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**UPMC and UPMC Health Plan Recognized by National Business Group on Health
As a Leading Employer Promoting Healthy Lifestyles for Its Employees**

UPMC and UPMC Health Plan One of 17 Platinum-Level Award winners

PITTSBURGH (June 25, 2009) – UPMC and UPMC Health Plan have been honored by the National Business Group on Health (NBGH) as one of the nation’s leading corporations for innovative programs that promote a healthy workplace and for helping its employees and their families to make better choices about their own health and well-being.

UPMC was one of 17 employers that earned “Platinum-level” recognition from the NBGH, the highest level awarded. The Platinum designation recognizes companies for a corporate-wide culture of health and a commitment to improving employees’ well-being through healthy choices.

“UPMC Health Plan is extremely proud that our *MyHealth* program, implemented for all UPMC employees, is being recognized as a national leader, resulting in a healthy workplace and improving our employees’ health and well-being,” said Diane P. Holder, President and CEO, of UPMC Health Plan. “I am most proud of what went into this award – a lot of hard work by a lot of people to establish our *MyHealth* program as the most effective wellness program in the region. The *MyHealth* program implemented at UPMC is the same program that UPMC Health Plan makes available to employers throughout Western Pennsylvania to help their employees get and stay healthy.”

MyHealth is a comprehensive wellness program created by UPMC Health Plan to engage employees in health improvement strategies in fun and proactive ways. It was

first implemented with the 48,000 employees across the entire UPMC system, but is now also in place with several large employers throughout the region. Through worksite programs, online tools, health assessments, and integrated care management, MyHealth provides employees with a far-reaching program designed to increase wellness.

“As one of 17 companies recognized this year for their employee health and wellness programs, UPMC is at the vanguard of a national movement to promote a system-wide culture of health emphasizing prevention, exercise, and eating right,” said Helen Darling, President of the National Business Group on Health. “More than ever, a healthy workforce is critical to helping America’s large employers compete in the global marketplace. UPMC and UPMC Health Plan is to be applauded for making health and wellness an integral part of their workplace.”

The MyHealth program created by UPMC Health Plan encourages all UPMC employees to take advantage of healthier cafeteria food choices, wellness and fitness programs, educational opportunities and community-oriented support groups. MyHealth helps to create a culture of health throughout UPMC, and encourages employees to actively manage their health care by taking steps to lead a healthier lifestyle.

Other Platinum-level 2009 winners included Campbell Soup, Dell, PepsiCo, Quest Diagnostics, Texas Instruments, and Union Pacific, among others.

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 integrated partner companies of the UPMC Insurance Services Division – which includes UPMC Health Plan, UPMC Work Partners, *LifeSolutions* (EAP), *UPMC for You* (Medical Assistance), and Community Care Behavioral Health – offer a full range of group health insurance, Medicare, Special Needs, CHIP, Medical Assistance, behavioral health, employee assistance, and workers' compensation products and services to nearly 1.3 million members. Our local provider network includes UPMC as well as community providers, totaling more than 80 hospitals and more than 7,600 physicians in a 29-county region. For more information, visit www.upmchealthplan.com.

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