



## *Plumbers and Steamfitters Local 47 Wellness Committee*

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### **Plumbers and Steamfitters Local 47 Wellness Committee Announcement**

The Plumbers and Steamfitters Local 47 Wellness Committee is pleased to announce a new wellness program partnership with UPMC Health Plan. This wellness program has been personalized with you in mind, your wellness ... your choice.

The wellness program has a broad scope, including the Health Plan's "**Take a Healthy Step**" wellness program, and places emphasis on disease prevention, health awareness, and getting involved in wellness. Through Take a Healthy Step, you will have an opportunity to choose from over 200 activities. This campaign includes guidelines to fit your lifestyle.

#### **Program Overview**

The enclosed Wellness Resource Guide outlines many of the programs available to you. It also details an online option that will make it easier and quicker for you to track your progress and completion status.

#### **Program Requirements**

This year you and your spouse must meet the following requirements to earn the wellness incentive for 2012:

- 1. Complete the MyHealth Questionnaire** before November 15, 2011. You will receive credit for questionnaires completed between June 1, 2011, and November 15, 2011.
- 2. Earn 200 Take a Healthy Step points** before November 15, 2011. You will receive credit for Healthy Steps completed between June 1, 2011, and November 15, 2011.

#### **Program Reward**

In order to receive the best medical plan with lowest plan member cost-sharing features in 2012, you and your spouse (if using UPMC Health Plan as their primary medical insurance) need to fulfill these requirements before November 15, 2011. If all requirements are met, effective January 1, 2012, you will have a \$300 individual deductible or \$600 family deductible. However, if not all requirements are met, the individual plan deductible will be \$500 and the family plan deductible will be \$1,000.

The Plumbers and Steamfitters Local 47 Welfare Fund provides general health maintenance guidelines and suggestions. Consult with your health care provider to develop a plan that meets your individual needs.

To access your personal scorecard, visit [www.upmchealthplan.com](http://www.upmchealthplan.com), complete the secure member log-in process, and select MyHealth Central. Your scorecard is now at the top of the page.

Contact a Member Advocate at 1-888-876-2756 if you have any questions about logging in to Take a Healthy Step or reviewing your completed requirements.

Enclosure

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#### ***Wellness Committee***

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