



How to Get Started with the Health Rewards Program?

- 1.) Make your appointment for your Annual Exam and Biometric Screenings – See Tip Sheet**
- 2.) If you haven't registered for access to myuhc.com, please follow the simple steps below to create your pathway to wellness and information.**

Steps below to register.

1. Visit www.myuhc.com
2. Select Register Now
3. Type in Requested Information
4. Get Started

For website assistance, call:

MYUHC.com assistance at 1.877.844.4999

Once you have access:

Log onto the site any time to explore your opportunities for valuable information!

Myuhc.com

- 3.) Once you receive your Bio-Metric Screening results, Log-In using your personalized settings that you received during the registration process above to complete your Health Assessment.**

- 4.) Log-In to Track Your Points, On the Home Screen, click on either link:**

Health and Wellness – Upper Right corner

Personal Health Record – Upper Right, Over One

- 5.) Log-In to Complete the On-line Coaching**

- 6.) Complete any additional steps necessary to accumulate your points.**

If you have questions regarding your points, please contact UHC technical assistance for the Health Rewards program at 1-866-868-5484!

<http://welcometomyuhc.com/healthandwellness/tour/>

Note: This packet contains a brief summary of coverage. It does not state all the provisions and limitations of the plan. The terms and provisions of each plan, as outlined in the plan document, will determine coverage and eligibility.