

Take your first step toward a healthier life with the Online Health Assessment

Sometimes the most important step is your first.

The personalized online health assessment at myuhc.com® takes just fifteen minutes to complete and will immediately provide you with your “wellness score” and confidential results. You will then be able to use this information to help you better understand your health opportunities.

Get started now.



Online Health Assessment

Logging on to myuhc.com

Go to **www.myuhc.com**. If you are already registered, log in with your username and password and proceed to the **Health & Wellness tab registration** section.

If you have never registered on the site, click “*Register Now*.”

Step 1 Enter information from your health plan ID card or register using your Social Security Number and date of birth.

Enter your member number and date of birth or click “*No ID card?*” to use your Social Security number.

Step 2 Enter or confirm your email address. Check box to confirm enrollment to receive online health statements, medical Explanations of Benefits (EOB) and claim letters.

Step 3 Create a username and password, select a security question, and agree to website policies.

The screenshot shows the myuhc.com homepage. At the top, there's a navigation bar with the myuhc.com logo, UnitedHealthcare logo, and links for Site Demo, Contact Us, Feedback, and Login. Below the navigation bar, there's a large image of four children lying on their stomachs. To the left of the image is the 'Site Login' section with fields for Username and Password, a Login button, and links for 'Forgot your username or password?' and 'Register Now'. Below the login section is the 'Need a username and password?' section with a 'Register Now' button and a note that users must be 13 or older to register. To the right of the image is the 'Links and Tools' section with links for 'Find Physician, Laboratory or Facility', 'Búsqueda de Médicos', 'Pharmacy Information', 'Find a Form', 'Find Mental Health Clinician', and 'Estimate Health Plan Costs'. Below the links is the 'Common Questions' section with links for 'What browsers are supported?', 'What are the benefits of registering and having a username and password?', 'How do I register?', 'Do I need to re-register if my group number changes?', 'What if I don't have my ID card?', and 'Is this website'. At the bottom of the page is the 'Information Center' section with links for 'News' and 'Learn More About'.

The screenshot shows the myuhc.com registration page, specifically the 'Identification' step. At the top, there's a navigation bar with the myuhc.com logo, UnitedHealthcare logo, and links for Site Demo, Contact Us, Feedback, and Login. Below the navigation bar, there's a large image of four children lying on their stomachs. To the left of the image is the 'Register for myuhc.com' section with a progress bar showing 'Step 1 Identification', 'Step 2 E-mail Address', and 'Step 3 Username & Password'. Below the progress bar is the 'Identification' section with a heading 'See your ID card or enrollment materials for identification numbers. Your information is kept confidential and secure at all times. You must be 13 or older to register.' Below the heading are fields for 'First Name', 'Last Name', 'Member ID' (with a link 'What is this?'), and 'Group / Account Number'. To the right of these fields is the 'Date of Birth' section with a 'Month' dropdown, a 'Date' dropdown, and a 'YYYY' field. Below the date of birth fields is a 'No ID card?' link and a 'Next Step' button. At the bottom of the page is the 'Your Privacy is Our Priority' section with a link to 'See our privacy policy'.

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Registration

All fields required unless indicated optional

You need to register once so that you can access the full range of features and functions of the new Health & Wellness site. This one time registration process creates a new and unique User ID and password that you can use even if you change insurers.

First Name :
Please match the name on your benefits card.

Last Name :

Gender : ☐ Male ☒ Female

Date of Birth :
(mm/dd/yyyy)

Subscriber ID : ?

Confirm Subscriber ID : Matches

Email : ?
Sign up for [free email](#).
We need a valid email address to complete your registration.

Phone : ?

Phone Type : optional

Health & Wellness Tab Registration

Once logged on to myuhc.com, click on the *Health & Wellness* tab which is the farthest right tab at the top of the page. Follow three simple steps to complete a one time Health & Wellness registration. On return visits you will be able to go directly to your personal Health & Wellness homepage, registration is required for your first visit only.

