

UPMC HEALTH PLAN

Allegheny County 2020

Take a Healthy Step

Login and Website Navigation Instructions

Logging on to the UPMC Health Plan Website

- Go to: www.upmchealthplan.com

- If you have not accessed the website previously, you will need to register. Click on “Login/Register” and chose “Register”.
- If you are already a registered member, you can enter your Member Login information and click “Log In”.

The screenshot displays the UPMC Health Plan website interface. At the top, the navigation bar includes the UPMC Health Plan logo, a search icon, and links for 'Find Care', 'Login/Register', 'Find Providers', 'About', and 'Contact'. Below the navigation bar, there are three tabs: 'FOR INDIVIDUALS & FAMILIES', 'FOR EMPLOYERS & PRODUCERS', and 'FOR MEMBERS'. The main content area features a large banner for 'UPMC Community HealthChoices' with a description: 'CHC provides physical health benefits, as well as long-term services and support, to eligible individuals.' Below this, there is a 'Benefits of UPMC CHC' link. At the bottom of the banner, there is a 'Member Login' section with a 'Username' input field and a 'Log In' button. To the right of the 'Member Login' section, there are two buttons: 'Find Care' and 'Find a Medication'. The bottom of the page features a section titled 'The Value of Choosing UPMC Health Plan' with three images: a person holding a smartphone, a person talking to a doctor, and two children playing.

Completing New User Registration

The screenshot shows the UPMC Health Plan website's registration process. At the top, there are navigation links for Shop, Doctors, Hospitals/Rx, Contact, and Search. Below that, a menu lists various services like Individuals, Medicare, Employers, Members, Producers, and Medical Assistance, along with a 'LOG IN / REGISTER' link. The main heading is 'New User Registration', with sub-links for 'New User Registration', 'Forgot Your User ID', and 'Why Set Up An Account'. There are also links for 'Registration for Employers', 'Registration for Providers', and 'Registration for Producers'. The main content area is titled 'Member* Registration for MyHealth Online' and includes a disclaimer for kids members. A large text box contains the terms and conditions of the application. At the bottom, there is a checkbox for 'I agree to the disclaimer' and a 'Register' button. A footer note provides contact information for web support services.

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Shop Doctors Hospitals/Rx Contact Search

INDIVIDUALS MEDICARE EMPLOYERS MEMBERS PRODUCERS MEDICAL ASSISTANCE LOG IN / REGISTER

New User Registration

New User Registration | Forgot Your User ID | Why Set Up An Account

Registration for Employers → Registration for Providers → Registration for Producers →

Member* Registration for MyHealth Online

[*UPMC for Kids members must register here.](#)

The following are the terms and conditions for use of the UPMC Health Plan ("the Health Plan") Member Services Internet Application ("the Application"). Please read them carefully. The Application is provided to individuals who are active policyholders. BY CLICKING THE "I ACCEPT" BUTTON AND COMPLETING THE REGISTRATION PROCESS, YOU ARE STATING THAT YOU ARE ELIGIBLE TO REGISTER AND THAT YOU AGREE TO BE BOUND BY ALL OF THESE TERMS AND CONDITIONS OF THE APPLICATION ("TOS").

The Application is offered to you conditioned on your acceptance without modification of the terms, conditions, and notices contained herein.

- MEMBER ACCOUNT, PASSWORD, AND SECURITY**

To open an account, you must complete the registration process by providing us with current, complete and accurate information as prompted by the Application. You then will choose a password. You are entirely responsible for maintaining the confidentiality of your password and account. Furthermore, you are responsible for any and all activities that occur under your account.

You agree to notify the Health Plan immediately of any unauthorized use of your account or any other breach of security.
- MEMBER PRIVACY**

It is the Health Plan's policy to respect the privacy of its members. The Health Plan will not monitor, edit, or disclose any personal information about you, including its contents, without your prior permission unless the Health Plan has a good faith belief that such action is necessary to: (1) protect or comply with legal process; (2) protect and defend the rights or property of the Health Plan; (3) enforce the TOS; or (4) act to protect the health, safety, or welfare of its members or others. Be advised that your Internet Protocol address is transmitted with each message sent from your account.

