# Interested in a health care career, but not sure where to start?

JOB Shadowing at UPMC

You’re invited to shadow a UPMC employee and geta real-life glimpse into how our team makes Life Changing Medicine happen every day. Whether you’re a student exploring your options or an adult looking to change careers, job shadowing can help you decide if a specific career is a good fit for you.

About Job Shadowing

* **WHO?** Anyone ages 14 or older can shadow an employee in UPMC facilities.
	+ - Anyone under the age of 18 must have parent/guardian consent to participate and sign the required forms.
		- Group shadowing is not available.
* **WHEN?** You can shadow any day from Monday to Friday during regular business hours, 8 a.m. to 5 p.m. (excluding holidays).
* **WHERE?** You can shadow an employee at UPMC facilities for up to two weeks.
	+ - UPMC facilities that serve vulnerable populations (infant, pediatrics, behavioral health) may require additional information to shadow.

**Ready to get started? Scan the QR code below or search “shadow” on** [**UPMC.com**](http://www.upmc.com) **to learn more about shadowing requirements and complete a request form.**