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.
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.
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.
Online Health Assessment

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