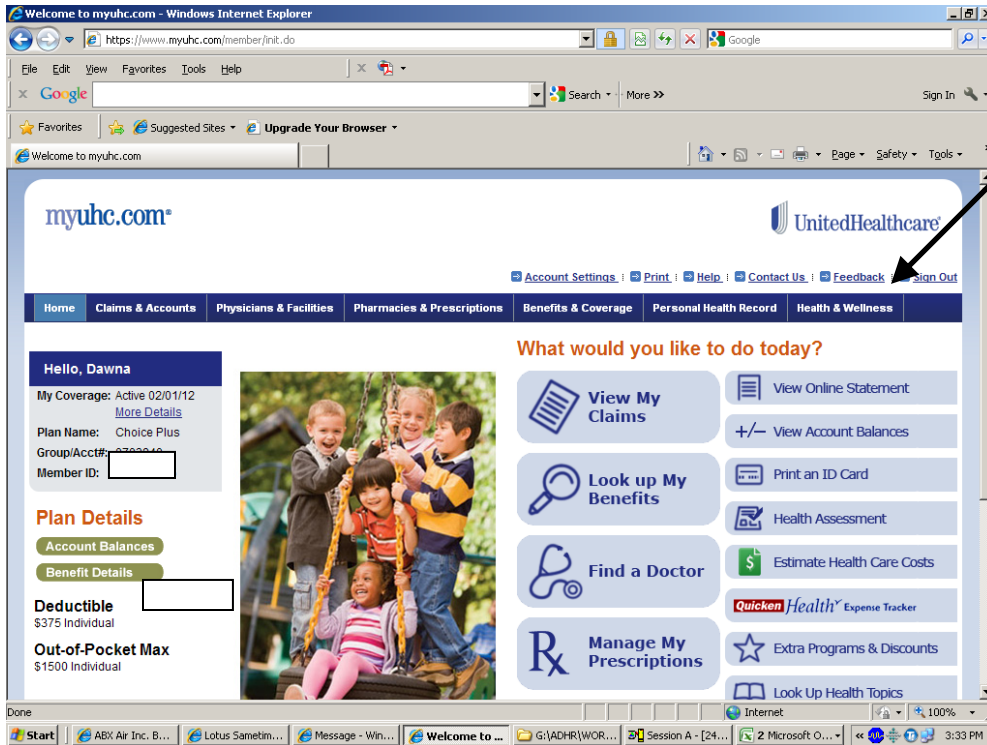
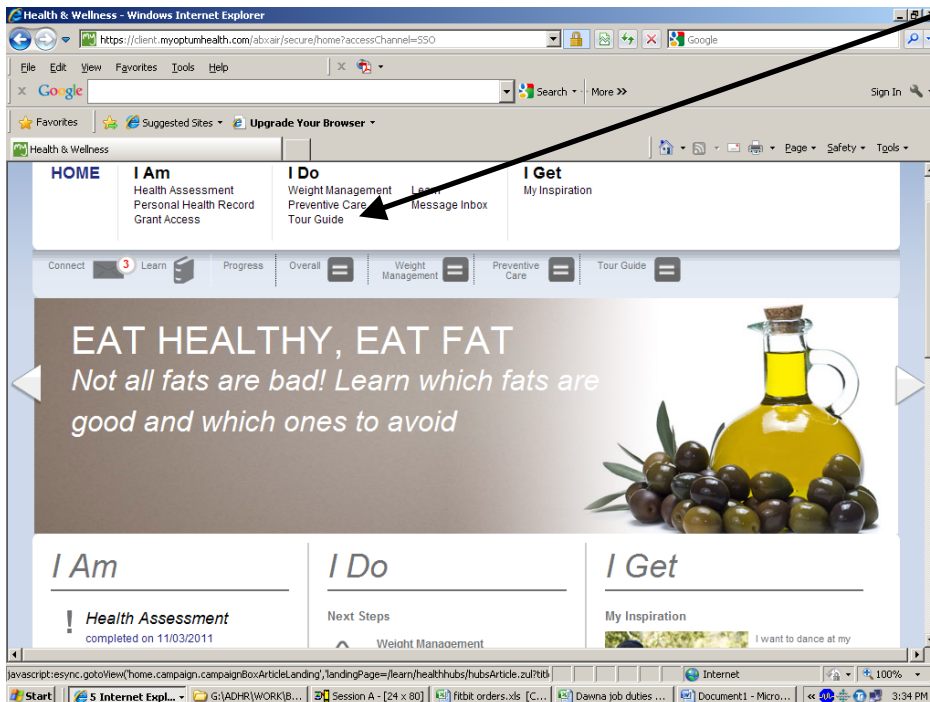


How to access the NEW myUHC.com Healthy Rewards Coaching:

Log onto www.myuhc.com. Then, click on the “Health & Wellness” tab in the top right hand corner.



If this is your first time on the new site, you will have to complete an additional log in. Once there, you should end up on a site as shown below. Click on the “Tour Guide” section under “I Do”.



Once on the “I Do” page, you can click on “Add Program” under the Program Overview and pick any of the topics shown.



You need to complete 4-5 hours of study on any of the topics to receive credit for the quarterly discount. Hope this educates and moves you to Healthier Directions!