

Jan. 21, 2016

Dr. Karen A. Hacker, Director
Allegheny County Health Department
542 Fourth Avenue
Pittsburgh, PA 15219

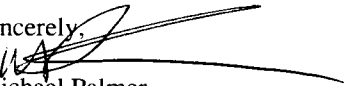
Dear Dr. Hacker,

The UPMC My Health Café of the Food and Nutrition Department of Presbyterian Shadyside of UPMC would like to be considered as a **Live Well Allegheny Restaurant**. We have developed a six week rotating menu that is rich in a variety of offerings to meet many nutritional needs and promotes a healthy lifestyle. Our department is adequately equipped with the following resources, which we believe meet the criteria for becoming a **Live Well Allegheny Restaurant**:

- Nutritional information is available for all menu items online and posted in the café and can be found on all grab and go items include house made. The menu also highlights all healthy options for easy recognition by the guest.
- Our café adheres to the UPMC Dining Smart guidelines which promotes healthier menu items in all menu categories (*see enclosure*). The dining smart options are also offered at a discounted price compared to other entrees.
- Half portions are available at a discounted price. Examples include sandwiches and entrees.
- An assortment of vegetarian and vegan items are offered including vegetable, soup and starch sides. These items are designated on the menu with the stand out symbols to inform the guest.
- Our café also has one of the largest salad bar in the Pittsburgh area with over 32 options. The café uses green containers to direct the guest to making a healthy salad and 80% of all the salad dressings are low fat selection. The café has not increased the price of the salad bar in over 4 years to increase the chance the guest will select a healthier item.
- At least one vegetable side dish is offered daily and we allow the guest to substitute a piece of fruit when creating a combo. The guest can also select from fruit cups, yogurt cups, vegetable cups and hummus cups as an option for a side.
- Brown rice is offered on a regular bases and the guest are able to select whole grains when creating their own sandwiches.
- There are no fryers in the café and all items are either baked or roasted thus reducing the amount of oil being used in the establishment. When oil is used, we only use olive oil and or canola oil.
- The café partners with UPMC Health Coaches to coordinate healthy cooking demo's bi monthly and offers healthy steps points for all that attend (*see enclosure*). The cooking demos have included guest chefs from Paragon Foods and Freedom Farms and are available online for viewing by UPMC employees around the system.
- We offer a buy 10 healthy entree and receive the 11th free of charge.
- The café layout emphasizes the healthy options while deemphasizing the unhealthy ones.
- Skim milk is offered as a selection for consumption.
- Additional healthy options in the café includes, meal replacement protein bars, low sugar cereal, oatmeal, baked and low fat chips, low fat Greek yogurt and low fat cream cheese.
- A create your own smoothie station is available at a discount price with selections of fresh fruit, vegetables, low fat milk and yogurt.
- A large selection of low calorie beverages, including Gatorade, Sobe and bottle water are available for purchase.
- We participate in annual weight race to encourage weight loss around the system.

The Food and Nutrition Department of Presbyterian Shadyside of UPMC is committed to bringing quality food service to our guest and customers. We look forward to being given the opportunity to participate in the **Live Well Allegheny Program**.

Sincerely,


Michael Palmer
Manager

Jan. 21, 2016

Eat Healthy with Dining Smart

April 8, 2015



Dining Smart is a UPMC initiative that supports healthy dining throughout our food service system. Look for the Dining Smart logo in UPMC dining and vending areas for healthy options in food, beverages, and snacks.

Dining Smart offers a variety of healthy selections along with consumer-targeted messages to encourage healthy dining. The green plate icon identifies menu items that meet the following nutrition standards:

- Hot entrées, entrée salads, and sandwiches have 400 calories or less.
- Soups, side salads, side dishes, snacks, and desserts have 220 calories or less.
- All items contain 35 percent of calories or less from fat.
- All items have 100 mg of or less cholesterol.

In vending machines, bright green plastic spirals highlight Dining Smart selections. The nutrition guidelines for Dining Smart vending machine items are:

- No trans fat
- 220 calories or less
- No more than 35 percent of calories from fat
- No more than 100 mg of cholesterol
- No more than 400 mg of sodium

An item that meets any three of the above is considered a Dining Smart selection if it also contains at least 10 percent of the daily recommended value of vitamin A, vitamin C, calcium, or fiber.

Most UPMC facilities offer Dining Smart now, and others are scheduled to roll out in the near future. Look for the logo, and dine with good health in mind!

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Each year, UPMC employees have the opportunity to take an active role in their health and “Take a Healthy Step” toward a healthier lifestyle. To encourage you to fulfill your Take a Healthy Step (TAHS) requirements during the year, you can earn incentives. If you have medical plan coverage with UPMC Health Plan, you can reduce your annual deductible as well as have chances to win prizes. And even if you do not have UPMC Health Plan coverage, as a Wellness Member, you can earn chances to win prizes throughout the year.

The 2014 TAHS program gives you more choices in the healthy activities you choose to complete. By following the personalized “My Recommended” Healthy Step activities, you can more easily fulfill your requirements while also positively impacting your health.

Take a Healthy Step Point Values

A sample list of available Healthy Steps and point values is below. Each step has specific completion requirements; for additional details, log on to [My HUB](#), click on the Human Resources tab, select MyHealth under My Benefits to be connected to MyHealth OnLine. Once in MyHealth OnLine, click MyHealth Central to see your status and to find all Healthy Step activities.

Required Steps

- Wellness Pledge/MyHealth Questionnaire – 100 points

- Biometric Screening – 100 points

Additional activities to accumulate Healthy Step points

- Flu Immunization – 100 points

- Reminders for Better Health – 100 points each

- Annual well visit with your Primary Care Physician – 75 points

- Health Coach-Assisted Healthy Lifestyle Programs – up to 250 points for completion of program and all follow up assessments

- Worksite Wellness Programs - 75 points each

- Wellness Network Sponsored Programs – 75 points each

- MyHealth Connections Lunch ‘n’ Learn – 75 points each

- MyHealth OnLine Lifestyle Program – 50 points each

- MyActivity Tracker Personal Fitness Tracking – 25 points per month; minimum of 6 days of activity logged for the month

MyHealth Online assessment modules - Learn more about: Skin Cancer, Cardiovascular Health Risk, Headaches, Asthma, Anxiety, etc. 25 points per assessment completed