

Weight loss resources for employees

UPMC Health Plan offers numerous resources to help your employees reach or maintain a healthy weight.

Lifestyle management health coaching

Lifestyle management health coaching allows your employees who are UPMC Health Plan members to work with experts to make healthy choices that can improve their quality of life. These changes can also help employees lower their risk for various health conditions, including high blood pressure, high cholesterol, and diabetes. Lifestyle management coaches can help employees virtually or by phone with a range of concerns, including:

- **Weight management:** Employees learn how to make healthier food choices, add activity, and use other supports to reach their weight goals.
- **Physical activity:** Employees learn how making small lifestyle changes can help them build a foundation for better fitness and avoid many chronic conditions.
- **Tobacco cessation:** Quitting tobacco is one of the healthiest changes employees can make. Coaches can work with employees on counseling and treatment options.
- **Nutrition basics:** Employees learn to make healthy, tasty food choices and how important good nutrition is for overall health.
- **Diabetes prevention:** Coaches work to help employees reduce the risk of developing diabetes, a healthy weight, eat better, and be more active.
- **Healthy families:** Lifestyle changes are easier to make if everyone in a family works together. Coaches can help employees develop a plan to address their family's health and wellness issues.



RxWell

Our RxWell® app is designed to help Health Plan members become emotionally and physically healthy. It emphasizes the link between physical and mental health and combines health coaching support with provider-endorsed techniques. The app's programs focus on a variety of wellness topics—from stress, anxiety, and depression to nutrition, weight management, and tobacco cessation.

To learn more or discuss additional options, contact your UPMC Health Plan account manager. Members can learn more by visiting upmchealthplan.com/members/wellness/health-and-wellness/default.aspx.

Condition management

Condition management is meant to help employees better understand or manage a health condition. It can also help those who are on a weight loss journey. Clinical care managers are licensed nurses, social workers, and counselors. They will speak with employees about their care options and help prepare them to talk to their doctor about their condition. Common condition management topics include:

- **Diabetes:** Employees learn about the importance of diet and exercise and how being at a healthy weight can help lower their risk of heart, kidney, and nerve damage. Care managers can also teach employees how to monitor their vital signs to keep their blood pressure or other issues in check.
- **Cardiovascular health:** Employees can work with experts on controlling their blood pressure, cholesterol, and triglyceride levels. They can also learn about eating a heart-healthy diet, managing stress, and getting regular exercise to avoid heart disease.
- **Behavioral health:** Employees can choose a program to help them manage anxiety, depression, stress, grief, or substance use. They can also learn about programs or resources in their area.
- **Chronic pain:** Experts can teach employees about physical therapy, continuous movement, and other treatments that may be better long-term solutions than injections or surgery.

Diabetes Prevention Program

The UPMC Diabetes Prevention Program (DPP) is a one-year program that has achieved the Full Plus recognition of the Centers for Disease Control and Prevention. This highest level designation distinguishes the role of the UPMC DPP in helping to prevent or delay the onset of type 2 diabetes in people with prediabetes.

UPMC DPP participants engage in 16 weekly and 6 monthly group lifestyle health coaching sessions led in-person or virtually by specially trained educators. Topics range from nutrition and physical activity to stress, problem solving, and emotional eating.

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