



Personalized Health Assessment

Sometimes, the most important step is your first.

Take your first step towards a healthier life by taking a free, personalized health assessment at myuhc.com[®]. This 52-question assessment provides you with immediate feedback on the current state of your health. It takes approximately 15 minutes to complete, and your responses are used to help create a customized online experience.

- Identify your personal health needs and “lifestyle score”
- Learn healthy habits
- Access health improvement resources

Take the first step

towards better health and visit myuhc.com today.

Click “*Health&Wellness*” tab, then “*Take Health Assessment*” to get started.

UnitedHealthcare[®]
Healing health care. Together.SM

Not registered on myuhc.com? Registration is easy. Just visit www.myuhc.com, click on “*Register Now*” and follow the simple steps.

Your personal information will be used only by UnitedHealthcare and its wellness program affiliates to provide individualized health information to you to improve your health practices.

UnitedHealth Wellness is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product, but is offered to existing enrollees of certain products underwritten or provided by United HealthCare Insurance Company or its affiliates to encourage their participation in wellness programs.

Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Therefore, some services may not be included in some programs due to state regulations.

Some UnitedHealth Wellness programs and services may not be included in all medical plans for all customers and individuals. Programs and services are subject to change at any time.

Insurance coverage provided by or through: United HealthCare Insurance Company, United HealthCare Insurance Company of New York, or their affiliates.

100-5281 4/07 Consumer © 2007 United HealthCare Services, Inc.

Access Instructions to the Health Assessment portal and Online Health Coaching Programs

Logging on to myuhc.com

1. Go to www.myuhc.com
2. If you are already registered, log in with your user name and password and proceed to **Accessing the Health Assessment** or **Accessing the Online Health Coaching Programs**.
3. If you have never registered on the site, click “Register now.”
Note: Always read and follow any red error message instructions that appear on the login screens as you register.
4. Enter your SSN# and date of birth **or** click below to use your subscriber ID number.
5. You must establish a username and password. Both must be 8-15 characters, with a combination of letters and numbers. No sequential letters or numbers may be used. You may use your name with a number. The password log on requirements are the same; however, you may not use your name in the password. Keep passwords in safe place for future reference.

Accessing the Health Assessment

1. Log onto myuhc.com (Follow instructions above).
2. Click on the “Health Assessment” tab on the right side of the Home Page.
3. Select “I Agree” if you accept the Terms and Conditions.
4. Enter your height, weight and e-mail information. Select “Save”.
5. Choose English or Spanish. Select the “Launch University Health Assessment” link in the middle of the page.
6. Complete the Health Assessment and select the “Submit to University of Michigan for Analysis” button at the bottom of questionnaire.
7. Review your personal results profile. Please note, your completed Health Assessment will personalize your online Health & Wellness experience via myuhc.com.

Accessing the Online Health Coaching Programs

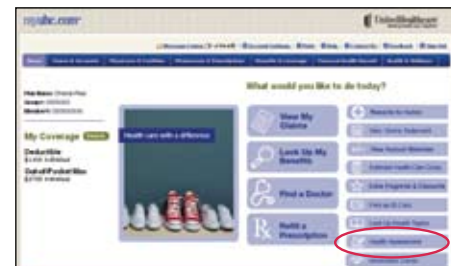
1. Log on to myuhc.com (Follow instructions above).
2. Click on the “Health & Wellness” tab located on the far right of the top blue toolbar.
3. On the Health & Wellness Home page, click on the “Online Health Coach” link found under the Personal Health Center tab in the purple section of the top right toolbar.
4. Click “Continue” on the Online Health Coach page.
5. Complete the questionnaire & the Online Health Coach will create a plan specifically for you. If you have taken the Health Assessment some of the answers may be pre-populated & can be updated.
6. Choose the programs you are interested in, click on “Continue,” and you’re on your way to a healthier lifestyle!



Logging on to myuhc.com



Enter your SSN# and Date of Birth **or** subscriber ID number.



Accessing the Health Assessment



Accessing the Online Coach - “Health & Wellness” tab

Myuhc.com technical support

1-877-844-4999

8:00 a.m. – 10:00 p.m. (EST) Monday – Friday

Health & Wellness Customer Service

1-866-868-5484

prompt #8 for questions regarding Online Health Coach
8:00 a.m.-11:00 p.m. (EST) Monday-Friday