Get into MyHealth OnLine

From www.upmchealthplan.com, you can log in to our free, confidential health information site, MyHealth OnLine.

1. Visit www.upmchealthplan.com and locate “Secure Member Login.”
2. Enter login information.

First-time Users
1. Go to www.upmchealthplan.com and locate “Login” on the homepage.
2. Select the link “New User Registration.”
3. To verify your identity, you will be asked to provide:
   a. Your member ID number as listed on your ID card
   b. The last four digits of your Social Security number
   c. Your date of birth
   d. Your zip code
4. Provide your answers to three challenge questions.
5. Choose a security image and a message to associate with the image.
6. Establish the User Name and Password that you will use for MyHealth OnLine.

Access user-friendly tools that include interactive wellness programs, your personal health record, and customizable searches and listings. You’re just a click away from health information that’s both practical and precise.

Staying in-the-know lets you make the most of your benefits. We’ve worked with clinical experts to develop online tools to help keep you well, and well-informed.
Healthy Internet Use

**Personal Health Record**

MyHealth Record is both a secure space for your stored health information and a place where you can interact with your health history. Your personal health record is automatically updated when you visit the doctor or fill a prescription. You can also add information to your health record for your own tracking purposes or print it out and share it with your physician. You can even request preventive reminders.

**MyHealth Questionnaire**

The MyHealth Questionnaire is an online health assessment that helps you to rate your overall health, identifying areas that are strong and areas that can be improved on. The assessment is a starting point that can guide you in the right direction for better health.

**MyHealth Wellness Programs**

MyHealth Wellness Programs provide easy-to-understand health information as well as specific guidelines and interactive tools to help you improve and maintain your health. MyHealth Stress Management, Weight Management, Nutrition, Smoking Cessation, and Physical Activity programs also offer personalized goals and tips to keep you moving in a healthy direction.

**Health Trackers**

Our Health Trackers help you record and view progress in Weight Management, Nutrition, and Physical Activity. Maintaining a healthy lifestyle can be challenging, but these tools help you keep track of your progress toward your goals.

**Benefit Information**

An overview of your plan, copay levels, and dependent coverage is easy to access. You can also view your claims and order a member ID card. For questions, you can even exchange secure messages with a UPMC Health Plan representative. To locate a provider, use the customizable search criteria to find the type of doctor you are looking for.

To take control of your health, take the time to log in. MyHealth OnLine links you to unique tools designed to make your life easier and healthier.