UPMC *for Life* **Medicare Faith and Wellness Program**

Organization Handbook

UPMC *for Life*

UPMC Health Plan Medicare Program

Welcome to the Medicare Faith and Wellness Program

Welcome and Introduction

Welcome to the UPMC *for Life* Medicare Faith and Wellness Program (MFWP), an initiative designed to support health and wellness within our communities through collaboration with faith-based organizations.

Program Overview

The UPMC *for Life* Medicare Faith and Wellness Program aims to enhance the health of Medicare-eligible community members through structured wellness activities and educational resources. The program runs for eight weeks and offers a holistic approach to health covering physical, nutritional, mental, emotional, and social wellness. This year we've streamlined processes and added new resources to better serve participants and organizations alike.

How the program works

Below is a brief overview of the key steps involved in participating in the program, starting with the crucial appointment of a contact person to ensure smooth coordination and execution.

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1. **Designate a contact:** Select an MFWP Champion as your first step. This designated contact will act as the main liaison between your church and the MFWP team. Ensuring you have a reliable and committed individual or team in this role is vital for the effective management and facilitation of the program within your church.

2. **Register your organization:** Once a contact is designated, register your organization for the program. This process officially enrolls your church and allows you to start organizing and planning for the participant registration and program activities.

3. **Register participants:** The designated contact will handle the enrollment of eligible Medicare beneficiaries from your community. These participants will engage in the program's activities, which focus on improving physical activity, nutrition, mental, emotional, and social health.

4. **Weekly engagement and logs:** Encourage participants to actively engage in the program and track their activities. Weekly logs are to be maintained in the participant workbook, and a summary of these logs must be submitted online every week—either by the participants themselves or through the assistance of the MFWP Champion.

5. **Earn points and rewards:** Points are awarded for consistent participation and meeting health goals.

6. **Incentives:** As your participants thrive, your organization benefits. The points accrued from active and consistent participation translate into financial incentives for the registered organization.

The Five Pillars of Wellness


Physical Activity


Nutrition


Mental Health


Emotional Health


Social Health

The UPMC *for Life* Medicare Faith and Wellness Program is structured around five essential dimensions of health, collectively known as the Five Pillars of Wellness. These pillars are designed to support a holistic approach to health, particularly important for Medicare beneficiaries who often face multiple health challenges as they age. Each pillar addresses a key area of well-being, contributing to overall physical and mental health and enhancing quality of life.

Nutrition: Proper nutrition is vital for maintaining health, supporting immune function, and preventing obesity, heart disease, and other chronic conditions. A balanced diet provides the energy and nutrients needed to maintain bodily functions and promote healing.

Physical Activity: Regular physical activity helps prevent and manage health problems such as heart disease, diabetes, and arthritis. For older adults, staying active is crucial to maintaining muscle strength, mobility, and balance, which can reduce the risk of falls and improve recovery outcomes.

Mental Health: Mental wellness is integral to overall health, influencing how we think, feel, and handle stress. Activities that stimulate the mind also help in maintaining cognitive functions, which is important for aging populations.

Emotional Health: Emotional health is about coping effectively with life and creating satisfying relationships. It affects physical health and is crucial in managing stress, fostering resilience, and recovering from illness.

Social Health: Social interactions and support can influence our mental health and can lead to longer, healthier lives. Social activities help seniors avoid isolation, which can contribute to depression and cognitive decline.

Understanding and engaging in these five pillars can greatly enhance one's ability to lead a healthy, fulfilling life. This program provides structured activities and points-based incentives to motivate and guide participants in maintaining and improving each aspect of their wellness.

Baseline Assessment and Weekly Tracking

When Medicare-eligible members register for the UPMC *for Life* Medicare Faith and Wellness Program, they will complete a baseline assessment that gauges their current activity levels across the five pillars of wellness. This assessment is crucial for setting personalized goals. Here's how we monitor your activities and set goals based on your initial input:

1. **Nutrition**
    - How many days per week do you eat three servings of vegetables?
    - How many days do you eat two servings of fruit?
    - How many days do you eat 5 oz. of protein?
    - How many days do you drink six 8-oz. glasses of water?
2. **Physical Activity**
    - How many days per week do you perform your ADL (Activities of Daily Living)?
    - How many days do you participate in cardiovascular activities?
    - How many days do you engage in strength training?
    - How many days do you participate in flexibility exercises, like stretching?
3. **Mental Health**
    - How many days per week do you engage in mentally stimulating activities (e.g., reading, attending seminars, playing instruments)?
4. **Social Health**
    - How many days per week do you connect with family and friends or participate in community projects?
5. **Emotional Health**
    - How many days per week do you engage in activities that make you feel happy and bring you joy?