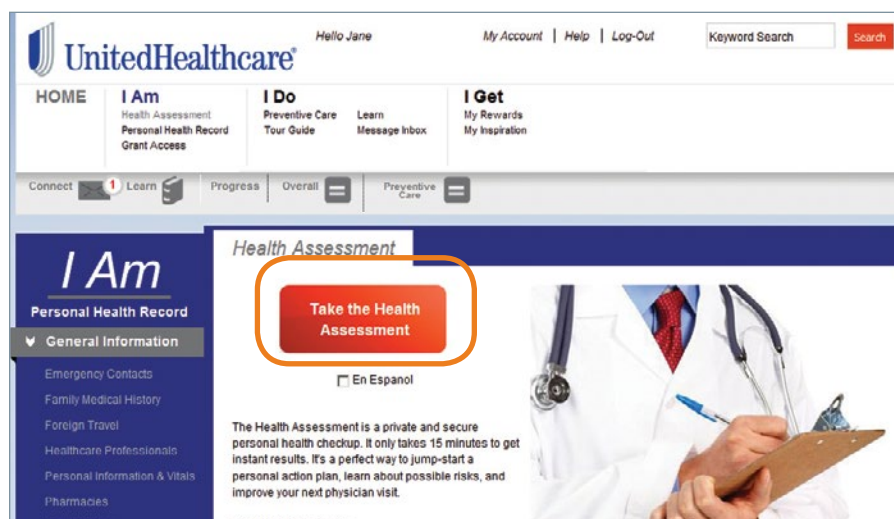
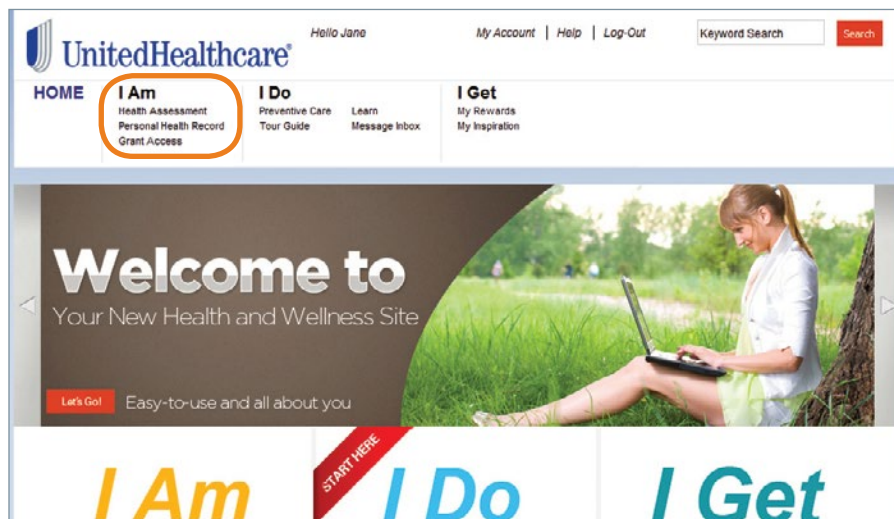
- 1. Complete the One-Time Registration:** Many fields are pre-populated for you; enter your gender, email address, create a username and password and enter your phone number. Click *Continue* at the bottom of the page.
 - ▶ Be sure to enter an email address that you have access to. This can be a personal or work address, it's up to you. Providing a valid email address is important because we will send you an email necessary for activating your new account. The email will be sent from **noreply@myhealthandwellnesswebsite.com**.
- 2. Activate Your Account:** To activate your account, check your email for a verification message—this is the email you provided during registration. The message will contain an important link that you must click on to complete your registration.
- 3. Log in to the Website:** After clicking the link in the email you will have successfully activated your account. You'll be taken to the Login page where you can log-in to your account using the username and password you created during registration.

Accessing the Health Assessment

On your homepage, look for “I Am” in the navigation bar at the top of the page, click on *Health Assessment*.

You are now on the Health Assessment landing page and will see a red button that says “*Take the Health Assessment.*” Click that button to launch the Health Assessment.

Your completed Health Assessment will personalize your Health & Wellness tab with easy-to-use programs, resources, and tools to help you achieve your health goals.



Based upon your score, an interactive online Health Coach may recommend up to three health improvement programs to help you achieve your personal health goals, such as:

- ▶ Weight Management
- ▶ Exercise
- ▶ Nutrition
- ▶ Tobacco Cessation
- ▶ Stress Management
- ▶ Heart Health Lifestyle
- ▶ Diabetes Lifestyle

