



**TAKE A  
HEALTHY  
STEP**

**Port Authority is pleased to bring you the Take a Healthy Step program through UPMC Health Plan.**

This program allows you the opportunity to take an active role in your health decisions and earn incentives.

**By completing these simple steps, you can earn your wellness incentive credit for 2022.\***

- 1. Complete the MyHealth Questionnaire** at [upmchp.us/MHQ](http://upmchp.us/MHQ).
- 2. Complete a biometric screening.** Schedule an appointment by calling Quest Patient Service Center at 1-855-623-9355.
- 3. Complete an annual physical exam.**
- 4. Complete the online tobacco attestation.** If you have used tobacco products in the past six months, you will be required to complete a UPMC Health Plan tobacco cessation program. Call a health coach at 1-800-807-0751 (TTY: 711) to get started.

To get started, log in to your MyHealth OnLine account by visiting [www.upmchealthplan.com/members](http://www.upmchealthplan.com/members).

**Complete these steps by September 30, 2021, to receive your wellness incentive credit!**

*If you have any questions, please call 1-844-791-7200.*

*\*Individual insured members can receive \$200 in wellness incentive credits while insured family members can receive \$400 in wellness incentive credits. In the case of married couples who are both active Port Authority employees, only the employee who retains the medical insurance is eligible to participate in the wellness incentive program.*

*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 1-844-791-7200 (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.*

**PortAuthority**

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**UPMC HEALTH PLAN**