



Your Personalized Health Assessment

You keep promising yourself to live a healthier lifestyle and only you have the ability to improve your health. Now is the time! Take the first step to better health today with your personalized Health Assessment. Get information about your current health habits and resources and where to begin a healthier lifestyle. It's fun and easy and available through **myuhc.com**.

UnitedHealthcare provides you with a personalized Health Assessment tool to help keep you healthy and fit. We understand the importance of providing you with information and tools to help you help yourself. This innovative approach will identify health habits where you can make improvements, educate yourself on healthy lifestyle techniques and provide health improvement resources.

*Take the
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It just makes sense.SM

The Health Assessment offers the following benefits:

- It's fun, fast and easy – It only takes 15 minutes to complete the Health Assessment online through **myuhc.com**
- Receive a personalized report outlining your current health habits with suggestions on how to improve
- Get your health report card – an assessment of your health habits including:
 - Lifestyle Score – Your score, ranging from 1 to 100 points, helps you see how your current health habits impact your overall health
 - Average Score – compares your Lifestyle Score with others of the same age and sex so you can see where you fit in
 - Health Habits Score – will show you how you rate in 11 important health lifestyle areas, including activity and exercise; alcohol use; back care; driving; eating; exams; self care; smoking/tobacco; stress, weight control and well-being
- Confidential results. 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

**Make a commitment
to improving your
health today!**

**With UnitedHealthcare's
new Health Assessment
and the many resources
available through
myuhc.com – it has
never been easier.**