Goal Setting and Points Allocation

Nutrition, Mental, Social, Emotional Goals: If participants report five or more days on any activity during their baseline, their goal is to maintain this level each week to earn points. If participants report fewer than five days, their goal will be your baseline days plus one, up to a maximum of five days.

Physical Activity Goals: For activities like ADLs, cardiovascular, strength training, and flexibility where optimal frequency is three or more days per week, the goal setting follows a similar pattern. If you report three days or more, you aim to maintain; if less, you increase by one day with the aim to reach or surpass three days per week.

This structured approach ensures that participants are actively engaged in maintaining or improving their wellness, with clear goals that are personalized based on their initial assessments. It motivates consistent participation and offers measurable outcomes that participants can see and feel, reinforcing the benefits of the program.

Role of Organizations

Faith-based organizations are instrumental in the success of the UPMC *for Life* Medicare Faith and Wellness Program. Your engagement and proactive involvement drive the program's effectiveness and significantly impact the community's health outcomes. Here are the key responsibilities your organization needs to fulfill:

1. **Designate a Contact (MFWP Champion):**
   - Begin by appointing one or more individuals who will act as MFWP Champions. These designated contacts will serve as the primary liaisons between your organization and the UPMC program team, facilitating all program-related communications and activities.
2. **W9 Form Submission:**
   - It is essential for your organization to complete and submit a W-9 form. This legal document is required for any organization receiving funds. Ensure that your MFWP Champion has access to the necessary information to accurately complete this form.
   - Submit the completed W-9 form to **MedicareWellnessProgram@upmc.edu** as part of the pre-registration process. This step must be completed by Thursday, May 15. to avoid any delays in your organization's participation and receipt of potential incentives.
3. **Register Your Organization:**
   - After appointing your MFWP Champion and handling the W-9 form, proceed with registering your organization for the program. This includes filling out detailed forms that capture essential information about your organization and its participants.
4. **Promote Program Participation:**
   - Actively promote the wellness program within your community to encourage maximum participation. Use your networks, social media, newsletters, and community outreach to inform potential participants about the program and its benefits.
5. **Host Program Activities (if applicable):**
   - If your organization opts to host supplementary activities such as cooking demos or fitness classes, indicate this interest during the registration process. Coordinate with programs like Adagio Health and SilverSneakers® to facilitate these events, ensuring they are successful and well attended.
6. **Support Ongoing Engagement and Compliance:**
   - Assist your MFWP Champions in maintaining participant engagement and ensuring compliance with program requirements. This includes tracking participation, ensuring timely submission of activity logs, and adhering to program guidelines.

By effectively managing these responsibilities, your organization not only supports the health improvement of participants, but also enhances its community presence and operational capabilities. The successful execution of these roles can lead to better health outcomes and qualifies your organization for financial incentives, fostering a sustainable impact on community wellness.

Role of Designated Contact

Each participating organization is required to designate at least one MFWP Champion. This person or persons will act as the primary liaison between the UPMC program team and your organization.

Organizations are encouraged to appoint more than one MFWP Champion if they anticipate the need for additional support to manage the program effectively. This is especially recommended for organizations with many participants or multiple sites.

During registration the designated contact will select the most convenient time to attend one of the mandatory introductory sessions. It's important that the individual completing the organization registration form is the same person who will be attending the session and facilitating the program within the organization, as this ensures continuity and a clear understanding of the program requirements.

Roles and Responsibilities:

1. MFWP Champions are responsible for overseeing the registration process, coordinating program activities, communicating with participants, and ensuring all program requirements are met.
2. They will also be the primary contacts receiving updates, resources, and support from the UPMC program team and are responsible for disseminating this information within their organization.
3. The designated contact is required to attend an introductory session before the organization can start registering participants. This session is crucial as it provides detailed information about the program's structure, expectations, and the resources available. Introductory sessions are scheduled on Tuesdays at 5 p.m.; Wednesdays at noon; and Thursdays at noon.

