Your own personal guide to good health starts right here.

Our **Health Assessment** is your key to unlocking all of your great "extra" benefits (and a healthier life). It's fast, easy, and confidential. Best of all, when you take it, it's like receiving your very own personalized road map to guide you on your quest for better health.

By answering a few questions, you can learn more about where to focus your time and energy to help reduce your health risks.

It's easy to get started! Simply log on to myuhc.com to register, or if you are already a registered user, sign in; then click on "Health and Wellness" to launch the Health Assessment tool. You are now ready to begin. (If you don't have Internet access, you can call 1-877-201-4840 to receive a copy of the Health Assessment that you can fill out and mail back to us.) This 52-question assessment takes about 15 minutes to complete, and you will get immediate feedback that can start you on your road to a better, healthier lifestyle.

You'll receive personalized reminders for screenings, regular visits and more. Remember, the results are completely confidential.

You can sign up now at myuhc.com, or by calling 1-877-201-4840.

UnitedHealthcare®
Healing health care. Together.®

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All the news you can use to get started on the track to a healthier life

Take advantage of the wellness programs offered by UnitedHealthcare and see how a few changes may make a difference in your health and help you better enjoy the road ahead. The Healthy Weight and QuitPower® programs and services give you **personalized care and support from health coaches and registered nurses**, plus online tools and trackers to help you in your progress toward your health goals. Best of all, these wellness programs are available at no additional cost to you or your enrolled family members.

You can sign up now at myuhc.com® or by calling 1-877-201-4840.

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Lose a little, gain a lot with our Healthy Weight program and/or Online Health Coach

Dropping a few pounds may not be rocket science, but it can be difficult to plan a nutrition and exercise regimen that works for you.

We can help. Our personal wellness coaches and online program take the guesswork out of weight loss. You'll get proven insight, as well as advice, menus and support tailored just for you.

A new lifestyle can be simple, fun and delicious, too. Not to mention, when you drop extra pounds, you may also reduce your risk for a host of diseases, including diabetes, heart disease, gout and some forms of cancer.[1] Research has also shown that with a 5-10 percent weight loss, individuals can reduce or eliminate some medications such as those for diabetes, high blood pressure, and/or high cholesterol.[2]

Get the information and support you need to change your diet, change your body, change your life! Through the Healthy Weight program and/or the Online Health Coach, you will have access to:

- **Exercise Planner/Tracker** creates your own personal exercise routine from over 95 exercises, plus the type of strength training you need
- **Meal Planner/Tracker** creates your own meal plan from a comprehensive list of choices, plus daily meal suggestions
- **Weight Tracker** records your weight over time
- **Walking** records to track your walking routine
- **Help Setting A Target Weight**
- **Calorie Burner** which tracks number of calories burned each day
- **Fast Food Choices** that provide menu information from seven popular fast-food restaurants
- **Resting Heart Rate Calculator**
- **Target Heart Rate Calculator**
- **Food Journal** to help you record and track your food "triggers" or temptations
- **Trivia: Facts & Figures** – Nutrition, Fast Food, Snacks
- **Motivational support** to help you achieve your goals
- **Progress updates** to keep you going

Plus, you'll receive discounts on weight management programs, fitness clubs, fitness equipment and apparel, nutrition and food, books and media, and more.
Best of all, this program works on YOUR time. Get information online, over the phone, or even by mail.

There are hundreds of reasons to quit smoking. Our **QuitPower** program helps you find the method that's right for you.

Congratulations! If you're a tobacco user, quitting is one of the best things you can do to improve your health. We want to give you every advantage in the world: we know it's a tough (but totally worthwhile) goal.

Our smoking cessation program includes motivational coaching, either online or over the phone. The program also provides free nicotine replacement therapy (gum, lozenges or patch) for two months and support for up to six months. And if you don't quit, or you have a relapse, you can try again at no cost to you as many times as it takes. Because of certain risks that may apply to juvenile members, nicotine replacement therapy is not available to members under the age of 18.

More tools means more chances for success.
Whether you're quitting because you're sick of feeling crummy, because your doctor advised you, or because you want to make sure you'll be around to see your grandchildren (and your great-grandchildren) graduate, you'll have a wide assortment of tools to help you understand why you smoke, how and when to quit, and what it takes to stay smoke-free. When you're smoke-free, the benefits not only include better health and greater longevity, but more stamina and energy, improved taste and smell, and can lead to a better quality of life.[3] Among the tools you can access are:

- **Quit Date Selection Tool** monitors your progress
- **Tobacco Tracker** monitors the number of cigarettes you smoke
- **Virtual Tar Jar** demonstrates how your lungs are affected by tobacco exposure
- **Cost of Smoking Calculator** shows you the weekly and annual cost of tobacco use
- **Panic Button** to get you through moments of stress without reaching for a cigarette
- **Health Quiz: Lung Cancer** helps assess your risk
- **Heart Attack Risk Calculator**
- **Smoking Body Tools** shows the impact of smoking on different body parts
- **Lung Tool** shows how smoking affects different parts of the lungs
- **Tobacco Cessation Diary** allows you to record your progress
- **Motivational support** to help you achieve your goals
- **Progress updates** to keep you going
- **Online tools and messages** to reinforce your healthy habits

1. www.lifeclinic.com
2. Centers for Disease Control and Prevention
3. www.mayoclinic.com