

Take a **closer** Look at Your Health

How can you ...

- Learn more about your current health
- Receive an immediate, personalized action plan to maintain or improve your health
- Identify a wellness program that fits your individual needs

... all in 20 minutes?

By completing the **MyHealth Questionnaire!**

This easy, FREE service is confidential and secure, and can help you track and monitor your health over time. Don't delay. Follow these steps to complete or update the *MyHealth* Questionnaire:

- Step 1** — Have your 11-digit member ID number in hand as well as the results of any recent lab work. This will help you enter the most accurate information for your personalized report.
- Step 2** — Go to **www.upmchealthplan.com**.
- Step 3** — If you are a first-time user, click on New User Registration, located at the right side of the screen to register for an account. Then accept the terms, enter the requested information, and follow the instructions to set up your account.
- Step 4** — If you already have an account, you can log in by entering your user ID in the Member Login box. Then enter your password to access the *MyHealth* OnLine member portal.
- Step 5** — Once logged in, you are in the *MyHealth* OnLine member portal where you can access exclusive materials designed for you.
- Step 6** — Select *MyHealth* Central.
- Step 7** — Then select Health Tools and click on *MyHealth* Questionnaire.
- Step 8** — First-time users should accept the terms and enter the requested information.
- Step 9** — Select **Topics of Interest** if you want to receive additional information.
- Step 10** — Select **Take the MyHQ Now** link.

Questions – please contact our Member Advocates at 1-888-553-8762.



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MyHealth