Registration Communications

Effective communication is vital to the success of the Medicare Faith and Wellness Program. As an MFWP Champion, you will receive a variety of communications critical to the smooth execution of the program. It is essential that designated contacts maintain open lines of communication with your team and the program team. Proactively sharing updates, reminders, and resources ensures that all participants are supported and can fully engage in the program's activities.

By effectively managing these communications, you play a pivotal role in the success of your team and the overall program.

Here's an overview of the types of communications you can expect:

1. **Initial setup and registration updates:**
    - Shortly after registering your organization, you will receive emails confirming your registration and requesting any necessary documents, such as the W-9 form. It's imperative to respond promptly to these communications to avoid delays in your organization's participation.
2. **Participant registration notifications:**
    - Every Friday during the participant registration period, you will receive an email listing the names, dates of birth, and email addresses of participants who have registered under your organization. This allows you to verify correct entries and familiarize yourself with your team members.

Jane	Doe 1	04/XX/XXXX	No email
Jane	Doe 2	03/XX/XXXX	janedoe2@verizon.net
Jane	Doe 3	05/XX/XXXX	janedoe3@verizon.net
John	Doe 2	06/XX/XXXX	johndoe1@aol.com
Jane	Doe 4	07/XX/XXXX	janedoe4@gmail.com
Jane	Doe 5	04/XX/XXXX	janedoe5@gmail.com
Jane	Doe 6	03/XX/XXXX	janedoe6@gmail.com
John	Doe 3	05/XX/XXXX	johndoe3@gmail.com
Jane	Doe 7	06/XX/XXXX	janedoe7@gmail.com
Jane	Doe 8	07/XX/XXXX	janedoe8@gmail.com
John	Doe 4	04/XX/XXXX	johndoe4@gmail.com
Jane	Doe 9	04/XX/XXXX	janedoe9@verizon.net
Jane	Doe 10	05/XX/XXXX	janedoe10@gmail.com
John	Doe 5	05/XX/XXXX	johndoe5@verizon.net

Weekly Leaderboard Communications

During the Medicare Faith and Wellness Program, the weekly leaderboard is a vital tool for keeping track of participant progress and fostering a competitive yet supportive environment. Here's how you can use the leaderboard to motivate participants and ensure they remain engaged throughout the challenge:

Understanding the leaderboard

1. **Participant ID:** Each participant is identified by their first name, last name, and date of birth to maintain accurate and personalized tracking.
2. **Weekly points:** Columns labeled from #1 to #8 correspond to each week of the challenge. The numbers in these columns represent the total points participants earned that week. A "0" indicates that the participant submitted a log but did not earn any points, while a blank space signifies no submission for that week.
3 **Registration and exit survey points:** Points awarded for successful registration and completion of exit survey are noted under the **Registration** and **Exit Survey** column.
4. **Total points:** This column shows the cumulative total of all points earned from weekly activities, registration, and any bonus points. The maximum total scores a participant can achieve is 150, even if bonus scores push the individual total higher.

How to Use the Leaderboard

1. **Track progress:** Regularly review the leaderboard to monitor the progress of participants. Identify those who are consistently engaged and those who may need additional support or motivation.
2. **Support and motivate:** Use the information from the leaderboard to recognize high performers in your communications and provide targeted encouragement to those who might be lagging. This can include personalized messages, additional resources, or even one-on-one discussions to address any challenges they may be facing.

Participant ID	1	2	3	4	5	6	7	8	Registration	Total
Jane Doe 1 (April XX, XXXX)	10	14	15	15	15	15	15	15	5	**119**
Jane Doe 2 (March XX, XXXX)	13	14	14	14	14	14	13	14	5	**115**
Jane Doe 3 (May, XX, XXXX)	11	11	14	14	14	14	15	15	5	**113**
John Doe 3 (June, XX, XXXX)	14	15	10	14	10	12	15	15	5	**110**
Jane Doe 7 (June, XX, XXXX)	4	11	14	15	15	15	15	15	5	**109**
Jane Doe 10 (May, XX, XXXX)	9	9	10	15	15	12	15	15	5	**105**
Jane Doe 5 (April, XX, XXXX)	15	12	8	15	15	15		15	5	**100**

As some participants may not register for weekly reminders or lack consistent access to email, it is crucial that you, as the designated contact, disseminate these resources effectively within your team.

