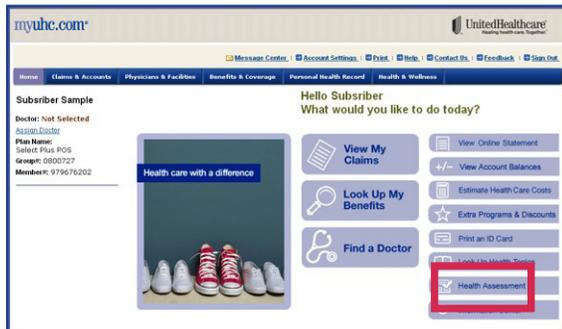


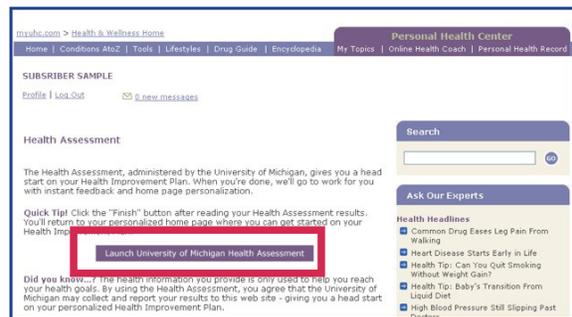


## Accessing online Health Assessment

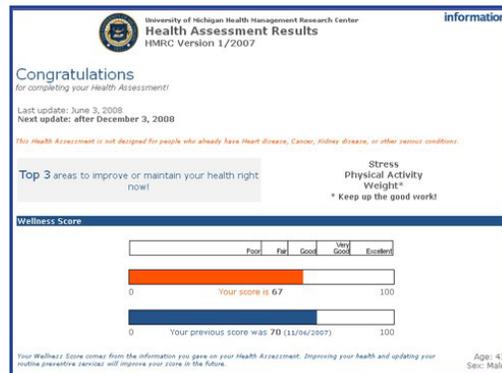
- 1 Go to [www.myuhc.com](http://www.myuhc.com)<sup>®</sup>
- 2 If already registered, log in using user name and password.
- 3 If you have never registered on the site, click "Register Now" and establish user name and password. (Retain and keep in safe place for future Reference)
- 4 From the myuhc.com homepage, click on the "Health Assessment" button.



- 5 Click "Launch University of Michigan Health Assessment link" in middle of page.



- 6 Complete the health assessment and hit "Submit to University of Michigan for Analysis" button at 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.



UnitedHealth Wellness<sup>®</sup> 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. Some UnitedHealth Wellness programs and services may not be available in all states or for all group sizes. Insurance coverage provided by or through United HealthCare Insurance Company or its affiliates. Administrative services provided by United HealthCare Insurance Company, United HealthCare Services, Inc. or their affiliates.