

2020 Take a Healthy Step Campaign



Campaign Dates: February 1, 2020 – August 31, 2020

Requirements:

- MyHealth Questionnaire – 50 points
- Annual Physical Exam – 50 points
- Earn a total of 300 TAHS Points

Reward: \$125 or an Extra Day off Work

PLEASE NOTE: If you work for a department that operates 24 hours a day, seven days a week, you are eligible for \$125 only. This includes the Kane Regional Centers, Shuman Juvenile Detention Center, Allegheny County Jail, Emergency Services 911, and Police. This also includes the courts. You must be a current County employee to receive your reward.

Important Phone Numbers:

- **Health Care Concierge:** 1-888-876-2756
- **Health Coaching:** 1-855-395-8762
- **Employee Assistance Program:** 1-800-647-3327

Point Eligible Activities/Programs

Activity/Program	Points
MyHealth Questionnaire	Required / 50
Annual Physical Exam (includes Annual OBGYN Visit)	Required / 50
Biometric Screening	50
Cancer Screenings (<i>Cervical, Breast, Colon</i>)	50 each
Personal Health Review	25
MyHealth Selections	100
Lifestyle/Condition Management Coaching	100
Odyssey app - Virtual Health Coaching	100
Diabetic Eye Exam	50
Diabetic Hba1c Test	50
Healthwise Conversations (<i>Credit limited to two</i>)	25
EAP Program- Counseling, Webinar, Skill Builder (<i>Credit limited to one</i>)*	25
Flu Shot*	25
Dental Exam*	25
Vision Exam*	25
Certify you are Tobacco-free*	25
Onsite Lunch and Learn/Seminar (<i>Credit limited to two</i>)	25 each
Businessolver Video/Quiz (<i>Credit limited to two</i>)	50 each

* Members must log on to MyHealth OnLine at www.upmchealthplan.com in order to self-report the following activities: Dental Exam, Vision Exam, Flu Shot, Tobacco-free and EAP Program participation.