Post-Challenge Communications

3. **Post-challenge communications:** At the end of the challenge, we will send a survey to gather feedback on your experience and the overall effectiveness of the program. Your insights are valuable to us for making future improvements.

4. **Faith Leaders Appreciation Luncheon registration:** Following the challenge, you will receive an invitation to register for the Faith Leaders Appreciation Luncheon, a special event designed to recognize the contributions and impact of faith leaders in the program.

5. **Importance of timely and proactive communication:** It is essential that you maintain open lines of communication with your team and the program team. Proactively sharing updates, reminders, and resources ensures that all participants are supported and can fully engage in the program's activities. By effectively managing these communications, you play a pivotal role in the success of your team and the overall program.

How Participants Earn Points

The UPMC *for Life* Medicare Faith and Wellness Program uses a points-based system to motivate participants and track their progress throughout the program. Here is how participants can earn points, with a maximum potential of 150 points.

1. Registration and Exit Surveys (Maximum 30 points):
    - Registration (15 points): Participants earn 15 points for completing registration.
    - Participants receive 15 points for completing the exit survey at the end of the program.

2. Weekly Activity Logs: 120 points: Each week, participants will submit a log detailing their activities. Points are awarded for each dimension based on meeting or exceeding their goals. Goals are based on participants' baseline inputs in participant registration. Participants can earn up to 15 points per week. Over the eight weeks of the program, this can total up to 120 points. Point distribution per week:

    - Nutrition (5 points): (Answer 5 related questions)
    - Physical (4 points): (Answer 4 related questions)
    - Mental (2 points): (Answer 1 related question)
    - Emotional (2 points): (Answer 1 related question)
    - Social (2 points): (Answer 1 related question)

3. Bonus Points (32 points) points provide additional opportunities to reach the maximum of 150 points:

    - Weekly Virtual YogaNuvo: Participants can earn 1 point each week by either joining or watching the session on Wistia. Please be sure to enter the correct keyword on the weekly log.
    - Weekly Cooking Demo: Encourage participants to attend live or watch the recorded session on Wistia to earn 1 point each week. They should submit the correct keyword with their weekly log.
    - Weekly Health Coaching Hour: Participants earn 1 point weekly by either participating in or viewing the session on Wistia, with the correct keyword entered in their weekly log.
    - Weekly Annual Health Screenings: Participants can earn an additional 1 point for each yearly preventive health screening they complete.

Consistent Tracking

To maximize your point total and gauge your improvement accurately, it's essential to consistently log your activities and participate in the additional wellness opportunities provided. Each logged activity and additional engagement not only bring you closer to achieving your wellness goals, but also maximize your points, enhancing the benefits you receive from the program.

Incentive Rewards

Organizations will receive an incentive reward for their participation. The money you earn is yours to invest in your organization and participants however you want—it's totally up to you! Here's an example of the incentive reward your organization can receive based on a team of 10 participants:

1. First round of funding after organization registration (after May 25)
   a. Organization registers, submits a complete W-9 form, and attends and introductory session = $150

Total First Round Funding: $150

2. Second round of funding after the challenge is complete (after July 27)
   a. Participant Registration: 15 points = $15 per participant
      • Ex. If 10 participants successfully register for your team, you will receive $150. (10 registered x $15 per participant) = $150
   b. Program completion = 120 points max per participant = $120 per participant that meets or exceeds their goals for ALL eight weeks, you will receive $1,200
      • Ex. If all 10 participants successfully meet and/or exceed their goals for all eight weeks, you will receive $120 per participant. (10 participants x $120 per participant) = $1,200
   c. Exit survey completion = $15 per participant
      • Ex. If 10 participants successfully complete an exit survey, you will receive $150 (10 registered x $15 per participant) = $150
   d. Improvement Bonus*: If your team average total score is 120 points or more, your organization receives a health improvement bonus = 10% bonus
      • Ex. (10% x $1,500) = $150

Total Round 2 Funding: $1,650

Total incentive:

$1,800

Ideas for Incentivizing Your Participants

Here's what some of our participating organizations have done in previous years:

