

Access instructions to the Health Assessment and Online Health Coaching programs

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** or **Accessing the Online Health Coaching programs**.
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 SSN# and date of birth **or** click below to use your subscriber ID number.
5. 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.

Accessing the Online Health Coaching programs

1. Log on to myuhc.com (Follow instructions above).
2. Click on the "Health & Wellness" tab located on the far right of the top blue toolbar.
3. On the Health & Wellness Home page, click on the "Online Health Coach" link found under the Personal Health Center tab in the purple section of the top right toolbar.
4. Click "Continue" on the Online Health Coach page.
5. Complete the questionnaire and the Online Health Coach will create a plan specifically for you. If you have taken the Health Assessment some of the answers may be pre-populated and can be updated.
6. Choose the programs you are interested in, click on "Continue," and you're on your way to a healthier lifestyle!



Logging on to myuhc.com



Enter your SSN# and Date of Birth **or** subscriber ID number.



Accessing the Health Assessment



Accessing the Online Coach – "Health & Wellness" tab

myuhc.com technical support

1-877-844-4999

8 a.m. – 10 p.m. (EST) Monday – Friday

Health and Wellness Technical Support

1-866-868-5484

prompt #8 for questions regarding Online Health Coach

8 a.m. – 11 p.m. (EST) Monday – Friday