



# University of Pittsburgh

13,200 Faculty + Staff



3,500 Retirees



5 Campuses

1 Main Pittsburgh Campus  
4 Regional Campuses

Pitt Bradford



Pitt Greensburg



35,000 Students



All 50 States 111 Foreign



Pitt

Pitt Johnstown



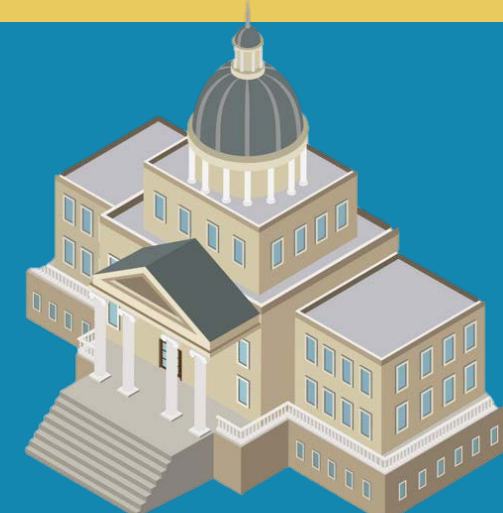
Pitt Titusville



Funding Top 5



Considered State-Related









Founded in 1787



# Active Benefits

At the  
University of Pittsburgh

 <p>1</p>	<h3>Medical</h3> <p>1 HMO - 80 % enrollment 3 PPO's – 20 % enrollment Cost Split 80/20</p>	 <p>2</p>	<h3>Dental, Vision, Long Term Care</h3> <p>Voluntary Programs</p>
 <p>3</p>	<h3>Life Insurance</h3> <p>Basic Life Insurance – Up to \$50 K Optional Life – Up to \$2 M AD+D – Up to \$2 M Spousal Life &amp; Dependent Life</p>	 <p>4</p>	<h3>Income Protection</h3> <p>Sick Days Short-term Disability Long-term Disability</p>
 <p>5</p>	<h3>Work Life Balance Programs</h3> <p>Flexible Work Schedules Child Care Facility – Near Campus Life Solutions MyHealth@Work Center</p>	 <p>6</p>	<h3>Retirement Savings</h3> <p>Match \$1 for \$1 up to 8% of base pay Match of \$1.50 for \$1 up to 8% of base pay once vested.</p>

# Wellness

At the  
University of Pittsburgh



- **Health Coaches**  
On-site  
Telephonic



- **On-site Wellness Specialist**



- **MyHealth@Work**  
On-site Health + Wellness Center



- **Partnerships with Academic Departments**



# UPMC LIFE CHANGING MEDICINE

Ranked #14



## University of Pittsburgh Medical Center



Operates more than  
**30**

Academic, Community, and  
Specialty Hospitals

Employs more than  
**4600**  
Physicians



Largest Non-Governmental  
Employer in Pennsylvania with  
**80,000** employees

Operates an array of  
Rehabilitation, Retirement,  
and Long-Term Care  
facilities



### Commitment to Community

**\$912** million in 2016 for **\$912** million in 2016 for community contributions

**\$100** million pledge for **\$100** million pledge for the Pittsburgh Promise

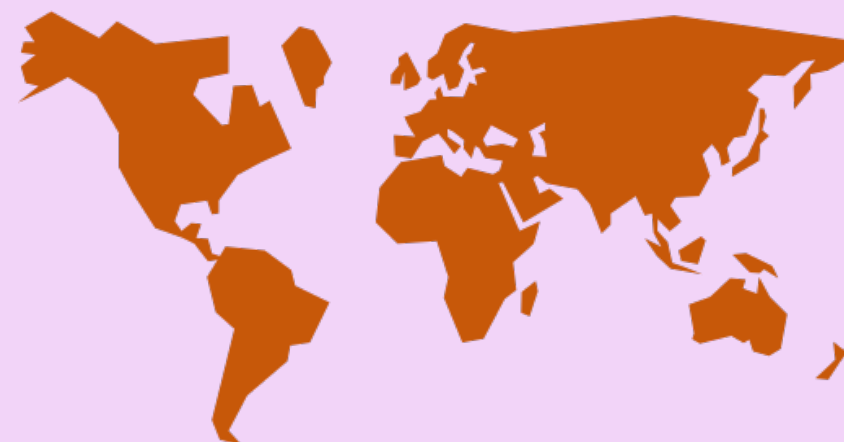
### UPMC Enterprises

A commercialization arm that integrates technology with the health care system, designed to improve quality and lower health care costs.

