Start Earning Now



Log in/Register



Create a *MyHealth OnLine* account and log in

- Go to www.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, select Online Activities, then click *MyHealth Questionnaire*.
- You can earn \$100 by completing the *MyHealth Questionnaire* in 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.



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.
 - o Go to Better Health and Wellness.
 - o 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 out-of-pocket 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 roadmap to better health.

All enrolled employees and their covered spouses can complete an assessment and earn reward dollars. Each assessment is worth \$100 if 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)—\$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 at certain convenience care clinics. You will receive \$25 for each screening.

Activity	Amount (\$)
Glucose screening	25
LDL screening (lipid)	25
Blood pressure screening	25
Body mass index (BMI) screening	25

Personal health review—\$25 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 up to \$50 (two sessions)

as an individual, or \$100 (four sessions) for yourself and your covered spouse.

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

Activity	Amount (\$)
Personal health review	25 per session

Beating the Blues *US* online program—up to \$100

Do you feel stressed or anxious? Take control of your mood with the Beating the Blues *US*® online program. Throughout this eight-session, confidential program, you will learn how your thoughts and feelings are connected.

You will set goals, follow scenarios of people with problems similar to yours, and practice new skills.

You must call a health coach at 1-855-770-8762 (TTY: 711) to enroll.

Activity	Amount (\$)
Enrollment	25
Completion	75

Health coaching: Telephone-based lifestyle programs/Odyssey by UPMC app—up to \$275

A health coach is your personal trainer for making lifestyle improvements. Whether you want to lose weight, be more physically active, improve your eating habits, reduce your stress, or quit using tobacco, a health coach can help. If you enroll in a telephone-based program, you'll have weekly phone calls with your health coach to help you stay accountable, and you'll receive a workbook to keep you on task.

Health coaching programs last four to eight weeks, and you will have follow-up phone calls with your health coach at 30, 90, and 180 days. You can enroll in one program at a time, and you cannot enroll in the same program twice in one year.

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

Activity	Amount (\$)
Enrollment	50
Completion	75
Follow-up at 30, 90, and 180 days	50 each

Example program areas: UPMC MyHealth Less Stress (stress management), UPMC MyHealth Step Up to Wellness® (physical activity), UPMC MyHealth Ready to Quit® (tobacco cessation), UPMC MyHealth Weigh to Wellness® (weight management), and UPMC MyHealth Eating Well (nutrition basics)

Health coaching: Self-guided lifestyle programs—up to \$25

Journal activities will help deepen your commitment to change, and a planner will guide and support your new healthy behaviors. You can enroll in one program at a time, and you cannot enroll in the same program twice in one year.

**You must call a health coach to receive enrollment credit.
Call 1-866-778-6073 (TTY: 711) to enroll.**

Activity	Amount (\$)
Enrollment	10
Completion—self-guided	15

Example program areas: UPMC MyHealth Less Stress (stress management), UPMC MyHealth Step Up to Wellness (physical activity), UPMC MyHealth Ready to Quit (tobacco cessation), UPMC MyHealth Weigh to Wellness (weight management), and UPMC MyHealth Eating Well (nutrition basics)

Health coaching: Maternity and condition management programs—up to \$175

Health coaches in this area will help you manage your pregnancy or chronic condition. You'll have scheduled phone calls with your health coach and be guided by a workbook that will keep

you on task. You can enroll in one program at a time, and you cannot enroll in the same program twice in one year.

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

Activity	Amount (\$)
Maternity	75 for enrollment; 100 for completion
Condition management	50 for enrollment; 75 for completion

Example program areas: *Caring for Your Child w/ADHD, Anxiety, Asthma (adult), Caring for Your Child w/Asthma, Coronary Artery Disease, Congestive Heart Failure, Chronic Obstructive Pulmonary Disease (COPD), Depression, Diabetes, Caring for Your Child w/Diabetes, Hyperlipidemia (high cholesterol), Hypertension (high blood pressure), Low Back Pain (LBP), Maternity, Substance Use*

Coach on Call—\$15 each

If you're not ready to commit to an entire lifestyle or condition management health coaching program, you can participate in Coach on Call. You will talk with a health coach over the phone for 5 to 10 minutes, then receive an email with a link to resources designed to help you meet your health goals. You can

read through the resources at your leisure. You'll earn up to \$60 per year (four sessions) as an individual, or \$120 per year (eight sessions) for yourself and your covered spouse.

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

Activity	Amount (\$)
Coach on Call	15 per program

Example program areas: *Nutrition Basics, Physical Activity, Stress Management, Tobacco Cessation, Weight Management, Physical Health, Behavioral Health*

Healthwise Conversations—\$15 each

Healthwise Conversations® use storytelling and animation to help you “get smart” about lifestyle topics, such as healthy weight and eating, positive thinking, and getting active. Healthwise Conversations can act as a convenient virtual

health coach, dynamically teaching you about a health topic and helping you develop a plan for improvement. You can earn \$15 per session for the first four videos you watch. There is a maximum of \$60 per individual and \$120 per family.

Activity	Amount (\$)
Get Active	15 per session
Healthy Weight	15 per session
Healthy Eating	15 per session
Positive Thinking	15 per session
Sleep Well	15 per session

MyHealth Selections—\$125

If you are ready to make a change but your goal doesn't fit into any of our program areas, a health coach can tailor a program for your needs. He or she can even combine three or four of our lifestyle programs into one.

As with the other health coaching programs, you'll have regular phone calls with a health coach to keep you accountable, and you'll receive customized materials that will complement the health coaching.

Activity	Amount (\$)
Enrollment	50
Completion	75

Program areas: *Caring for Your Child w/ADHD, Anxiety, Asthma (adult), Caring for Your Child w/Asthma, Coronary Artery Disease, Congestive Heart Failure, Chronic Obstructive Pulmonary Disease (COPD), Depression, Diabetes, Caring for Your Child w/Diabetes, Hyperlipidemia (high cholesterol), Hypertension (high blood pressure), Low Back Pain (LBP), Substance Use, UPMC MyHealth Less Stress (stress management), UPMC MyHealth Step Up to Wellness (physical activity), UPMC MyHealth Ready to Quit (tobacco cessation), UPMC MyHealth Weigh to Wellness (weight management), UPMC MyHealth Eating Well (nutrition basics)*

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 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 five 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.

A periodic eye and vision exam is an important part of your health care. 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 on 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. You can also find a customized list of healthy activities by visiting www.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
Monday through Friday from 7 a.m. to 7 p.m.
Saturday from 8 a.m. to 3 p.m.
TTY users: 711

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

U.S. Steel Tower, 600 Grant Street
Pittsburgh, PA 15219

www.upmchealthplan.com

