



Health Coaching Programs

Terms and Conditions

Participation in a UPMC *MyHealth* health coaching program is subject to the following terms and conditions:

- Participants should consult their primary care physician prior to participating in this program.
- The UPMC *MyHealth* health coaching program will be conducted by a UPMC Health Plan staff member or associate.
- Personal health information relevant to the program will be collected, maintained, and used by UPMC Health Plan in accordance with the UPMC Health Plan Notice of Privacy Practices.
- Following completion of the program, participants may receive offers of ongoing health management support, which may be refused at any time.
- UPMC Health Plan cannot guarantee any specific results or outcome as a result of participation in this program.
- Participant agrees to hold harmless UPMC Health Plan and its employees, officers, directors, and agents for any loss, liability, damages, or costs associated with participation in this program.
- Health coaching sessions may be recorded for quality monitoring and training purposes.