

# 2019 UPMC MyHealth Weight Race

## Weigh in on your health IQ



**Register: January 21 to February 4**  
**Race: February 4 to April 26**

Go to [my.Pitt.edu](http://my.Pitt.edu), then follow this path: My Resources > UPMC Health Plan > MyHealth Access > 2019 University of Pittsburgh Weight Race

Completing the Weight Race will result in a Wellness for Life reward up to \$25, but not to exceed your 2019 plan maximum.\*

To receive healthy tips on your mobile phone, text **WEIGHTRACE** to 876247.\*\*



UPMC  
**MyHealth**

*\*You can only earn up to your 2019 plan maximum. If you are near your maximum, you will not earn all of the \$25. If you have reached your limit, you will not earn any of the reward. 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, 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.*

*\*\*Standard text messaging rates may apply. UPMC Health Plan doesn't charge for text messages. However, data and message rates from your carrier may apply. To stop receiving healthy tips, text STOP to 876247 at any time.*

## **Nondiscrimination statement**

UPMC Health Plan<sup>1</sup> 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.

<sup>1</sup>UPMC 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., and/or UPMC Benefit Management Services Inc.

## **Translation Services**

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-499-6885 (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 1-888-499-6885（TTY：711）。



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

[www.upmchealthplan.com](http://www.upmchealthplan.com)

