

## UPMC ME “Quick Reference Points”

**UPMC GME:** UPMC trains approximately 1750 residents & fellows throughout the UPMC system. 147 accredited training programs offer diverse educational opportunities in 23 Clinical Departments affiliated with the University of Pittsburgh and with the VA Pittsburgh Healthcare System. UPMC affiliated physicians, researchers, and University of Pittsburgh researcher’s rank 5<sup>th</sup> in NIH funding.

**GME Wages & Benefits:** Cost of living in Pittsburgh is low (see [www.relocate.pghdocs.pitt.edu](http://www.relocate.pghdocs.pitt.edu)), while salaries are comparable to Peer Institutions, including those in larger cities (see “About Pittsburgh” on reverse page).

### GME Level                      Annual Gross Salary 2016-2017

GME Level I:	\$54,557.88
GME Level II:	\$56,178.20
GME Level III:	\$57,265.52
GME Level IV:	\$60,101.08
GME Level V:	\$63,427.00
GME Level VI:	\$64,791.48
GME Level VII:	\$66,966.12

### Additional Benefits:

**Retirement Savings Plan:** Residents and Fellows can contribute pre-tax dollars to a retirement plan as soon as they are hired. They are eligible for matching funds beginning January 1 or July 1 after their date of hire AND they have been paid for 1000 hours. Match is at 50%, up to 4% of gross salary deferral for each paycheck. Vestment period for matched funds if departing UPMC: 3 years. Contact Mary Rosenberg in PSD for further clarification

**Health Insurance:** UPMC Advantage Gold 90/10 EPO is **fully paid** by UPMCME for both Resident/Fellow AND their dependents

**Flexible Benefits:** Dental, vision, life insurance available

**Housing Assistance:** Web site exclusive to GME Participants: Buy, rent, sell homes or apartments, find roommates ([www.relocate.pghdocs.pitt.edu](http://www.relocate.pghdocs.pitt.edu)).

**Tuition Reimbursement:** Residents/Fellows Assistance benefit up to \$5000/academic yr. Tuition assistance at U of Pitt for dependent children first baccalaureate degree at 50% up to \$6000 max/yr. (full time student) and for spouse up to \$2000 max/yr. (full/part/time student).

**GMEC Recruitment, Orientation, Activities, and Retention Sub-Committee (ROAR):** Brings together GME participants from diverse training programs into social settings. Contact GME Office.

**Fringe Benefit: UPMC “PERKS”:** Offers special considerations for UPMC employees: Must show UPMC ID Card and ask for discount “up front.” Follow ALL establishment-specific requirements exactly.

**Telephone:** Verizon Wireless and AT & T offer service discounts, other discounts and special offers available

**Banks:** Specified banks offer cash incentives or debit cards to open an account, free notary service, free checking etc.

**Automobile:** Examples: new vehicle pricing at or below dealer invoice pricing, \$15 off 1<sup>st</sup> oil change, transmission discounts, car rental discounts, tire/battery purchase discounts.

**Health Clubs: FREE access:** Trees Hall ([www.tour.pitt.edu/tour-categories/main-tour?page=45](http://www.tour.pitt.edu/tour-categories/main-tour?page=45)), Bellfield Fitness Center ([www.tour.pitt.edu/tour-categories/main-tour?page=10](http://www.tour.pitt.edu/tour-categories/main-tour?page=10)). Call Panther Central at 412-648-1100 to obtain a “gold card” (which all residents and fellows should be able to obtain). Residents/Fellows may get the GOLD ID card at Panther Central in Litchfield Towers. ([www.tour.pitt.edu/tour/litchfield-towers](http://www.tour.pitt.edu/tour/litchfield-towers)). **Other Fitness Discounts available include:** YMCA of Greater Pittsburgh, Climb North, The Body Bar, Jewish Community Center of Greater Pittsburgh, Oxford Athletic Club, YMCA of Greater Pittsburgh, and others.

**Real Estate:** Discounted appraisals, closing costs, application fees, rental discounts

**Merchandise:** Apple, Hewlett-Packard, Microsoft Office, Weisshouse, COSTCO, jewelry, flowers, other merchandise

**About UPMC:** A world-renowned health care provider and insurer, Pittsburgh-based UPMC is inventing new models of accountable, cost-effective, patient-centered care. It provides more than \$888 million a year in benefits to its communities, including more care to the region’s most vulnerable citizens than any other health care institution. The largest nongovernmental employer in Pennsylvania, UPMC integrates more than 60,000 employees, more than 500 doctors’ offices and outpatient sites, a more than 2.7 million-member health insurance division, and international and commercial operations. Affiliated with the University of Pittsburgh Schools of the Health Sciences, UPMC ranks No. 13 in the prestigious U>S> News & World Report annual Honor Roll of America’s Best Hospitals. The economic positioning, size and complexity of the UPMC System offers unequalled opportunities for those who are employed here.

**UPMC Technological Innovation:** Peter M. Winter Institute for Simulation, Education and Research (WISER) UPMC hosts one of the most advanced simulation centers in the country, the Peter M. Winter Institute for Simulation, Education, and Research (WISER). At WISER, clinicians

train in a wide variety of simulation techniques on computerized mannequins and in realistic mock scenarios, such as a bioterrorism attack or in a med-evac helicopter.

