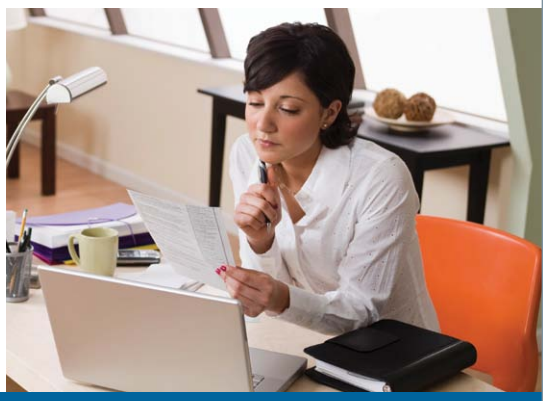


Online Health Assessment

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®. By taking the online health assessment, you can identify your personal health needs, learn healthy habits and compare your "lifestyle score" to others of the same age and gender.

The assessment takes approximately 15 minutes to complete and you will be provided with immediate feedback on your results. In addition, your responses are used to help create a personalized online experience specifically for you.

Plus, you'll have access to several health improvement resources and interactive tools, such as quizzes, exercise programs, nutrition and meal planning, and action steps to help you achieve your personal 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

To get started, visit myuhc.com and once you are logged in on the home page click on "Health Assessment."

If you haven't yet registered with myuhc.com, click "Register Now." It's quick and easy.

UnitedHealthcare®

Instructions for Accessing the Health Assessment

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**.
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 subscriber/member number and date of birth or click below to use your Social Security number.
5. Enter or confirm your email address. Or if you do not have an email address, you can sign up for a free personal email address with Google™, Yahoo® or AOL®.
6. Confirm enrollment to receive online health statements, medical Explanations of Benefits (EOB) and claim letters.
7. 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 a safe place for future reference.

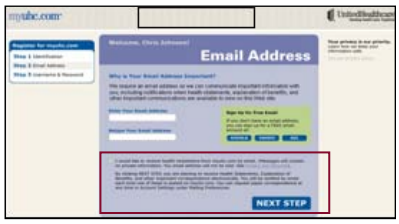
Accessing the Health Assessment

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.

myuhc.com technical support: 1-877-844-4999 8 a.m. – 10 p.m. (EST) Monday – Friday

Logging on to myuhc.com

Enter your identification number and Date of Birth **or** Social Security.



Check Box to confirm enrollment for electronic documents.

Accessing the Health Assessment

UnitedHealthcare Insurance Company

UnitedHealthcare®

Not registered on myuhc.com? Registration is easy. Just visit 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.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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