

Get healthy tips texts on the go



Are you trying to create a new healthy habit? Or support your work with a health coach? A daily or weekly text message offering support, advice, and tips can be just the reminder you need to stay on track.

Here's how this **FREE** service from **UPMC Health Plan** works.

To sign up:

1. Choose a topic that interests you (you can select more than one) and text the corresponding keyword to **876247**.

Eat better: eatright

Manage stress: relax

Manage weight: lose

Be more active: befit

Stop smoking: quitsmoking

Manage diabetes: regulate

2. You'll get a response asking if you'd like to receive daily or weekly texts.
3. Text back "1" if you want to receive daily messages, or "2" to receive weekly messages.

Note: Although UPMC Health Plan does not charge for the text messages, data and message rates from your carrier may apply.

To stop receiving healthy tips texts, text back STOP at any time.

To contact a health coach, call **1-800-807-0751**.

UPMC HEALTH PLAN