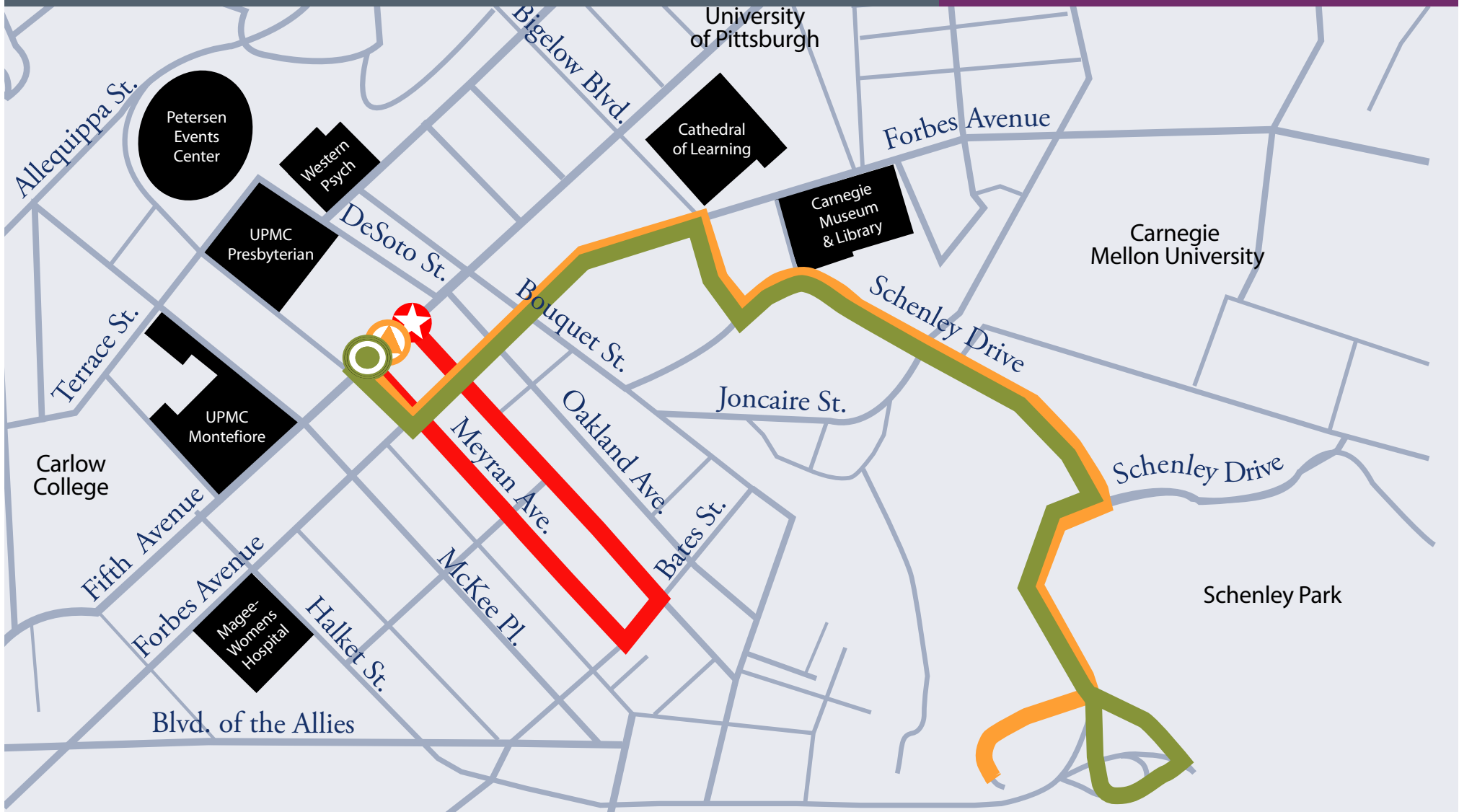


# OAKLAND

# 1-2-3 MILE LOOP



**Assumption of Risk and Release** - UPMC, UPMC Health Plan Inc., and WalkPittsburgh make no representation or warranties about the safety or condition of the route provided in the walking map. Walking, like any physical activity, may result in injury from hazardous terrain, crime, accident, or your current health status. By using this walking map, you assume and accept any and all risks from injury, whether from medical problems, unsafe terrain, defective walkways, ice, or similar hazards, the acts or omissions of third parties (whether intentional or accidental), animals, or other seen or unseen causes. In addition, you release UPMC, UPMC Health Plan Inc., and WalkPittsburgh, their affiliates, and their respective directors, officers, and employees, from any and all claims, demands, causes of action, and liability whatsoever associated with, or related to, your use of this walking map.



UPMC HEALTH PLAN



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## My Activity Tracker

Don't forget to record your walk and other activities in My Activity Tracker online at MyHealth Central on My HUB.

If you are going to participate in the Let's Get Active! physical activity campaign, you can choose from over 200 activities listed in My Activity Tracker. This tracker converts the activities you enter into "step equivalents." Each mile equivalent equals 2,000 steps. For example, participating in 9 minutes of a basketball game equals approximately 2,182 steps, which is a little more than a one-mile equivalent.

