



Online Health Assessment

Sometimes the most important step is your first.

Take your first step towards a healthier life by taking a personalized health assessment at myuhc.com®. It takes just fifteen minutes to complete and you will immediately see your “wellness score” and confidential results that can help you better understand your health opportunities.

Get started now, log on to www.myuhc.com

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 and Wellness Tab Registration](#) section below.

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 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. Select security questions, and agree to website policies.



Health and Wellness Tab Registration

Once logged on to myuhc.com, click on the *Health and Wellness* tab which is the farthest right tab at the top of the page.

Follow three simple steps to complete a one time Health and Wellness registration. On return visits you will be able to go directly to your personal Health and Wellness homepage, registration is required for your first visit only.

1. Account Setup: 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.

} Clicking on question mark icons will provide answers to commonly asked questions.

2. Security Questions: Select security questions and provide answers. Click *Continue* at the bottom of the page.

3. Terms and Conditions: After you have reviewed the terms and conditions, click on *Agree to Terms and Conditions* then click *Register* to complete registration. A success page will display; click on *Get Started* in the lower right corner to be directed to your Health and Wellness homepage.

An email confirming registration will be sent from yourhealthandwellnesswebsite.com.

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 and Wellness tab with easy-to-use programs, resources, and tools to help you achieve your health goals.

**myuhc.com technical support:
1-877-844-4999**

**Health and Wellness technical support:
1-866-868-5484 Monday-Friday, 8 a.m.-10 p.m. (EST)**

