

Step-by-Step Access Guide

Myuhc.com, Health Assessment and Personal Health Record

This guide outlines the steps for registration on myuhc.com, access to myuhc.com after registration, access to the UnitedHealthcare Health Assessment and access to the UnitedHealthcare Personal Health Record.

Access to myuhc.com

First Time Registration

- Enter the URL (web address) in the browser: <http://www.myuhc.com>
- Click the "Register Now" button
- Enter your First Name, Last Name and Date of Birth
- Enter the ID number and Group number found on the eligibility card; click Next Step."
- Enter your email address or sign up for a free email account. Confirm enrollment to receive online health statements and claim letters. Click "Next Step."
- Create a user name and password, select a security question and agree to Web site policies. Click "submit."

Access to myuhc.com After Registration

- Enter the URL (web address) in the browser: <http://www.myuhc.com>
- Type in your user name and password. Click "Login in."

Please note: Covered spouses and dependents age 18 and older must complete the myuhc.com registration to have access to their personal claims data, medical information and a customized Personal Health Record (PHR).

Accessing the Health Assessment

By taking the health assessment, you will receive valuable insight into your current health status and learn where you may benefit from lifestyle improvements. Based on your assessment results, a secure, personalized home page on myuhc.com will be created for you.

- Log on to www.myuhc.com and enter your user ID and password.
- Select "Health Assessment" from the "Quick Links" along the right hand side of the web page
- Click on "Launch University of Michigan Health Assessment"
- Complete the Health Assessment
- Review results and recommendations

Please note: Only employees and covered spouses (by completing a separate myuhc.com registration) can access a Health Assessment.

Accessing your Personal Health Record

A Personal Health Record (PHR) is a valuable tool that enables you to more confidently manage your health. It helps you document information about your health conditions, medications, medical procedures and lab results all in one place so you can be more informed, knowledgeable and in control of your health care experience.

The PHR will include up to three years of recent claims information depending on how long you have been enrolled with UnitedHealthcare. You can access your physician history, treatment, medication and lab test information, in an organized, easy-to-understand format.

You can print out a copy of your PHR to take with you to your next doctor's appointment. If you need to go to the emergency room, having access to your PHR provides valuable information about your medications and treatment history, which could result in more timely treatment with less chance of future complications.

To access your PHR:

- Log on to www.myuhc.com and enter your user ID and password
- Select Personal Health Record
- Complete the “5 Step Quick Start” process by clicking on the “First Time? Try Quick Start” link.
- Read information in “Getting Started” window.
- Click “yes” and add personal non-claims related information as prompted or
- Click “no, some other time” to bypass this option
- Add, update and edit information as necessary once Personal Health Record has been generated.

Please note: Covered spouses and dependents age 18 and older must complete a separate myuhc.com registration to access their customized Personal Health Record (PHR). Employees have access to the customized PHR of each of their covered dependent children under age 18.

Please note that assistance in using myuhc.com is just a phone call away. You can contact myuhc.com technical support at 1-877-844-4999 from 8:00 a.m. – 10:00 p.m. (EST) Monday – Friday.