



Fitness and Exercise Tools and Resources

Online Health Coach: Exercise Program

This program provides personalized exercise routines to help you meet the challenges of getting in shape. This staged approach to getting fit walks you through five program levels and includes tips on nutrition, fitness articles and provides access to interactive tools to help you keep your exercise routine for life.



To access this program, log on to myuhc.com, click 'Health&Wellness,' then 'Your Personal Health Center' on the right side of the screen.

The program helps you to:

[Understand](#) the dangers of being overweight and the importance of exercise

[Identify](#) ways to incorporate exercise into your lifestyle

[Plan](#) an exercise routine that works for you

[Track](#) your progress to keep you motivated

Program features include:

[Weight Tracker](#) to monitor your weight over the course of the program

[Exercise Planner/Tracker](#) to create and view your personal exercise program

[Exercise recommendations](#) for the type and length of exercise at different workout levels.*

[Body Mass Index Calculator \(BMI\)](#) to help you find your ideal BMI level

[Healthy Weight Calculator](#) to give you an ideal weight range

[Calorie Burner Calculator](#) provides calories burned by individual exercise

[Heart Rate Calculator](#) calculate a heart rate for exercise and training.

[Strength exercise demonstrations](#) to view the proper way to exercise to avoid injury

[Quizzes](#) to help you advance through the program

[Tutorials and slide shows](#) on exercise topics

[Exercise chart and graphs](#) to help you monitor your progress

[Online tools and messages](#) to reinforce your healthy habits

[To-do lists](#) to keep you on task with your new healthy habits

[Motivational support](#) to help you achieve your goals

[Progress updates](#) to keep you going

Health Assessment

Our online health assessment provides you with immediate feedback on the current state of your health. It takes approximately 15 minutes to complete. Your responses are then evaluated and used to help customize your online experience.

We recommend that you complete the health assessment before beginning any wellness program. Log on to myuhc.com® and click on "Health Assessment".

Not registered on myuhc.com? Registration is easy. Just visit www.myuhc.com, click on "Register Now" and follow the simple steps.





Resources on myuhc.com

A variety of resources are available on myuhc.com to help you become more active. To access these resources, simply click on the 'Health&Wellness' tab located on the myuhc.com home page.

Health and wellness library

Get the latest information on a variety of health and wellness topics, including:

Personalized content based on your condition, life stage or lifestyle

Clinical information on a wide range of diseases, conditions, tests, procedures, treatments, therapies and drugs

Exclusive articles to help you make sense of the latest health news and trends

Daily articles on consumer health news

Log on to myuhc.com and click 'Health & Wellness', then 'Conditions AtoZ.'



visit us at www.myuhc.com

Not registered on myuhc.com? Registration is easy. Just visit myuhc.com click on "Register Now" and follow the simple steps. Your personal information will be used only by UnitedHealthcare and its wellness program affiliates to provide individualized health information to you to improve your health practices. UnitedHealth Wellness® is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by United HealthCare Insurance Company or its affiliates to encourage their participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Some UnitedHealth Wellness programs and services may not be available in all states or for all group sizes.

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Healthy Mind Healthy Body® Your personalized health e-newsletter

Healthy Mind Healthy Body® is an electronic newsletter that allows you to choose the type of wellness articles that are most relevant to your life. It features the latest information from physicians who have appeared on TV programs and in magazines. You also will see showcased stories from members like you who have improved their health through lifestyle changes and the care provided by network physicians.

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 - Diabetes
 - Asthma
 - Women's health
 - Men's health
 - Healthy back
 - Family health/pediatric health
 - Fitness/nutrition/healthy weight
 - Healthy living and well-being