**UPMC Patient Care:** UPMC offers a full range of residency and fellowship opportunities. UPMC-trained physicians provide a distinctive and unequalled training experience that incorporates traditional medicine with state-of-the-art technologies, scientific advances, research, and unique learning opportunities. **UPMC’s annual patient activity includes more than 275,000 inpatient admissions and observation cases, more than 3.6 million outpatient visits and nearly 470,000 home care visits.**

**UPMC Hospitals:** Children's Hospital of Pittsburgh of UPMC, UPMC Eye & Ear Institute, Magee-Women’s Hospital of UPMC, UPMC Altoona, UPMC Bedford Memorial, UPMC Hamot, UPMC Horizon, UPMC McKeesport, UPMC Mercy, UPMC Montefiore, UPMC Northwest, UPMC Passavant, UPMC Presbyterian, UPMC Shadyside, UPMC St. Margaret, Western Psychiatric Institute and Clinic, and the affiliated VA Pittsburgh Healthcare System.

**UPMC International Locations:** Ireland, Italy, United Kingdom, Kazakhstan, Singapore, China, Japan

**About Pittsburgh:** America’s “Most Livable City,” symbolizes regional renewal as a one-time industrial region that has become a balanced, innovation—driven economy. Over the past 25 years, the region has built a diverse economy on fundamental strengths in advanced manufacturing, digital technology, financial services, life sciences, energy solutions. Pittsburgh is positioned to weather the global economic recession better than many of its competitor regions. Centrally located to half the population of the United States and Canada, the 10-county Pittsburgh region boasts a high-quality of life and affordable cost of living. It is richly-endowed with cultural opportunities, including art, theater, music, sports. Pittsburgh is home to globally recognized companies as Alcoa, Bayer, BNY Mellon, Carnegie Mellon University, H.J. Heinz, PNC, United States Steel and Westinghouse, and many smaller but vibrant companies-great for “partner relocation.” (see: [www.relocate.pghdocs.pitt.edu](http://www.relocate.pghdocs.pitt.edu))

**Favorite Resident/Fellow neighborhoods:** Shadyside, Lawrenceville, Southside, Bloomfield, Squirrel Hill, many others. Buses are available from each of these areas to Oakland; one-way fare is approx. \$2.50

**Population:** Greater Pittsburgh area Population in 2015: 2.36 million (306,500 City Limits)

**Pittsburgh Area Cost of Living:** According to average between websites [www.cnn.com](http://www.cnn.com) , [www.BankRate.com](http://www.BankRate.com); [www.payscale.com](http://www.payscale.com) (based on \$50,000 salary)

Pittsburgh, PA vs. National Average: **9 % Less** to live in Pittsburgh compared to the National average

Pittsburgh, PA vs. Boston, MA: Overall: 41% less Housing: 105% less

Pittsburgh, PA vs. Philadelphia, PA Overall: 22% less Housing: 42% less

Pittsburgh, PA vs. New York, NY (Brooklyn) Overall: 74% less Housing: 62% less

Pittsburgh, PA vs. Baltimore, MD Overall: 12% less Housing: 62% less

Pittsburgh, PA vs. Chicago, IL Overall: 19% less Housing: 55% less

Pittsburgh, PA vs. Ann Arbor, MI Overall: 8% less Housing: 32% less

Pittsburgh, PA vs. Charlottesville, VA Overall: 8% less Housing: 28% less

Pittsburgh, PA vs. Atlanta, GA Overall: 3% less Housing: 11% less

**Things to do in Pittsburgh:** Pittsburgh Penguins, Carnegie Libraries, Pittsburgh Zoo and Aquarium, The Strip District, Point State Park, The Benedum Center for Performing Arts, Heinz Hall, Pittsburgh Symphony, Civic Light Orchestra, Pittsburgh Ballet, the Gateway Clipper Fleet, Just Ducky Tours, South Park, Pittsburgh Steelers, Carnegie Science Center, Pittsburgh Children’s Museum, The Andy Warhol Museum, The Funny Bone, Mount Washington, Fort Pitt Museum, The Byham Theater, The Cabaret at Theater Square, Pittsburgh Regatta, The Harris Theater, Pittsburgh Pirates, Historical tour of Allegheny County Courthouse/Jail The O’Reilly Theater, Sand Castle Water Park, Eliza Furnace Rail Trail ( Bike Pittsburgh), The Wood Street Galleries, Station Square, The Carnegie Art Museum, SPACE (Museum), Carnegie Museum of Natural History, Mattress Factory Art Museum, Phipps Conservatory, The National Aviary, Heinz History Center, Pitt Panther Sports, North Park, Duquesne Incline, Schenley Park, Trinity Cathedral, Heinz Chapel, Tour Nationality Rooms in the Cathedral of Learning, Kayak Pittsburgh (Venture Outdoors), Allegheny Observatory, Frick Park, Harwood Acres, Kennywood Theme Park, Monongahela Incline, Rivers Casino, Southside Works, Meadows Racetrack & Casino

**More Reasons to Live in Pittsburgh:** Rank No. 1 City to live in the Northeast by *Money* magazine; *Conde Nast Traveler* named Pittsburgh one of the “Top 15 Places to Go in 2015” (<http://www.nationalgeographic.com/adventure/relocating/pittsburgh-pennsylvania.html>); 2014 Travel Channel says it is one of the best All-American vacation cities; The No. 12 “Fun City” among the top 50 U.S. metro areas (*Bizjournals*); A “Top 20 Best City for Couples” (*Forbes*); No. 1 “Best Place to Raise Children” in Pennsylvania (Business Week); Among the “Top 15 Cities that Eat Smart, Be Fit and Eat Well” (*Cooking Light Magazine*) 2014 ranked No. 1 as the most livable city” in the continental U.S. (*The Economist*), Top Ten Unsung Cities (*LA Times*), Second most Bridged City in the World (after Venice).

