

# 2024 Take a Healthy Step

FEB. 1 TO AUG. 31, 2024



## Get Started

- Log in to [upmchealthplan.com/members](https://upmchealthplan.com/members).
- Under **Better Health and Wellness**, click **Incentives with Take a Healthy Step**.

## Requirements

You must earn 150 points to complete the 2024 wellness program and earn your reward. Taking the MyHealth Questionnaire and having an annual physical (worth 25 points each) are required activities. You can earn the remaining points by completing Take a Healthy Step activities (see the activity chart on the next page).

**Reward:** \$125 or an extra day off work

**Please note:** If you work for a department that operates 24/7, you are eligible for the \$125 reward only. This includes the Kane Community Living Centers, Allegheny County Jail, Emergency Management 911, and Police. This also includes the Courts.

You must be a current employee of Allegheny County to receive your reward.

## Important phone numbers

- Health Care Concierge:  
**1-888-876-2756**
- Health coaching:  
**1-855-395-8762**
- Employee assistance program:  
**1-800-647-3327**
- TTY users: **711**

POINT-ELIGIBLE ACTIVITIES/PROGRAMS	POINT TOTALS
MyHealth Questionnaire	25 (required activity)
Annual Physical Exam (Includes Annual Ob-Gyn Visit)	25 (required activity)
Cancer Screenings (Cervical, Breast, Colorectal)	25 each
Personal Health Review	10
Lifestyle/Condition Management Coaching	25
RxWell® App—Virtual Health Coaching	10
Diabetic Eye Exam	25
Diabetic HbA1c Test	25
Diabetes Condition Management Program	25
EAP Program Participation—Counseling or Skill Builder	10
EAP Financial Wellness Seminar	10
Flu Shot	10
COVID-19 Vaccine	10
Shingles Vaccine	10
Dental Exam	25
Vision Exam	10
Certify Tobacco Use Status	10
Avoid Added Sugar	10
Avoid Stimulants Before Sleep	10
Clear Workspace to Clear Your Mind	10
Build an Exercise Habit by Starting Small	10

*All activities are self-reported by logging in to [upmhealthplan.com/members](https://upmhealthplan.com/members).*

**UPMC HEALTH PLAN**

[upmhealthplan.com](https://upmhealthplan.com)