Partners include:



Works with health care, governments and others to meet design + construction needs of hospitals + other facilities



International Programs span **4** Continents

### UPMC Insurance Division

Largest Medical Insurer in Western PA with  
**3.4** Million Members

Members

Active Insurance for employers



CHIP



Offers Absence Management Services, Wellness and Assistance Programs, Workers Compensation & an HR Software Services Company

# My Health At Work Health and Wellness Center

Opened in May 2016 to serve faculty and staff for acute care needs

2000 Square Feet



Large Reception Area



Two Offices



Bathroom



## Staff Consists of:

- Certified Registered Nurse Practitioner
  - Nurse
- Medical Assistant

Four Exam Rooms



Nurses Station



Storage Room



Kitchenette



# The Data We Capture

My Health at Work Health and Wellness Center

## Demographics

- Gender



- Age

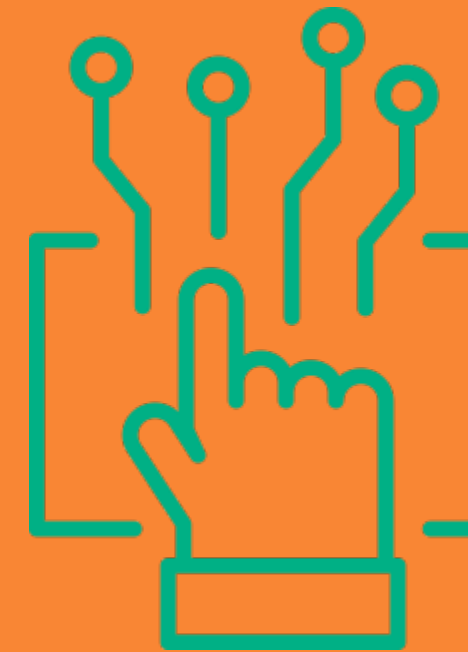


- Job Classification



## Top Work Locations

- Capture Rate



- Distance From Clinic



## Visits

- MTD
- YTD
- Diagnosis
- Month over Month Percentage
- Year over Year Percentage

# The Data We Capture

My Health at Work Health and Wellness Center

## Types of Visits

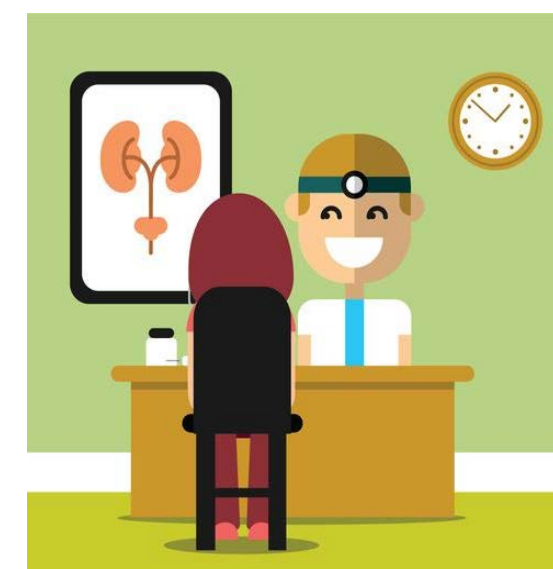
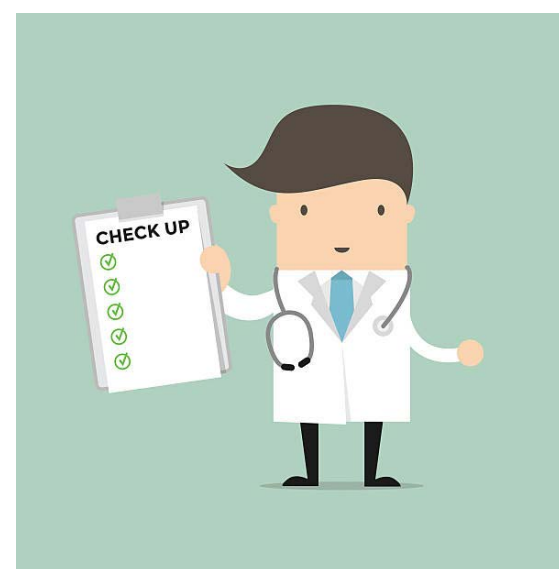
PCP

Emergency Room

Specialist

Urgent Care

Retail



# The Data We Capture

My Health at Work Health and Wellness Center



## Expenses

- Staffing Costs
- Space Rental = clinic and common area proration
- Material per person
- Start up Costs
- On-going marketing

## Break Even Point

- Expenses vs Cost Avoidance

## Cost Avoidance

Cost reduction occurs through the avoidance of claims that would normally display on a weekly claims report

- Take the claims expenses for visit to PCP, Specialist etc. and subtract the cost for going to the Center for that type of visit.



# UPMC *My*Health@Work

for the University of Pittsburgh

## Get Health Coaching Referrals

### What is Prescription for Wellness?

- A provider/nurse completes a “prescription” for an individual to speak with a health coach regarding an identified area of need
- UPMC employees have free/unlimited access to a variety of health and wellness resources + individualized support designed to meet the employee’s needs!

# UPMC *My*Health@Work

for the University of Pittsburgh

## Health Coaching

Support for **lifestyle** and **condition**  
management

### **Coach on Call**

A quick dose of support

- Eating smart on the go
- Planning healthy meals
- Creative exercise tips
- Smoking cessation

### **Condition and Health Management**

- Understand a diagnosis
- Symptom management
- Community resource access
- Shared decision-making support

### **Life Style Improvement**

- Healthier eating
- Stress Management
- Increase Physical activity