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**UPMC Health Plan's "Healthy Living Lecture Series" Returns for a Second Season
at Schenley Park Visitor Center**

Series of Six Lectures Begins on March 15

PITTSBURGH (March 7, 2007) — Talks on how to improve fitness and strength, how to manage stress, and how busy people can shop for healthy food, highlight UPMC Health Plan's "Healthy Living Lecture Series," which returns for a second season to the Schenley Park Visitor Center beginning March 15.

The "Healthy Living Lecture Series" is a joint venture between UPMC Health Plan and the Pittsburgh Parks Conservancy (PPC) and is free to the public. All six lectures in the series are scheduled for Thursdays at noon, beginning March 15, and continuing through April 19.

The Healthy Living Lecture Series, which made its debut in the fall of 2006, gives audiences an opportunity to interact one-on-one with health care professionals.

The series opens with "Get Moving: Improving Fitness and Strength," and features John M. Jakicic of the University of Pittsburgh and Chairman of America On the Move in Pittsburgh, and Stephen Doyle, Program Coordinator for UPMC Health Plan. After the lecture, Jakicic and Doyle will lead a guided walk through nearby Schenley Park.

"We are pleased with the interest that our fall lecture series generated," said Diane Holder, President of UPMC Health Plan. "Momentum is building to improve Pittsburgh's health as a result of initiatives like 'America on the Move.' These lectures provide an excellent opportunity for people to have access to the area's foremost experts on a variety of health-related topics."

Lectures will last 30 minutes and will be followed by a question-and-answer period. The Schenley Park Visitor Center is located on Panther Hollow Drive, near the Phipps Conservancy and Botanical Gardens.

“We are so pleased to continue our partnership with UPMC Health Plan to encourage Pittsburghers to get out into our beautiful natural areas and enjoy all the physical and spiritual benefits they have to offer,” said Meg Cheever, President of PPC. “We hope that people will use the lecture series as an opportunity both to interact with UPMC Health Plan’s experts and to get out into Schenley Park and enjoy the restored trail system.”

Lecture topics and dates:

March 15 – Get Moving: Improving Fitness and Strength

(A guided walk through Schenley Park will follow this lecture.)

March 22 -- Food Shopping and Preparation for People on the Go

March 29 – Geriatric Health

April 5 -- Stress Management and Resiliency

April 12 – Asthma and Allergies

April 19 – Complementary and Alternative Medicine: A 21st Century View

About UPMC Health Plan

UPMC Health Plan, the second-largest health insurer in Western Pennsylvania, is owned by the University of Pittsburgh Medical Center (UPMC), one of the nation's top-ranked health systems. The 2006 *U.S. News & World Report* NCQA listing of “America’s Best Health Plans” ranked UPMC Health Plan # 7 in the nation, making it the highest ranked plan in Pennsylvania. It has also led the nation in breast cancer screening for three consecutive years. The integrated partner companies of the UPMC Insurance Services Division – which includes UPMC Health Plan, Work Partners, EAP Solutions, UPMC *for You* (Medical Assistance), and Community Care Behavioral Health – offer a full range of group health insurance, Medicare, CHIP, Medical Assistance, behavioral health, employee assistance, and workers' compensation products and services to nearly 1 million members. Our local provider network includes UPMC as well as community providers, totaling more than 80 hospitals and more than 7,000 physicians in a 28-county region.

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