Virtual health and wellness visits with a MyHealth@Work provider
As a St. Francis University employee, you can use UPMC AnywhereCare to get care from a UPMC MyHealth@Work provider.*

And the service is free—regardless of your insurance.

Get care on your schedule from work or home

You can connect face-to-face with a highly trained UPMC provider right from your smartphone, tablet, or computer. Your UPMC MyHealth@Work provider will answer your questions, make a diagnosis, and prescribe basic medications, if needed. The provider can also refer you for health coaching or Life Solutions, our employee assistance program.

With MyHealth@Work through UPMC AnywhereCare, you can get treatment for a variety of common medical issues.

- Cold and flu symptoms
- Bronchitis and cough
- Sinus infections
- Urinary tract infections
- Pink eye
- Seasonal allergies

Access MyHealth@Work through UPMC AnywhereCare

1. Visit www.UPMCAnywhereCare.com or download the UPMC AnywhereCare app to sign up.

2. Complete one-time setup:
   - If you log in using your:
     - Apple device, select More, then Service Keys.
     - Android device, open the side menu, select Settings, then Service Keys.
     - Computer, select Add Service Key.
   - Enter FRAN in the Service Key field, then select Add/Save.
   - Find the MyHealth@Work service option on the main screen.

3. Select any available health care provider to start your FREE MyHealth@Work visit!

*UPMC MyHealth@Work providers are available only to St. Francis employees and their spouses. However, UPMC AnywhereCare Virtual Urgent Care visits are available 24/7 for all UPMC Health Plan members who are 3 years or older. Members located outside of Pennsylvania at the time of service will receive care from a provider employed or contracted by Online Care Network II PC.
Welcome to MyHealth@Work, your virtual health and wellness center. Hours are 7:00 A.M. to 5:00 P.M., Monday-Friday. Visit Now Access MyHealth@Work through UPMC AnywhereCare Monday through Friday from 7 a.m. to 5 p.m. Free. Easy. Convenient!
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, sex, sexual orientation, gender identity, or gender expression.

\(^1\)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

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-833-0524 (TTY: 711).

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 1-844-833-0524（TTY: 711）。