

UPMC HEALTH PLAN

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February 5, 2008

Dear Scoutmaster:

The percentage of overweight children in the United States is growing at an alarming rate. On the whole, kids spend less time exercising and more time in front of the television, computer, or video-game console. Fast food is a quick fix far too often for many busy parents and families.

Our kids need to be healthy, and you can help. Learning to make healthy choices *now* will have nothing but a positive impact on our children's future.

We're here to support you — that's why UPMC Health Plan has created the *MyHealth Wellness Badge* Program. In the process of earning the *MyHealth Wellness Badge*, your Scouts will learn how to lead a healthier lifestyle by improving their eating habits, reducing sedentary time, and increasing physical activity. The program also promotes a tobacco-free life and includes a family health history profile. While the Scouts already have badges for personal fitness, cooking, and athletics, the *MyHealth Wellness Badge* is the first badge to combine all three elements to further instill positive lifelong habits in our children.

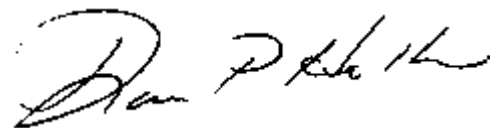
At your January roundtable, your district representative passed out handbooks and parent guides for this program. Please distribute these materials to your Scouts at your next troop meeting and encourage them to participate in the *MyHealth Wellness Badge* Program.

Because this program is so important for the health of our children, UPMC Health Plan is happy to sponsor a participation contest: the first troop to reach 100 percent participation in the *MyHealth Wellness Badge* program will receive tickets for each troop member to attend a Pirates baseball game. Troop leaders are responsible for turning in the necessary paperwork to the Boy Scouts to verify that all their Scouts have completed the *MyHealth Wellness Badge* program.

Remember, you play an important role in your Scout's lives. Help them learn healthy habits they can follow for the rest of their lives.

We look forward to your feedback on our program. Please contact Bruce McDowell at 412-325-7925 or at bmcdowel@bsamail.org if you would like to share your thoughts on the program.

Sincerely,



Diane P. Holder
President, UPMC Health Plan



December 28, 2007

Dear Scoutmaster:

I am pleased to report on the progress towards Good Turn for America goals and community-service projects that were conducted by our Scouts during the past year:

- over 6,000 Scouts collected over 800,000 units of food for the needy as part of the council's annual Scouting for Food drive.
- 306 Eagle Scouts gave leadership to Scouts and volunteers while completing projects that benefited local parks, trails and community centers.
- on the unit level, Scouts conducted hundreds of projects that benefited local schools, churches, and neighborhood facilities.

In addition to Good Turn for America goals that target the issues of hunger and homelessness, a third goal asks Scouts to develop good health habits. Specifically, troops are encouraged to help Scouts learn more about daily health habits and to practice healthy living activities.

To assist troops with this third goal, Greater Pittsburgh Council invited UPMC Health Plan to partner with us to help create ways for our Scouts to practice good health habits. As a result, a program initiative called *Scouting for Healthy Habits . . . Healthy Living* was formed. The first goal, to build a fitness trail at Heritage Reservation sponsored by UPMC Health Plan, was completed last year.

A second goal, to develop healthy habits awareness materials for our Scouts and parents, has just been completed by a team of UPMC Health Plan professionals who have published an informative Wellness Badge Handbook for each registered Boy Scout. The handbook will help Scouts form personal health habits and Scouts can earn the unique "Wellness Badge" for their uniform. Handbooks will also be provided for new Scouts who join during the year.

District executives will distribute handbooks and Parent Guides to leaders at district Roundtables in January. Please distribute handbooks at your next troop meeting and encourage your Scouts to begin working on their Wellness Badge immediately. Handbooks will become effective when Scouts complete the Wellness contract with their parents and begin daily routines that promote wellness activities at home, at play and during regular Scouting activities. Specially designed Wellness Award card certificates and Wellness Award patches will be available later this spring.

The council is very appreciative of your leadership that is making a significant difference in developing citizenship, physical fitness and moral character in our youth.

Yours in Scouting,

Charles Schrankel
Council Chairman
Good Turn for America

Scouting for Healthy Habits & Living



MyHealth WELLNESS BADGE

Sponsored by UPMC Health Plan

Troop _____ District _____ Date submitted to council _____

Scoutmaster _____

Address _____ Phone _____

Boy Scouts completing **MyHealth Wellness Badge**

- | | | |
|----|----|-----|
| 1. | 5. | 9. |
| 2. | 6. | 10. |
| 3. | 7. | 11. |
| 4. | 8. | 12. |

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