You agree that the Health Plan may access your account, including its contents, as stated above or to respond to service or technical issues.
- MEMBER CONDUCT**

As a condition of your use of the Application, you warrant to the Health Plan that you will not use the Application for any purpose that is unlawful, fraudulent, or otherwise prohibited by law, or that violates applicable laws, regulations, or policies. You agree to use the Application only for your personal use and those of your family members.

I agree to the disclaimer.

Register

Having trouble? Call our Web Support Services team at 1-800-937-0438 (TTY users can call toll-free 1-800-361-2629). Concierges are available Monday through Friday 8 a.m. to 3 p.m.

online-tools.aspx

To Register:

- Enter your member information
- Create a unique Username and Password
- Select and Answer 3 Security Questions

The screenshot shows the 'Registration' form on the UPMC Health Plan website. The form is titled 'Registration' and includes a sub-heading 'HealthPlan Online Registration:'. It contains several input fields: First Name, Last Name, Sex (a dropdown menu), Date of Birth (with a format of mm-dd-yyyy), Last 4 digits of SSN, and Zip Code. There are 'Submit' and 'Reset' buttons at the bottom of the form. A note above the form states: 'Please enter the following information. This is information that is required to verify your identity.'

UPMC HEALTH PLAN UPMC Health Plan Home

Registration

Please enter the following information. This is information that is required to verify your identity.

HealthPlan Online Registration:

First Name:

Last Name:

Sex:

Date of Birth: - - (mm-dd-yyyy)

Last 4 digits of SSN:

Zip Code:

Submit Reset

Accessing Take a Healthy Step

- Click on **Incentives with Take a Healthy Step**
- If you have any difficulties logging on, please contact Member Services at 1-888-876-2756

The screenshot shows the UPMC Health Plan member portal interface. At the top, it displays a greeting: "Hello, [redacted] Member ID No. [redacted] Show". Below this, there are navigation links for "active benefits", "Medical", and "Wellness". The main content area is titled "Popular for members like you" and includes links for "Review your coverage", "View Claims and EOBs", "Print or order an ID card", and "View Forms and Guides". A central section titled "What can we help you with?" features three main categories: "Your Insurance", "Your Care and Treatment", and "Better Health and Wellness". Under "Better Health and Wellness", the link "Incentives with Take a Healthy Step" is circled in red. A red arrow points from the text "Click on Incentives with Take a Healthy Step" in the list to this circled link. At the bottom of the page, there is a "Switch to Paperless EOBs" option and an "Update Preferences" button.

County of Allegheny's Take a Health Step 2020

Program Requirements:

- MyHealth Questionnaire (50 pts)
- Annual Physical Exam (50 pts)
- Earn a total of 300 Healthy Step points

Find and complete activities to maximize your incentive

- REQUIRED**
MyHealth Questionnaire - 50 points [Take Now >](#)
Take a closer look at your health.
- REQUIRED**
Annual Physical Exam - 50 points [>](#)
Call your PCP to schedule your Annual Physical Exam.
- REQUIRED**
Healthy Steps
300 points left to complete [All Activities >](#)
Click here for instructions on how to access Businessolver.

Take the MyHealth Questionnaire

Find and complete activities to maximize your incentive

REQUIRED
MyHealth Questionnaire - 50 points
Take a closer look at your health. [Take Now >](#)

REQUIRED
Annual Physical Exam - 50 points >
Call your PCP to schedule your Annual Physical Exam.

