Game On: Sign up for 1st and 10!

In support of the *Year of Healthy U*, please **join us for 1st and 10**, an eight-week football-themed physical activity program.

Simply set your fitness goal and track your physical activity during each two-week “quarter” of the game.

Register between **Monday, September 25, and Friday, October 6**, by logging in to [My.Pitt.edu](http://my.pitt.edu) and following this path: **MyResources > UPMC Health Plan > MyHealth Access > 1st and 10 Registration**.

*Before you begin or increase your exercise program, talk with your doctor.*
Nondiscrimination statement
UPMC Health Plan\(^1\) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

\(^1\)UPMC Health Plan is the marketing name used to refer to the following companies, which are licensed to issue individual and group health insurance products or which provide third party administration services for group health plans: UPMC Health Network Inc., UPMC Health Options Inc., UPMC Health Coverage Inc., UPMC Health Plan Inc., UPMC Health Benefits Inc., UPMC for You Inc., and/or UPMC Benefit Management Services Inc.

Translation Services

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-888-499-6885（TTY：1-800-361-2629）。