- Gift cards for top participants each week
- Prizes for the participant who makes the most progress, has the highest number of points, or has perfect participation
- Luncheon or dinner for participants
- Fitness device (Apple Watch, Fitbit, etc.) for the participant who makes the most progress, has the highest number of points, or has perfect participation
- Cash prizes for participants
- Gift cards to all participants
- T-shirts for your team
- Investment in your health and wellness initiatives
- Celebration for all members of the organization
- Exercise classes

Program Opportunities for Organization

Host Adagio Health Cooking Demos

The opportunity to host cooking demonstrations conducted by Adagio Health is an exciting component of the UPMC *for Life* Medicare Faith and Wellness Program. These demonstrations provide valuable lessons in preparing nutritious meals and promote healthy eating habits. However, not all interested organizations will qualify to host these events due to specific requirements and limitations. Here's what you need to know:

Eligibility and selection criteria

- **Capacity and technology:** To qualify for hosting, your venue must have adequate space for attendees and the necessary technological setup for live streaming and recording. This includes reliable internet access and appropriate audio-visual equipment.
- **Accessibility:** Facilities must be accessible to individuals with disabilities to ensure inclusivity.
- **Availability:** Cooking demos are scheduled for Mondays at 10:30 AM. Your organization must confirm availability at this specific time before expressing interest.

Expression of interest

- **Indicating availability and interest:** During the organization registration process, clearly indicate if your organization is interested in hosting a demo and confirm that you can meet the specified time and facility requirements.

Please note that expressing interest does not guarantee selection. Adagio Health will select hosts based on a range of factors.

Responsibilities if selected

- **Preparation:** If selected, ensure your facility is prepared to accommodate the event and meet all technical requirements for the live demo.
- **Promotion:** Actively promote the demo within your community to ensure robust participation.
- **Support:** Assist Adagio Health with logistical arrangements and technology management on the day of the demo to ensure a smooth experience for all attendees.

Benefits of hosting

- **Community engagement:** Hosting a demo significantly enhances community involvement and education on healthful eating.
- **Visibility:** It raises the profile of your organization as a proactive participant in community health initiatives.

Not selected? View the recorded sessions anytime online at upmchp.us/wellness-program-videos.

SilverSneakers®

1. Hosting SilverSneakers classes

a. **Weekly classes:** Organizations that choose to host SilverSneakers fitness classes are required to hold these sessions weekly throughout the eight-week challenge.

b. **Year-round classes:** While the commitment during the challenge is for eight weeks, organizations have the option to continue hosting the SilverSneakers classes all year round.

c. **Accessibility and promotion:** Classes may be open to MFWP participants and outside seniors. Your organization's sessions will be listed on the SilverSneakers website and may also be promoted by the MFWP team to maximize visibility and attendance.

d. **Venue requirements:** Ensure that your venue complies with the necessary space and accessibility standards for physical activities.

2. SilverSneakers instructor certification

a. **Certification process:** FBOs can express interest in having a community member become a certified SilverSneakers instructor. This involves a detailed process facilitated by MFWP and SilverSneakers, where interested candidates are guided through registration, training, and certification.

b. **Cost and savings:** The total cost to become a certified instructor is typically $289.95, which includes CPR certification, SilverSneakers Foundations Course, and personal liability insurance. However, through the Medicare Faith and Wellness Program, you can access the SilverSneakers Foundations Course for free and receive a discounted CPR course, reducing the total cost to $220.95

c. **Compensation:** Certified instructors can earn $2.00 per participant per class for up to 25 participants. This compensation is contingent upon the number of SilverSneakers members attending the classes.

Recommendations for FBOs

- **Consider the investment:** While there is a cost associated with becoming certified, FBOs can consider using part of their compensation funding from the program to reimburse instructors for the certification expenses.
- **Evaluate the commitment:** Becoming a SilverSneakers instructor takes significant effort and commitment. It is important for interested individuals to consider the time investment and the potential to make a meaningful impact on community health.

Implementation and commitment

- **Expressing interest in certification:** Organizations interested in having community members certified as instructors should indicate this on the registration form. It is important to ensure that all prospective instructors are aware of and prepared to meet the certification requirements.
- **Support for prospective instructors:** Organizations are encouraged to support their members through the certification process by providing resources for CPR certification and facilitating their participation in the SilverSneakers Online Foundations Class.
- **Long-term instructor roles:** Encourage certified instructors to view their roles as long-term commitments to their community's health, emphasizing the ongoing benefits and the positive impact they can make.

