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!