

Inclusion begins with a core belief that everyone deserves dignity and respect.

Join us in our Dignity and Respect Campaign.

The people of UPMC are committed to supporting dignity and respect in the workplace and beyond. We believe that these values are crucial to building and sustaining an environment in which everyone feels included, valued, and appreciated.

Join us in our pledge to commit to treating others the way they want to be treated. Go to www.upmc.com/inclusion to learn how to use our 30 Tips of Dignity and Respect to make sure that inclusion is at the core of what you do every day.

1. Sweat the small stuff.

2. Smile. 3. Listen.

4. Say hello. 5. Say thank you.

6. Reinvent the wheel.

7. Be open. 8. Be flexible.

9. Join the team. 10. Be a relationship builder.

11. Treat others the way they want to be treated.

12. Be culturally competent. 13. Break the ice.

14. Demonstrate mutual respect. 15. Ask.

16. Find common ground.

17. Communicate respectfully. 18. Practice patience. 19. Seek understanding.

20. Share your point of view. 21. Get someone else's point of view.

22. Lead the way.

23. Do the right thing. 24. Be considerate.

25. Remember, we all make mistakes.

26. Get involved.

27. Become a mentor.

28. Take a healthy step. 29. Lend a hand.

30. Be a champion of dignity and respect.

UPMC

UPMC HEALTH PLAN