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](http://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](http://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 Plan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

1UPMC Health Plan is the marketing name used to refer to the following companies, which are licensed to issue individual and group health insurance products or which provide third party administration services for group health plans: UPMC Health Network Inc., UPMC Health Options Inc., UPMC Health Coverage Inc., UPMC Health Plan Inc., UPMC Health Benefits Inc., UPMC for You Inc., and/or UPMC Benefit Management Services Inc.

Translation Services

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）。