

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 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 safe place for future reference.

Accessing the Health Assessment

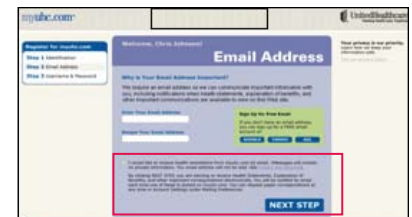
1. Log onto myuhc.com (follow instructions above).
2. Click on the "Health Assessment" tab on the right side of the home page.
3. Select "I Agree" if you accept the Terms and Conditions.
4. Enter your height, weight and e-mail information. Select "Save".
5. Choose English or Spanish. Select the "Launch 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.



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

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

Insurance coverage provided by or through UnitedHealthCare Insurance Company or its affiliates. Administrative services provided by UnitedHealthCare Insurance Company, United HealthCare Services, Inc. or their affiliates. UnitedHealth Wellness® 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 UnitedHealthCare 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. Therefore, some services may not be included in some programs due to state regulations. Some UnitedHealth Wellness programs and services may not be included in all medical plans or for all customers and individuals. Program and services are subject to change at any time.

For informational purposes only. The NurseLineSM service can not diagnose problems or recommend specific treatment. The information provided through the NurseLine service is not a substitute for your doctor's care.