Health and Wellness Fairs

The Medicare Faith and Wellness Program actively collaborates with faith-based organizations to support community health and wellness events. During registration, organizations can inform us about any upcoming events for which they seek support. Our team will reach out to discuss the specifics of the event, assess resource needs, and schedule appropriate support. This partnership aims to enhance the impact of local health initiatives by providing necessary resources and expertise. Keep an eye on our communications for a list of upcoming events and opportunities for collaboration!

Resources may include the following:

- YogaNuvo
- Seasonal vaccines
- Blood pressure screenings
- Cholesterol screenings
- Dexa-Scan (bone density)
- Mammograms
- Educational materials
- Access to health and wellness vendors

Annual Faith-Based Leaders Appreciation Luncheon

September 2025 | Location TBA

We'll discuss the health care needs and barriers within our community. Our goal is to create and further develop partnerships that can improve our community's health and increase access to care. Plus, you'll hear from other faith-based leaders as they share their experience with the Medicare Faith and Wellness Program. At the conclusion of the challenge, we will share more about the event date and registration information.

We hope that you will share your time and feedback with us!

Additional Programs for Participants

Health Coaching Hours

Participant can join us for live health coaching sessions every Tuesday at 5 p.m.
During these sessions we'll discuss important topics that can help manage one's health. Here's what we'll be covering each week:

Week	Topic	Date	Time
Week 1	Healthy Eating for Seniors	Tuesday, June 3	5 p.m.
Week 2	Staying Active While Young	Tuesday, June 10	5 p.m.
Week 3	Mental and Emotional Health and Aging	Tuesday, June 17	5 p.m.
Week 4	Social Health and Social Isolation	Tuesday, June 24	5 p.m.
Week 5	Managing Chronic Conditions	Tuesday, July 1	5 p.m.
Week 6	Preventive Screenings and Immunizations	Tuesday, July 8	5 p.m.
Week 7	Medication Management and Safety	Tuesday, July 15	5 p.m.
Week 8	Planning for the Future	Tuesday, July 22	5 p.m.

Here's how to join:

1. Join online through the Microsoft Teams app at upmchp.us/health-hours.
2. Scan the code to the right using your smartphone:

Can't make it? Don't worry! You can rewatch all of our Health Coaching Hours online. Visit **upmchp.us/wellness-program-videos** to access the recordings along with other great resources to help you be successful in the program!

YogaNuvo

Join us each week for yoga! Yoga can assist with increased flexibility, stronger muscles, and increased energy. YogaNuvo hosts a guided meditation and yoga class for all skill levels.

Myrna Patterson will lead the classes on Saturdays at 10 a.m.

Anyone who participates in yoga will need to sign a waiver and release form before participating. You can go here to complete and sign the waiver online at **upmchp.us/yoga-waiver.**

To learn more about YogaNuvo, go to **upmchp.us/yoga-nuvo.**

Registration Process

1. Register your organization:

- **a.** During registration, the designated contact will select the most convenient time to attend one of the mandatory introductory sessions. It's important that the individual completing the organization registration form is the same person who will be attending the mandatory introductory session and facilitating the program within the organization as this ensures continuity and a clear understanding of the program requirements.
- **b.** MFWP Champions should register the organization using the method that best suits their preference—either online through a provided link or by completing a paper form. It is crucial that the person or persons designated as MFWP Champions are the ones who complete the registration form as they will need to provide specific information and preferences regarding program participation registration link: **upmchp.us/organization-registration.**

2. Attend a mandatory introductory session:

- **a.** The designated contact is required to attend an introductory session before the organization can start registering participants. This session is crucial as it provides detailed information about the program's structure, expectations, and the resources available. Introductory sessions are scheduled on Tuesdays at noon and 5 p.m.; Wednesdays and Thursdays at noon and 5 p.m.
- **b.** This structured approach ensures that the individuals leading and managing the program within each organization are well-equipped and fully informed about their roles and responsibilities. By having the same individual register, attend the introductory session, and manage the program, we can ensure consistent communication and effective program delivery.

