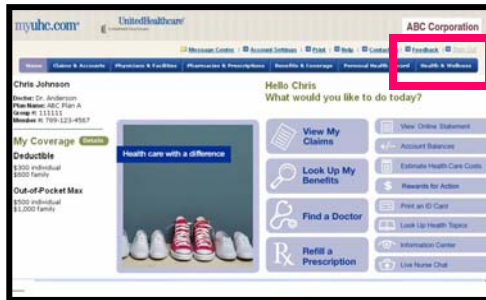
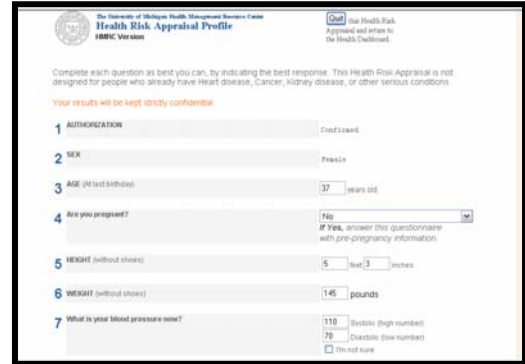


Access Instructions to the Health and Wellness portal located on myuhc.com®

1. Go to www.myuhc.com
2. If already registered, log in using user name and password.
3. If you have never registered on the site, click “Register Now” and establish user name and password. (Retain and keep in safe place for future Reference)
4. From the myuhc.com homepage, click on the “Health & Wellness” tab.

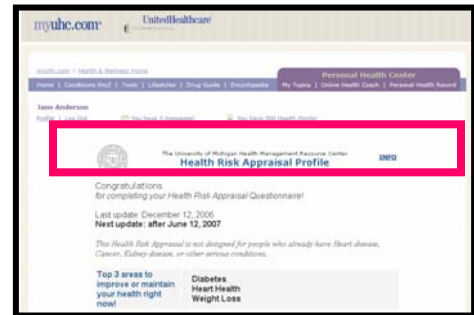
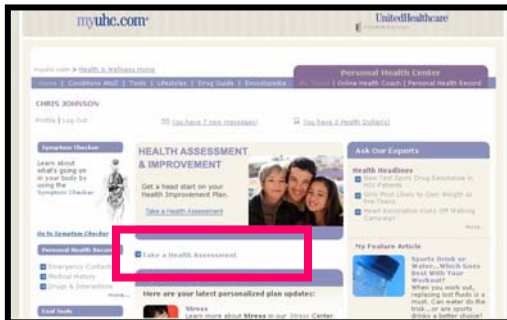


7. Complete the health assessment and hit “Submit to University of Michigan for Analysis” button at bottom of questionnaire.

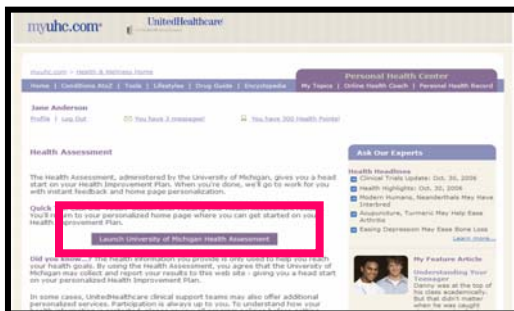


8. Review your personal results profile. Please note, your completed health assessment will personalize your online health & wellness experience via myuhc.com

5. On your Health & Wellness Home Page, click “Take a Health Assessment” link found in middle of page.



6. Click “Launch University of Michigan Health Assessment link” in middle of page.



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