



What's the best way to improve your health?

Take the first step toward better health by completing your personalized health assessment **after** you participate in the wellness screening event

and get a **\$75 gift card**

valid at over 350 retailers

Available for employees and their covered spouses. Children may not participate in this reward program.

UnitedHealthcare understands the importance of protecting your privacy.

We care about the relationship we have with you. The services we provide require that we receive personal information and we know it is critical to protect your privacy.

UnitedHealthcare's business practices are in compliance with the privacy requirements under the Health Insurance Portability and Accountability Act (HIPAA).

Your personal screening results will not be shared with your employer.

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.

Find out by taking a free confidential Health Assessment

A healthier life could be just a few clicks away. By taking a free online confidential 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. Plus, you'll have access to several health improvement resources.

It's easy to get started:

1. Go to **www.myuhc.com**[®]
2. If you already registered, log in to your account with your user name and password. If you are not registered, you must register with **myuhc.com** to access the Health Assessment. Follow the easy steps under Register Now.
3. After you are logged into **myuhc.com**, click the "**Health Assessment**" tab to get started.

Reach your goals

Health Assessment & Improvement helps you track progress toward your health goals. After you have completed the Health Assessment, you can review your assessment report and begin to take steps to improve your overall health and well-being. Once you have reached your goals, pat yourself on the back for a job well done!