2. Submission of W-9:

- **a.** After registering, the designated contact must submit a completed W-9 form on behalf of the organization. This document is necessary for any financial transactions or incentives that may occur as part of the program. Please email the completed form to **MedicareWellnessProgram@upmc.edu.**

Important Dates

Organization Registration
Sunday, March 16 – Friday, April 25

Participant Registration
Sunday, April 27 – Sunday, May 25

Introductory Sessions
Tuesday, March 25 – Thursday, May 15

Challenge Start and End
Sunday, June 1 – Sunday, July 26

Past participating organizations

1. All Saints Parish: St. Andrew Roman Catholic Church
2. All Saints Parish: St. Conrad Roman Catholic Church
3. All Saints Parish: St. Michael the Archangel Roman Catholic Church
4. All Saints Parish: St. Paul Roman Catholic Church
5. All Saints Parish: St. Peter Roman Catholic Church
6. Baptist Temple Church
7. Bethany Community Ministries
8. Bethel African Methodist Episcopal
9. Bible Center Church
10. Central Baptist Church
11. Christ Community Worship Center
12. Christ Temple Church of Pittsburgh
13. Community and Family Builders
14. Cornerstone Baptist Church
15. Covenant Church of Pittsburgh
16. Covenant United Presbyterian Church
17. Deliverance Baptist Church
18. Destiny International Ministries
19. Fountain Gate Church & Ministries
20. Good Samaritan Lighthouse
21. Homewood AME Zion
22. Kingdom View Ministry
23. Love Fellowship
24. McKeesport Shared Ministry UMC Beulah Park
25. Metropolitan Baptist Church
26. Morning Star Baptist Church
27. Mount Ararat Baptist Church
28. Mount Carmel Baptist Church
29. Mount Carmel Baptist Church North Versailles
30. Mount Zion Baptist Church of Bellevue
31. New Jerusalem Holiness Church
32. New Life Baptist Church
33. New Vision Ministry
34. New Zion Baptist Church
35. Original Church of God Deliverance Center
36. Pennsylvania Baptist State Convention
37. Pilgrim Baptist Church
38. Pittsburgh Higher Ground
39. Pittsburgh Northside Church of God
40. St. Andrew the Apostle Church
41. St. James Baptist Church
42. St. John the Baptist Byzantine Catholic Church
43. St. Lawrence O'Toole Catholic Church
44. St. Margaret Mary Roman Catholic Church
45. St. Mary Magdalene Parish/Mother of Good Council
46. St. Paul AME
47. St. Paul Baptist (Pittsburgh)
48. St. Paul Baptist Church (Donora)
49. Shiloh Community Ministries
50. Speak the Word Ministry
51. Total Salvation
52. Trinity AME Zion Church of Pittsburgh
53. Trinity Lutheran Church
54. Triumph Church
55. Unity Baptist Church
56. Victory Baptist Church

Program rules and regulations

Please read the following rules and regulations carefully. These are the "Official Rules" of the program. By participating in the UPMC *for Life* Medicare Faith and Wellness Program, you ("Entrant") agree that you conclusively and unquestionably understand and accept the Official Rules, including all eligibility requirements.

1. **No purchase** or payment of any kind is necessary to enter or win the UPMC *for Life* Medicare Faith and Wellness Program. The purchase of a UPMC Health Plan product does not increase one's chance of winning.
2. **Sponsor:** The UPMC *for Life* Medicare Faith and Wellness Program is sponsored by UPMC Health Plan, 600 Grant Street, Pittsburgh, PA 15219 ("Sponsor").
3. **Eligibility:** The UPMC *for Life* Medicare Faith and Wellness Program is open to any Section 501(c)(3) nonprofit church, faith community, or civic organization ("Organization") that wishes to participate, and any Medicare-eligible individual(s),* whether or not he or she is currently enrolled in a UPMC Health Plan product (collectively, the "Organization Team"). To participate, individuals must be enrolled as part of an Organization Team. For purposes of this contest, the participating Organizations may not restrict membership on an Organization Team to members of that organization or congregation.
4. **Pre-Registration Requirements:** Prior to registration, Organizations must designate one or more appointed contact(s) to serve as liaison between the Organization Team and Sponsor. Organizations must also complete and submit a valid copy of their Internal Revenue Service (IRS) Form W-9 prior to registration in order to be eligible for rewards. Organizations must submit a valid copy of their IRS Form W-9 to Sponsor no later than May 15, 2025.
5. **How to Enter:** The UPMC *for Life* Medicare Faith and Wellness Program begins on June 01, 2025, at 12:01 a.m. (ET) and ends on July 26, 2025, at 11:59 p.m. (ET) (the "Contest Period"). Organizations must register by 11:59 p.m. on April 25, 2025. Participants must register to join an Organization Team by 11:59 p.m. on May 25, 2025.

