



Personalized Health Assessment

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[®]. This 52-question assessment provides you with immediate feedback on the current state of your health. It takes approximately 15 minutes to complete, and your responses are used to help create a customized online experience.

- Identify your personal health needs and “lifestyle score”
- Learn healthy habits
- Access health improvement resources

Take the first step

towards better health and visit myuhc.com today.

Click “*Health&Wellness*”, then “*Take a Health Assessment*” to get started.

UnitedHealthcare[®]
Healing health care. Together.SM

Not registered on myuhc.com? Registration is easy. Just visit www.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 WellnessSM 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. 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 for all customers and individuals. Programs and services are subject to change at any time.

Insurance coverage provided by or through: United HealthCare Insurance Company, United HealthCare Insurance Company of New York, or their affiliates.

Health plan coverage provided by or through a UnitedHealthcare company.