



# TAKE A HEALTHY STEP

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

This program gives 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 2021.\***

- 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 last six months, you will be required to complete a UPMC Health Plan tobacco cessation program. Call a health coach at 1-800-807-0751 to get started.

**To get started and check your TAHS status, log in to your MyHealth OnLine account through [www.upmchealthplan.com/members](http://www.upmchealthplan.com/members).**

**Complete these steps by September 30, 2020, 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 family insured 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, 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.*

## **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., 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 1-855-869-7228 (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 1-855-869-7228（TTY：711）。

## **UPMC HEALTH PLAN**

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

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

