

University of Pittsburgh

Wellness for Life program

IF YOU COMPLETE ALL FOUR LEVELS OF THE PROGRAM (WORTH \$50 EACH), YOU CAN EARN UP TO \$200 ON YOUR UPMC CONSUMER ADVANTAGE® CARD!*

Level 1 Bronze: 50 points

Level 2 Silver: 100 points

Level 3 Gold: 150 points

Level 4 Platinum: 200 points

- **100-point activity**
 - PIVIO—Complete health improvement program
- **50-point activity**
 - Well-being assessment
- **40-point activity**
 - RxWell® program (10 programs to choose from)
- **30-point activity**
 - Biometric screening
- **20-point activities per session**
 - Lifestyle health coaching
 - Condition management coaching

▪ 15-point activities

Preventive exams

- Breast cancer
- Cervical cancer
- Colorectal cancer
- Dental exam (document two dates)
- Vision exam
- Yearly wellness exam

Preventive vaccines

- Flu
- Haemophilus influenzae type b (Hib)
- Measles, mumps, and rubella
- Meningitis
- Pneumonia
- Shingles

▪ New: 3- to 15-point activities

- Videos and challenges
 - Multiple videos and challenges are available. Visit your well-being platform for details and specific point values.

* Panther Basic members will receive up to \$200 in their September 2024 paycheck.