REQUIRED
Healthy Steps
300 points left to complete
[Click here for instructions on how to access Businessolver.](#)

[All Activities >](#)

- To access the MyHealth Questionnaire, Click "Take Now"

- To take the MyHealth Questionnaire, Click "Take It Now"

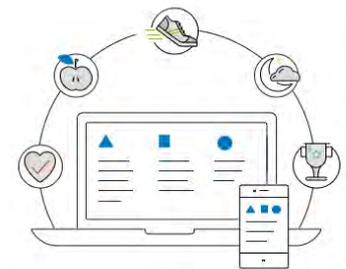
UPMC HEALTH PLAN

POWERED BY **WebMD** health services

MyHealth Questionnaire

Learn about yourself by completing the questionnaire

-  Get a comprehensive picture of your current health and lifestyle habits
-  Learn your individualized health score
-  See recommendations that will help you take positive steps toward improved well-being
-  Your information is safe with us



TAKE IT NOW

UPMC HEALTH PLAN

Annual Physical Exam

Find and complete activities to maximize your incentive



REQUIRED

MyHealth Questionnaire - 50 points

Take a closer look at your health.

Take Now >



REQUIRED

Annual Physical Exam - 50 points >

Call your PCP to schedule your Annual Physical Exam.



REQUIRED

Healthy Steps
300 points left to complete

Click here for instructions on how to access Businessolver.

All Activities >

- Annual Physical Exams will be validated when the member's physician submits a claim to UPMC. Once this happens, credit will be applied to the member's account.
- Please ask your physician to code your visit as a **General Physical Exam** and allow 4-6 weeks for the claim to process.
- Members who have their physical done by the VA can obtain a Proof of Service form from their HR department to submit for crediting.
- If you had your Annual Physical Exam, but are not seeing credit after 4-6 weeks, please contact Member Services at 1-888-876-2756.

UPMC HEALTH PLAN

Accessing Take a Healthy Step activities/programs

All Take a Healthy Step activities that are point eligible are available by clicking on “All Activities” in Healthy Steps.

Find and complete activities to maximize your incentive

REQUIRED
MyHealth Questionnaire - 50 points [Take Now >](#)
Take a closer look at your health.

REQUIRED
Annual Physical Exam - 50 points [>](#)
Call your PCP to schedule your Annual Physical Exam.

REQUIRED
Healthy Steps 300 points left to complete
Click here for instructions on how to access Businessolver.

[All Activities >](#)

WorkPartners [Contact](#)

Browsing Healthy Activities

Resource Types | PREFER TO WORK... | PROGRAM LENGTH

- Coaching**
MyHealth Selections™ - Completion
Recommended 100 Pts
Completing the MyHealth Selections™ program can be your first step toward reaching your health and wellness goals.
- Screenings**
Flu Vaccine
Recommended 50 Pts
According to the CDC, 5 to 20 percent of Americans get the flu each year. Being vaccinated is the best way to avoid flu.
- Coaching**
Personal Health Review
Recommended 50 Pts
Want to make a healthy change? Start your journey to better health with a Personal Health Review Session.
- Screenings**
Well Visit
Recommended 1 Pts
Why should you have a periodic check-up? There are many ways you and your doctor can work together to help keep you healthy.
- Online Activities**
Beating the Blues US™: Completion
Earn 100 Pts
Completing the Beating the Blues program can give you tools for managing your mood.
- Coaching**
MyHealth Eating Well™ - Completion
Earn 100 Pts
Completing the MyHealth Eating Well program can be your first step toward maintaining a healthy diet.
- Self Guided Education**
MyHealth Eating Well™ Workbook
Earn 100 Pts
Completing the MyHealth Eating Well workbook can be your first step toward knowing more about your food needs and making healthier food choices.
- Coaching**
MyHealth Less Stress™ - Completion
Earn 100 Pts
Completing the MyHealth Less Stress program can be your first step toward maintaining your stress levels.

Contact Member Services at **1-888-876-2756** if any have any questions regarding your Take a Healthy Step program.

***Note:** *Please allow 3-5 business days for credits to appear on your Take a Healthy Step portal.*