

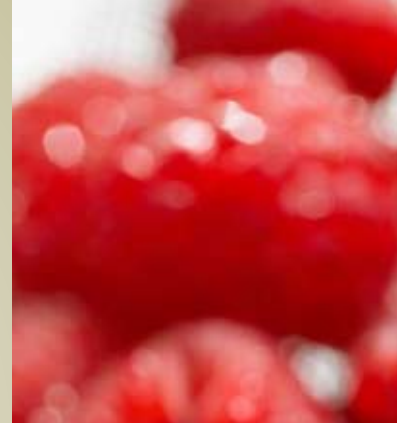
Physical Activity

moving to better health



Adults with an active lifestyle take 10,000 or more steps per day, engaging in at least 150 minutes of moderate intensity physical activity per week. They enjoy a wide variety of health benefits, including more energy; less stress; improved muscle tone and joint flexibility; and reduced risk for heart disease, back injury, depression, diabetes, and some kinds of cancer. However, the average American adult takes only 2,000 to 3,000 steps per day. Physical inactivity is a major cause of unnecessary illness, and it costs Americans an estimated \$24 billion per year. UPMC WorkPartners' physical activity programs encourage your employees to "move" to better health by boosting their daily activity level.

UPMC
*My*Health

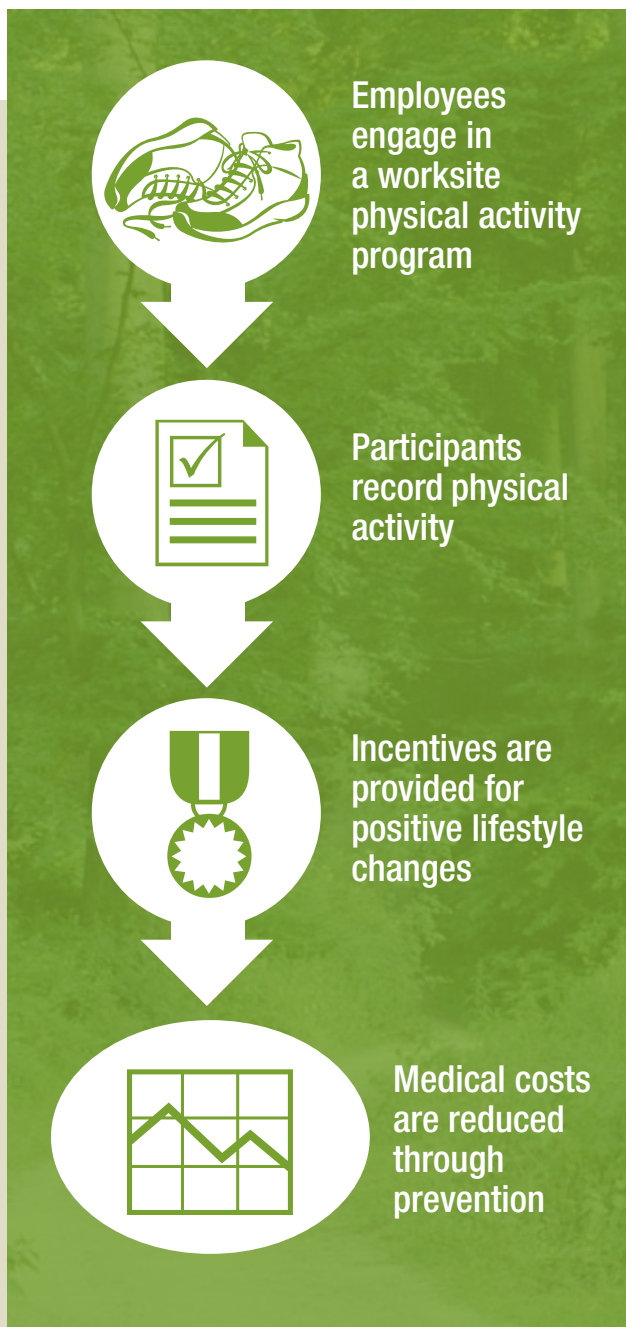




Features and Benefits for the Employer and Employee

- ❑ WorkPartners offers a variety of physical activity initiatives – from personal health coaching and online programs to full-scale worksite campaigns.
- ❑ Self-directed online programs with health coach telephone support are available to employees at no additional cost.
- ❑ Inexpensive, one-hour *MyHealth* Connections worksite presentations introduce employees to the basics – and the benefits – of physical activity.
- ❑ Telephone-based health coaching with a WorkPartners exercise specialist can be made available to employees, Monday through Friday from 8 a.m. to 8 p.m. and Saturday from 8 a.m. to 3 p.m.
- ❑ On-site, health coach-led group sessions can be arranged. Five to 18 employees meet for six one-hour sessions over 8 weeks, with telephone access to health coaches between sessions.
- ❑ On-site, self-study, and telephone-based programs all include an engaging workbook and useful toolkit with pedometer for each participant.
- ❑ A “Get in Step with *MyHealth*” physical activity campaign features simple online registration and activity tracking tools, easy incorporation of any existing worksite walking activities or exercise classes, welcome kits with pedometers and healthy lifestyle guides, and weekly and wrapup reporting for the employer.

Physical activity program results will be integrated with other available data, such as *MyHealth* Questionnaire responses, to define the program’s effects on your employee population’s risk.



Options

- ❑ A StairWell campaign encouraging employees to take the stairs rather than the elevator can be very economically introduced at your worksite.
- ❑ WorkPartners' Health Promotion Department staff are available to advise you on which kinds of incentives will work best to maximize participation by your employees. For example, one popular kind of incentivized program is the tracking of total employee steps during a campaign period to raise money for a local food bank or other charitable organization.

- ❑ Health Promotion staff can also recommend appropriate campaign communications and incentives to support participation by employees' spouses and adult dependents.

Engagement Strategies

- ❑ Communications support including posters, fliers, and e-mail is available to engage employees in physical activity.
- ❑ A weekly newsletter called *Active Times* can be sent to all registered participants in a Get in Step with MyHealth campaign. Available in print and e-mail formats, the newsletter covers topics such as cardiovascular exercise, goal setting, and campaign updates.
- ❑ An e-mail template is available for employer communications regarding physical activity campaigns and events.

Wellness Consultation Services

- ❑ Health Promotion staff will provide an analysis of the potential benefits of introducing a physical activity initiative for your employees.
- ❑ Once an initiative has been introduced, follow-up assessments provide information on population risk mitigation.
- ❑ Recommendations for a multi-year strategy will be provided, to continually improve your employees' health.
- ❑ Creative and cost-effective services and incentives will work within your budget, contribute to a culture of employee health, and provide a sound return on investment.

Our physical activity programs encourage your employees to increase their daily activity to a level that provides valuable health benefits.



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