



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

TAKE TIME FOR A HEALTH ASSESSMENT

YMCA EMPLOYEE BENEFITS



Health assessments are often the first step in understanding your baseline health, what you are doing right and what risks you might be facing. Your YMCA health plan offers a free online health assessment at www.myuhc.com®.

By taking the online health assessment, you can identify your personal health needs, learn healthy habits and compare your "lifestyle score" to others of the same age and gender.

The assessment takes approximately 15 minutes to complete and you'll be provided with immediate feedback on the current state of your health.

To get started, just visit www.myuhc.com®, login into your account and click on the large button that says, 'Take a Health Assessment.' You must be registered with [myuhc.com](http://www.myuhc.com) to access the Health Assessment. Visit www.myuhc.com®, and follow the easy steps under 'Register Now.'

And remember, if you face a health risk or just want to maintain your good health, you have wellness coaches available at no cost to you - **800-478-1057**.

For free health information 24/7, call NurseLine at 866-232-1514

YMCA EMPLOYEE BENEFITS
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