

MyHealth Questionnaire

Take a closer look at your health



By completing the *MyHealth* Questionnaire, you can ...

- 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!

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.

Complete your first *MyHealth* Questionnaire

1. Go to upmchp.us/members.
2. Click on Register for *MyHealth* OnLine. Accept the terms, enter the requested information, and follow the account setup instructions.
3. Enter your username and password to access *MyHealth* OnLine, our member portal.
4. Select Better Health and Wellness and click on Browse by Resource Type.
5. Go to Online Activities and click on *MyHealth* Questionnaire.
6. Select Launch Assessment.

Update your *MyHealth* Questionnaire

1. Go to upmchp.us/MHQ. Enter your username and password to access *MyHealth* OnLine, our member portal.
2. Click on Launch Assessment.
3. Next to your score, click on Update Score. When the "you are almost done" box appears, click on Review Answers.
4. Go through the questionnaire and complete your updates.
5. Make sure you click on Finalize at the end of the questionnaire so your updates will be accepted.

Nondiscrimination statement

UPMC Health Plan¹ complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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Translation Services

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-869-7228 (TTY: 1-800-361-2629).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-869-7228（TTY：1-800-361-2629）。

UPMC HEALTH PLAN

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