



INSTRUCTIONS FOR ACCESSING THE HEALTH ASSESSMENT AND WELLNESS PROGRAMS:

CIGNA Healthcare

To take the online health assessment:

1. Log onto **www.myCIGNA.com** and log in using your User ID and Password, and then select “Go.” If you are not yet registered for myCIGNA.com, you will need to do that first: a. On the www.myCIGNA.com log in screen, in the bottom-left menu, select “Register.” b. Follow the registration instructions and enter the required information. When finished, you will be asked to log in using your new User ID and Password.
2. Once logged in, on the right side of the first page, you’ll see a box labeled “I want to…” Select the link that says “Take *my health assessment*.” If you can’t find this link, select the tab near the top-left of the page called “My Plans,” and then select the sub-tab labeled “Medical.” Now, again look on the right side of the page for a box labeled “I want to…” Select the link that says “Take *my health assessment*.”
3. On the next page, select your name. A new window will open to the ***my health & wellness center*** log-in page.
4. On the log-in page, under “New Users,” select “Register for ***my health & wellness center***.”
5. Follow the registration instructions and complete all required fields.
6. When registration is complete, the next page will be the ***my health & wellness center*** home page.

To utilize an online wellness program:

1. Log onto **www.myCIGNA.com** and log in using your User ID and Password, and then select “Go.” If you are not yet registered for myCIGNA.com, you will need to do that first: a. On the www.myCIGNA.com log in screen, in the bottom-left menu, select “Register.” b. Follow the registration instructions and enter the required information. When finished, you will be asked to log in using your new User ID and Password.
2. Click on the “*My Health*” tab
3. Click *Personal and Online Coaching Programs*
4. Under *Lifestyle Management*, click on the program in which you wish to enroll. Scroll to the bottom of this screen for the registration tool.

To register for telephonic health coaching:

1. Call the number on the back of your member ID card



UnitedHealthcare

To take the online health assessment:

1. Click on www.myuhc.com.
2. Click on "Site Login" and enter Username and Password or "Need a user name and password" if a first time user.
3. Click on the "Health Assessment" button located in the right hand column
4. On the Health & Wellness homepage, click on "Spanish or English Health Assessment"
5. Read the privacy information and then click on "Launch University of Michigan Health Assessment" in the middle of the page.
6. Answer the questions and hit "Submit to the University of Michigan for Analysis" at the bottom of the questionnaire.
7. Review your personal results profile. You may also print for your records. Your completed health assessment will personalize your online health & wellness experience.

To utilize an online wellness program:

1. Click on www.myuhc.com.
2. Click on "Site Login" and enter Username and Password or "Need a user name and password" if a first time user.
3. Select the "Health and Wellness" tab
4. Select the "Online Health Coach" tab

To register for telephonic coaching:

1. Call the number on the back of your member ID card

If you have trouble with the Health Assessment or Wellness Information, please contact the Customer Service Unit of your Health Plan Vendor.