Personalized Health Assessment
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®. This 52-question assessment provides you with immediate feedback on the current state of your health. It takes approximately 15 minutes to complete, and your responses are used to help create a customized online experience.

- Identify your personal health needs and "lifestyle score"
- Learn healthy habits
- Access health improvement resources

Take the first step towards better health and visit myuhc.com today.

Click “Health&Wellness”, then "Take a Health Assessment" to get started.