

Two ways to join:

1. Tear off the postage-paid business reply membership application from this brochure. Fill in the requested information and drop it in the mail.
2. Join online at UPMCAaltoona.org.

Please call locally 814-889-2630 or toll-free 1-888-313-4665 for more enrollment forms.

ENROLLMENT FORM

Please fill out this form, detach it, and mail it.
Please print clearly.

Today's Date ____/____/____

MR. MRS. MS. DR.

First Name MI Last Name Suffix

Address

City State Zip

Phone/Home Phone/Work

Your Date of Birth ____/____/____ Male Female

Your Email Address

Spouse's First Name MI Last Name Suffix

Spouse's Date of Birth ____/____/____ Male Female

Spouse's Email Address

Are you a "snowbird" or do you receive mail at a second address during part of the year?
If so, please provide us with your second address and dates you wish to receive mail there.

Second Address Apt.

City State Zip

Dates at This Address: ____/____/____ TO ____/____/____

UPMC
LIFE CHANGING MEDICINE

**Healthy
Living**
C L U B

UPMC Altoona

620 Howard Ave.
Altoona, PA 16601
814-889-2630
Toll Free 1-888-313-4665
Fax 814-889-3115

Station Medical Center

9th Avenue
Altoona, PA 16602

Logan Medical Building

800 S. Logan Blvd.
Hollidaysburg, PA 16648

For more information,
call **814-889-2630**
or visit us at
UPMCAaltoona.org

UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, gender identity, marital status, familial status, disability, veteran status, or any other legally protected group status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.

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Join our exceptional club for a healthier community

Helping you and your family
achieve and maintain better health



**Healthy
Living**
C L U B

UPMC Altoona

UPMC Altoona's Healthy Living Club is a health and wellness program for adults of all ages.

Most people take their health for granted until they face an illness or injury, but it makes much more sense to be concerned before anything happens. Prevention and education are keys to maintaining good health. That's how the Healthy Living Club can help you.

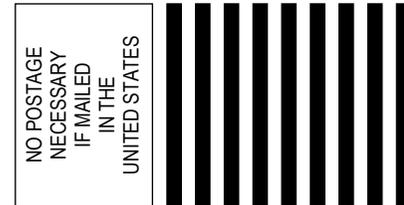
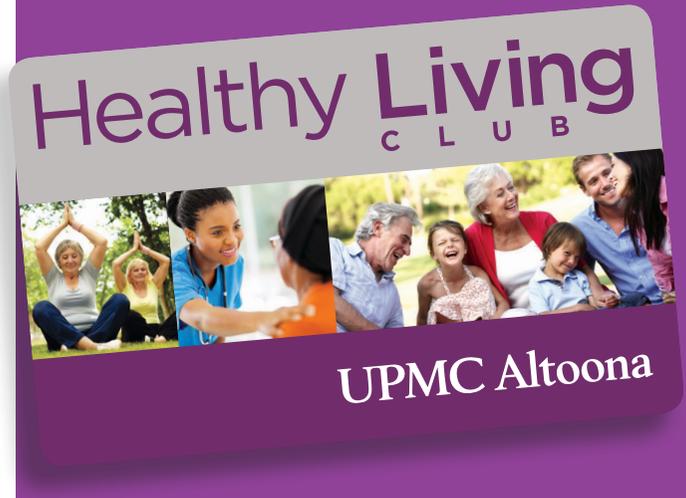
Our club is not about the barbells and exercise machines of bricks-and-mortar fitness centers. It's about gaining knowledge that can be of great value, including information on:

- **Maintaining good health**
- **Medical conditions and treatments**
- **Living with chronic illness**

Much of that information will come to club members' homes in our quarterly publication, Healthy Living Magazine. The magazine will include a calendar of educational programming on special topics that may be of significant interest to you.

Free lifetime membership includes:

- **Healthy Living Magazine**
A quarterly publication of UPMC Altoona with local articles and features to help you and your family achieve and maintain better health.
- **Gift Shop discount**
Visit our Gift Shop at the hospital or Station Medical Center and receive a 10 percent discount (excluding sale items, soda, candy, snacks, and flowers) off your total purchase.
- **Educational programming**
Scheduled throughout the year on special topics of interest for the health and well-being of all age groups.
- **Health screenings**
Special health screenings that may be of interest to you, based on your age, gender, family history, etc.
- **Free medication reviews**
Don't let the benefits of your medications be diminished by unwanted and potentially dangerous interactions. Take advantage of medication reviews by one of our clinical pharmacists.
- **Fitness and safety programs for all ages**
Never too young, never too old — and our experts provide valuable information in regular programming designed to help you maintain your wellness and safety.



BUSINESS REPLY MAIL
FIRST-CLASS MAIL PERMIT NO. 188 ALTOONA, PA

POSTAGE WILL BE PAID BY ADDRESSEE

HEALTHY LIVING CLUB
UPMC ALTOONA
620 HOWARD AVE
ALTOONA PA 16601-9905

