What is RxWell?

RxWell is a mobile app that's designed to help you improve your emotional and physical health. It combines health coaching support with provider-endorsed techniques. Through PAS, a health coach is available to work with you to help you reach your goals, personalize your plan, and answer your questions. RxWell can help users reach a healthy mental state and build healthy habits.

What programs does RxWell offer?

RxWell allows you to choose from seven programs based on your needs: depression, anxiety, stress management, weight management, nutrition, physical activity, and tobacco cessation and more.

How do I know if RxWell is right for me?

If you are curious about using a mobile app to improve your lifestyle habits, RxWell could be a good fit for you. Although most people who use RxWell find it valuable, it's possible that a different intervention—such as therapy, a medical provider, or a medication—will better meet your needs. Please contact PAS at 800-356-0845 for further assistance.

Who developed RxWell?

Experts across the UPMC health system developed RxWell's programs based on decades of scientific research on lifestyle improvement, cognitive behavioral therapy, and mindfulness practices. The app has undergone testing in multiple clinical studies and pilot programs.

How often should I use RxWell?

We recommend using the app for about 15 minutes, two to three times each week. You can also do longer sessions or use the app more frequently, if you want.

Do I have to pay for RxWell?

RxWell is available at no cost to PAS members and their eligible dependents who are 16 years of age and older.

How long can I use the RxWell app?

Eligible users can access RxWell at any time and use it for as long as they wish. Most programs take one to two months to complete.

Is there an age requirement?

Yes. PAS members or their eligible dependents must be 16 years of age or older to use RxWell.

Is RxWell easy to understand?

Yes. The app is designed for all types of people at different places in their health and wellness journeys. If you ever have questions, you can contact PAS at 1-800-356-0845.

Can I use RxWell in an emergency?

No. RxWell is not an emergency service. If you are in a crisis, please contact PAS at 800-356-0845. If you experience a physical or mental health emergency, call 911 or the National Suicide Prevention Hotline at 1-800-273-8255.

Does the app work offline?

No. An internet connection through your wireless network or mobile data plan is required.

With which operating platforms/systems does the app work?

RxWell is optimized for iOS X+ and Android 9+ phones. RxWell is also supported by iOS 9.0.

Who do I contact for help signing on and technical issues?

Please email hponline@upmc.edu for assistance.