

find your fitness

Scan to register!



Challenge Runs:
September 1 - 30

Registration:
August 16 - 31

upmchp.us/fitness21

Complete the challenge
to earn **25 wellness points.**



Why register

This four-week campaign will support and challenge you as you become more physically active. Each week, you will learn about physical activity and set goals to improve your health and wellness.

Tracking your activity is key to success throughout the program. Tracking doesn't just help you set goals and monitor progress—it can help you build new habits as well. Record your activity manually, or make it easy by connecting your wearable fitness tracker. Visit MyHealth OnLine to learn more about connecting your fitness device to My Activity Tracker.

You will need to track your activity in My Activity Tracker on MyHealth OnLine for a total of 21 days to complete the program. Program weeks run Monday through Sunday.

What to expect

- You can improve your health.
- You'll have a supportive environment that can help you become more physically active.
- Our activities and resources will help you learn about physical activity.

Take the first steps!

If you already have a MyHealth OnLine account, you can register at upmchp.us/fitness21.

Members without a MyHealth OnLine account should:

1. Visit upmchealthplan.com/members, then click **Register for MyHealth OnLine**.
2. Follow the instructions to register. Once registered, you will need to log in.
3. Once logged in, follow this path:
Menu > Better Health and Wellness > Wellness Event Registration





Resources and support

Throughout the Find your Fitness campaign, you'll learn about the components of physical activity and get suggested activities to keep you moving no matter your experience level!

- **Weekly emails.** Each week will focus on a different topic related to physical activity, and each email will include links to suggested activities for three experience levels. Just choose the level that's right for you to get started toward your goal!
- **Link to resources.** Our webpage has featured activities, tips, and helpful information to help you stay on track.
- **Support at your fingertips.** Opt in to texting to receive support, motivation, and reminders.*
- **Access to health coaching.** If you need even more support, connect with one of our health coaches. Call **1-866-778-6073 (TTY: 711)**.



Talk with your doctor before starting or increasing any exercise or diet 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 1-855-395-8762 (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.

**UPMC Health Plan doesn't charge for text messages. However, data and message rates from your carrier may apply*



UPMC
MyHealth

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