Every month in which you enter your activities on six or more days will earn you 25 Take a Healthy Step points. These points are awarded independently of the Let's Get Active! campaign.

My HUB > Human Resources Tab >  
MyHealth OnLine (Member login) >  
MyHealth Central > Health Tools Tab

## UPMC Health Community

UPMC Health Plan members have access to organizations and businesses that will offer discounts on healthy living goods and services. These are significant discounts that you won't find anywhere else. You will also find other fitness and wellness opportunities.

- Discounts for thousands of healthy living goods and services, such as gym memberships
- Links for local walking/running groups
- Link for Active.com, an online directory where you can find hundreds of local fitness events

My HUB > Human Resources Tab >  
MyHealth OnLine (Member login) >  
MyHealth Central > Health Tools Tab >  
MyHealth Community

## Maps

Looking for more running or hiking maps? You can even create your own map around your favorite streets.

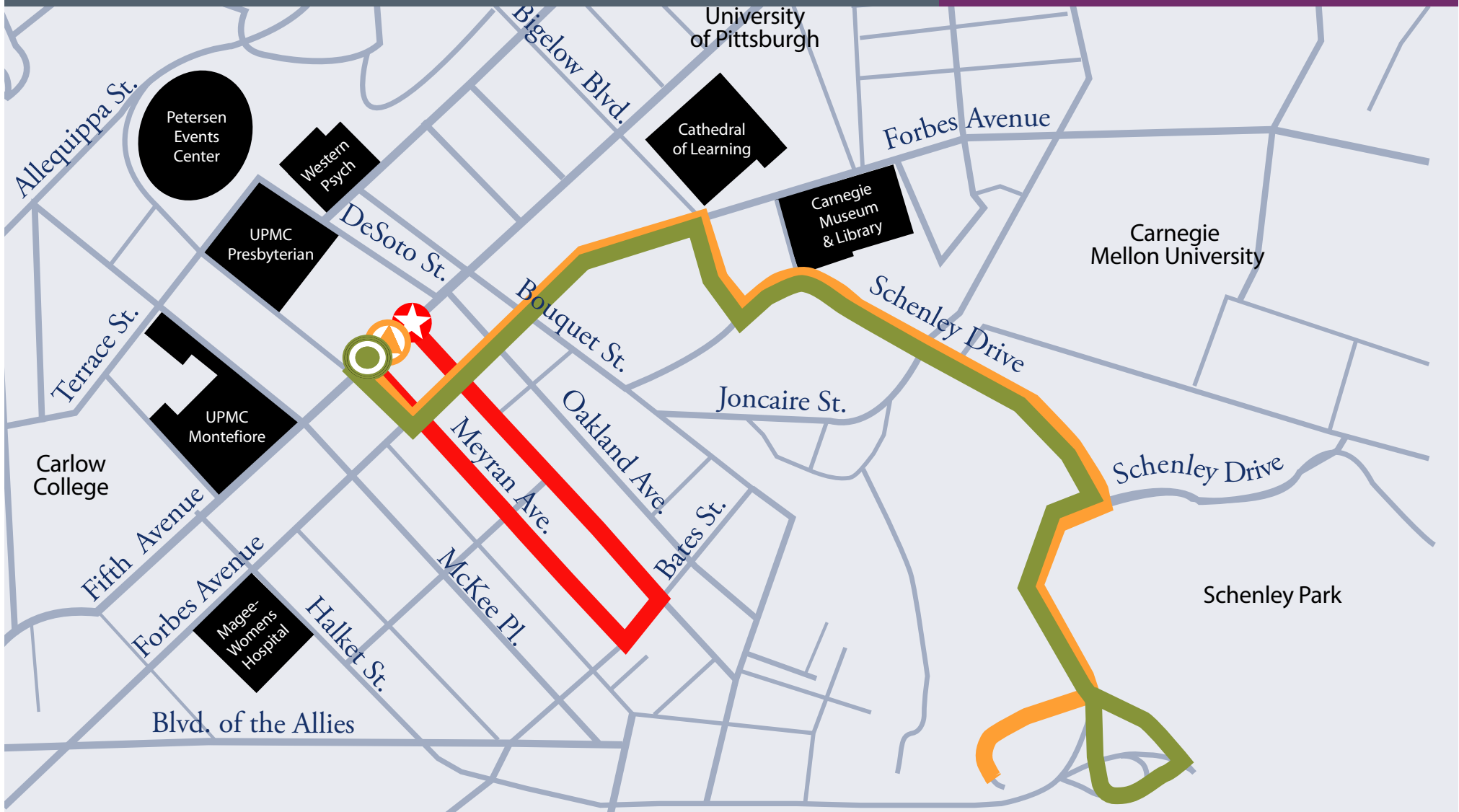
The Infonet has maps around 24 UPMC facilities: <http://infonet2.upmc.com/Health/MyHealth/Pages/Walking.aspx>

You can find 70 hiking trails in the Pittsburgh area at: [www.localhikes.com/MSA/MSA\\_6280.asp](http://www.localhikes.com/MSA/MSA_6280.asp)

Or create your own map at: [www.mapmyrun.com](http://www.mapmyrun.com)

# OAKLAND

# 1-2-3 MILE LOOP



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