

UPMC HEALTH PLAN

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UPMC and UPMC Health Plan Nationally Recognized for Excellence in Promoting Healthy Lifestyles of Employees

PITTSBURGH June 15, 2010 – For the second consecutive year, [UPMC](#) and [UPMC Health Plan](#) have been honored with platinum-level recognition by the National Business Group on Health (NBGH), as one of the nation’s leading corporations for innovative programs that promote a healthy workplace and for helping its employees and their families to make better choices about their own health and well-being. UPMC is one of only 16 major employers nationwide to earn the highest level of recognition.

“UPMC Health Plan is extremely proud that our [MyHealth program](#), implemented for all UPMC employees, is being recognized again as a national leader, resulting in a healthy workplace and improving our employees’ health and well-being,” said Diane P. Holder, president and CEO, UPMC Health Plan.

“Employees are our greatest resource at UPMC,” said Gregory Peaslee, senior vice president and chief human resources officer, UPMC. “Their health is a top priority and as they take active steps to better manage their health, the result is that they lead healthier, happier and more productive lives. We make investments, like *MyHealth*, in our workforce because we care about them and believe that these kinds of programs help to educate and also help our employees achieve their personal goals. We are proud of this national recognition and of the culture of health that we have established throughout UPMC.”

MyHealth is a comprehensive wellness program created by UPMC Health Plan to engage employees in health improvement strategies through worksite programs, online tools, health assessments and integrated care management. *MyHealth*, first

implemented with the employees of UPMC, also is in place with several large employers throughout the region with over 90 percent participation from employees.

About UPMC

UPMC is an \$8 billion integrated global health enterprise headquartered in Pittsburgh, Pennsylvania, and is one of the leading nonprofit health systems in the United States. As western Pennsylvania's largest employer, with almost 50,000 employees, UPMC is transforming the economy of the region into one based on medicine, research and technology. By integrating 20 hospitals, 400 doctors' offices and outpatient sites, long-term care facilities and a major health insurance services division, and in collaboration with its academic partner, the University of Pittsburgh Schools of the Health Sciences, UPMC has advanced the quality and efficiency of health care and developed internationally renowned programs in transplantation, cancer, neurosurgery, psychiatry, orthopaedics and sports medicine, among others. UPMC is commercializing its medical and technological expertise by nurturing new companies, developing strategic business relationships with some of the world's leading multinational corporations, and expanding into international markets, including Italy, Ireland, the United Kingdom, Cyprus, Qatar and Japan. For more information about UPMC, visit www.upmc.com.

About UPMC Health Plan

UPMC Health Plan, the second-largest health insurer in western Pennsylvania, is owned by UPMC, one of the nation's top-ranked health systems. The integrated partner companies of the UPMC Insurance Services Division – which includes UPMC Health Plan, UPMC Work Partners, *LifeSolutions* (EAP), *UPMC for You* (Medical Assistance), and Community Care Behavioral Health – offer a full range of group health insurance, Medicare, Special Needs Plan (SNP), CHIP, Medical Assistance, behavioral health, employee assistance, and workers' compensation products and services to nearly 1.4 million members. UPMC Health Plan's local provider network includes UPMC as well as community providers, totaling more than 100 hospitals and 11,500 physicians in a 47-county region. For more information, visit www.upmchealthplan.com.