   Each registered Organization will receive one hundred and fifty dollars ($150) for participating in the UPMC *for Life* Medicare Faith and Wellness Program. Organization must satisfy all other requirements, including submission of their Form W-9, attendance of introductory session, and completion of post-survey, in order to be eligible for $150 registration reward.
6. **Winners:** Team incentive rewards will be awarded to participating Organization Teams to be distributed or retained as the Organization determines. Winners will be determined based on the total amount of activity points and bonus points, as detailed in the program materials, accumulated during the Contest Period. Organization Teams must otherwise comply with all rules and requirements of the UPMC *for Life* Medicare Faith and Wellness Program in order to be eligible for rewards, including, but not limited to, these Official Rules. Sponsor reserves the right, in its sole discretion, to change the incentives, cancel, terminate, or suspend the UPMC *for Life* Medicare Faith and Wellness Program, in whole or in part, for any reason, including, without limitation, if causes beyond its control corrupt or affect the administration, security, fairness, or proper conduct of the contest. In such case, Sponsor will select the reward winners from all eligible Organization Teams properly enrolled prior to and/or after (if appropriate) the action taken by the Sponsor. By entering the contest, Entrant agrees to be bound by these Official Rules.
7. **Notification:** Stipend and certificates will be mailed to participant's Organization. If a incentive reward winner cannot be contacted, or if a prize is returned as undeliverable or is not accepted, then such reward will be forfeited.

8. **Publicity:** Except where prohibited, participation in the Medicare Faith and Wellness Program and acceptance of the reward constitutes each reward winner's, as well as each reward winner's individual participant's, consent to Sponsor's use of his/her name, hometown, and any statements made regarding the UPMC *for Life* Medicare Faith and Wellness Program or Sponsor for advertising and promotional purposes in any media without further payment or consideration, except where prohibited by law.
9. **Conditions:** The reward winners may be required to provide Sponsor with proof of identity when claiming the reward and agree to accept all terms, conditions, risks, and limitations set forth in the Official Rules. Sponsor makes no representations with respect to the potential tax implications associated with receipt of the reward. The reward winning Organizations will be solely responsible for payment of all applicable taxes.
10. **Limitation of Liability:** EACH ENTRANT AND PARTICIPATING ORGANIZATION AGREES TO RELEASE, HOLD HARMLESS, AND INDEMNIFY SPONSOR, AND SPONSOR'S PARENT COMPANY, EMPLOYEES, REPRESENTATIVES, AFFILIATES AND AGENCIES OF EACH FOR ANY LIABILITY WHATSOEVER FOR INJURIES OR DAMAGES OF ANY KIND SUSTAINED IN CONNECTION WITH THE USE, ACCEPTANCE, POSSESSION OR AWARDING OF ANY REWARD OR FROM ANY REWARD OR CONTEST-RELATED ACTIVITY, INCLUDING, WITHOUT LIMITATION, ANY INJURY, DAMAGE, DEATH, LOSS, OR ACCIDENT TO PERSON OR PROPERTY.
11. **Official Rules and Winners List:** For a copy of these Official Rules and/or the names of the reward winners, contact Camille Clarke-Smith, UPMC Health Plan, 600 Grant Street, Pittsburgh, PA 15219. Requests must be received no later than one month after the close of the Contest.
12. **Choice of Law:** The laws of the Commonwealth of Pennsylvania shall govern the UPMC *for Life* Medicare Faith and Wellness Program; Sponsor and Entrant agree to submit to the jurisdiction of the state and federal courts located in Allegheny County, Pennsylvania, for any dispute related to the Contest. In the event any such suit is filed in any state or federal court in the Commonwealth of Pennsylvania, Sponsor and Entrant shall not raise and hereby waive the defenses of lack of personal jurisdiction or venue.

UPMC *for Life* is a product of and operated by UPMC Health Plan Inc., UPMC Health Network Inc., UPMC Health Benefits Inc., UPMC *for You* Inc., and UPMC Health Coverage.

Thank you for participating in the UPMC *for Life* Medicare Faith and Wellness Program!

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