

Medicaid Members

UPMC *for You* complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you.  
Call: 1-800-286-4242  
(TTY: 1-800-361-2629).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-286-4242 (TTY: 1-800-361-2629).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-286-4242 (телетайп: 1-800-361-2629).

Individual and Employer-Sponsored Insurance Members

**Nondiscrimination statement**  
UPMC Health Plan<sup>1</sup> complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

<sup>1</sup>UPMC Health Plan is the marketing name used to refer to the following companies, which are licensed to issue individual and group health insurance products or which provide third party administration services for group health plans: UPMC Health Network Inc., UPMC Health Options Inc., UPMC Health Coverage Inc., UPMC Health Plan Inc., UPMC Health Benefits Inc., UPMC *for You* Inc., and/or UPMC Benefit Management Services Inc.

**Translation Services**  
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-420-9589 (TTY: 1-800-361-2629).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-420-9589 (TTY：1-800-361-2629)。



What is the health coaching advantage?

- Easy (it is over the phone)
- Supportive
- Designed for you
- Confidential
- No cost to you

Why should I have a health coach?

Improving your health does not always come easy. Most of the time we know what to do. Of course, we should eat right and take our medicine on schedule. But too often life gets in the way.

Our health coaches are nurses, counselors, social workers, dietitians, and exercise specialists. They can help you:

- Improve your health.
- Make lifestyle changes that last.
- Stay motivated.
- Keep your goal in sight.
- Overcome obstacles.

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UPMC *for Kids*  
UPMC *for Life*  
UPMC *for You*

UPMC HEALTH PLAN

U.S. Steel Tower, 600 Grant Street  
Pittsburgh, PA 15219

[www.upmchealthplan.com](http://www.upmchealthplan.com)



Health coaching



Our health coaches can help you improve your lifestyle



How can a health coach help you manage your health?

Your doctor may have prescribed a wellness plan so that you can start making healthy changes. Or you may have your own health or fitness goals. Either way, a health coach can help you:

- Understand your health.
- Manage your symptoms.
- Follow your doctor’s plan.
- Know when to discuss concerns with your doctor.
- Make plans for taking medicine.
- Understand treatment options.

Health coaches can help with:

- |                           |                    |
|---------------------------|--------------------|
| • Diabetes                | • Depression       |
| • Coronary artery disease | • ADHD             |
| • High blood pressure     | • Substance use    |
| • High cholesterol        | • Losing weight    |
| • Asthma                  | • Quitting smoking |
| • COPD                    | • Eating healthier |
| • Low back pain           | • Managing stress  |
| • Pregnancy               | • Getting fit      |
| • Anxiety                 | • And much more.   |



Health coaching success stories

*“My weekly sessions were personalized and structured. They helped me change the way I eat, but with regular food. It was more of a way of life change for me. Now I exercise more than I ever did. I walk three miles every weekend. My cholesterol was always 230 and above, and now it’s 150 and steady. It’s a great program.”*

Janet F.  
UPMC Health Plan member

*“My weekly telephone sessions kept me accountable, and my coach, Kim, was such a gem! With her help I lost 25 pounds and was able to control my diabetes and high blood pressure. My doctor even took me off two of my medications.”*

Shirley L.  
UPMC Health Plan member

What is health coaching?

It is help from a trusted professional who knows what you are going through. Our health coaches are just a phone call away.

Hours of operation

Health coaches are available to talk to you Monday through Friday from 7 a.m. to 8 p.m. and Saturday from 8 a.m. to 3 p.m. **Call 1-866-778-6073. TTY users should call toll-free 1-800-361-2629.**

At your next doctor appointment, discuss which health coaching program would be the best one to help you meet your health and fitness goals.

Individual member health coaching results may vary.

Medicare and SNP Members

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-539-3080 (TTY: 1-800-361-2629).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-877-539-3080（TTY：1-800-361-2629）。

CHIP Members

**Nondiscrimination statement**  
**UPMC *for Kids*** complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Translation services**  
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-650-8762 (TTY: 1-800-361-2629)**.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-800-650-8762 (телетайп: 1-800-361-2629)**.