

# How to Access my health assessment

Click here [www.myuhc.com](http://www.myuhc.com) to access the UHC Web site or read the following instructions on how to access the health assessment and wellness information.

1. Log on to [www.myuhc.com](http://www.myuhc.com)
2. Click on "Site Login" and enter username and password or "Need a username and password" if a first time user
3. Click on "Health Assesment" tab
4. Read the privacy information and then click on "Launch University of Michigan Health Assessment"
5. Answer the questions and hit "Submit to the University of Michigan for Analysis"
6. Review your personal results profile. Your completed health assessment will personalize your online health and wellness experience

**Note: You will not be eligible to participate in the drawing if you do not follow the above instructions.**

If you have trouble with the health assessment, please contact the Customer Service Unit of the UHC option in which you are enrolled:

<b>PPO</b>	(877) 246-4189
<b>High Deductible Health Plan</b>	(877) 246-4195
<b>Definity HRA</b>	(800) 396-6515
<b>Choice HMO</b>	(866) 527-9599