

Are you ready for a change?



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 the current state of your health. 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, planned meals, 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:

- ▶ Nutrition
- ▶ Exercise
- ▶ Smoking Cessation
- ▶ Diabetes Lifestyle
- ▶ Heart Health Lifestyle
- ▶ Weight Loss
- ▶ Stress Management

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!



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.

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 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. Components subject to change.

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