

The Health & Wellness Program



connect
with your
Health
WELLNESS





Connect with your health

One out of two adults has at least one chronic illness, many of which are preventable.¹ Prevention is the best medicine for your health, safety, and wellbeing. It's time to connect with your health through the Health and Wellness Program. It provides a mobile-friendly website, personal health coaching, care management, and strategies to help create lasting changes that result in better health.²



Preventive Plan Resources:

- Customized Preventive Plan Based on Age, Gender, and Health Risks
- Incentive & Preventive Score Tracking
- Wearable Device Tracking
- Health Coaching
- Registered Nurse Care Management (optional)
- Healthy Habits
- Personalized Health Dashboard
- Learning Programs
- Daily Tips
- Nutrition & Wellness
- Health Library with Topics from A to Z
- USPM Achieve More App

¹ <http://www.cdc.gov/Features/PreventionStrategy>.

² Program components may vary.



Joining is easy!

After you register for the Health & Wellness Program, complete a few steps to start enjoying the health and financial benefits of being a member. As you participate, you will earn points toward your Preventive Score to participate in incentive programs, as well as improve your health and wellbeing.

1 Complete Your Online Health & Wellbeing Assessment (HWA)

To complete your online HWA, log in to the Health and Wellness Portal at <http://www.connectwithyourhealth.com>. This questionnaire should only take you 5 - 10 minutes to complete.

2 Complete Your Labs & Biometrics Screening

Schedule and complete your biometric screening. There are a number of options provided to complete this step, simply select the option that works best for you.

*Your lab results and personalized Preventive Plan Member Report will be uploaded to your Preventive Plan within 7-10 business days after completing your screening.**

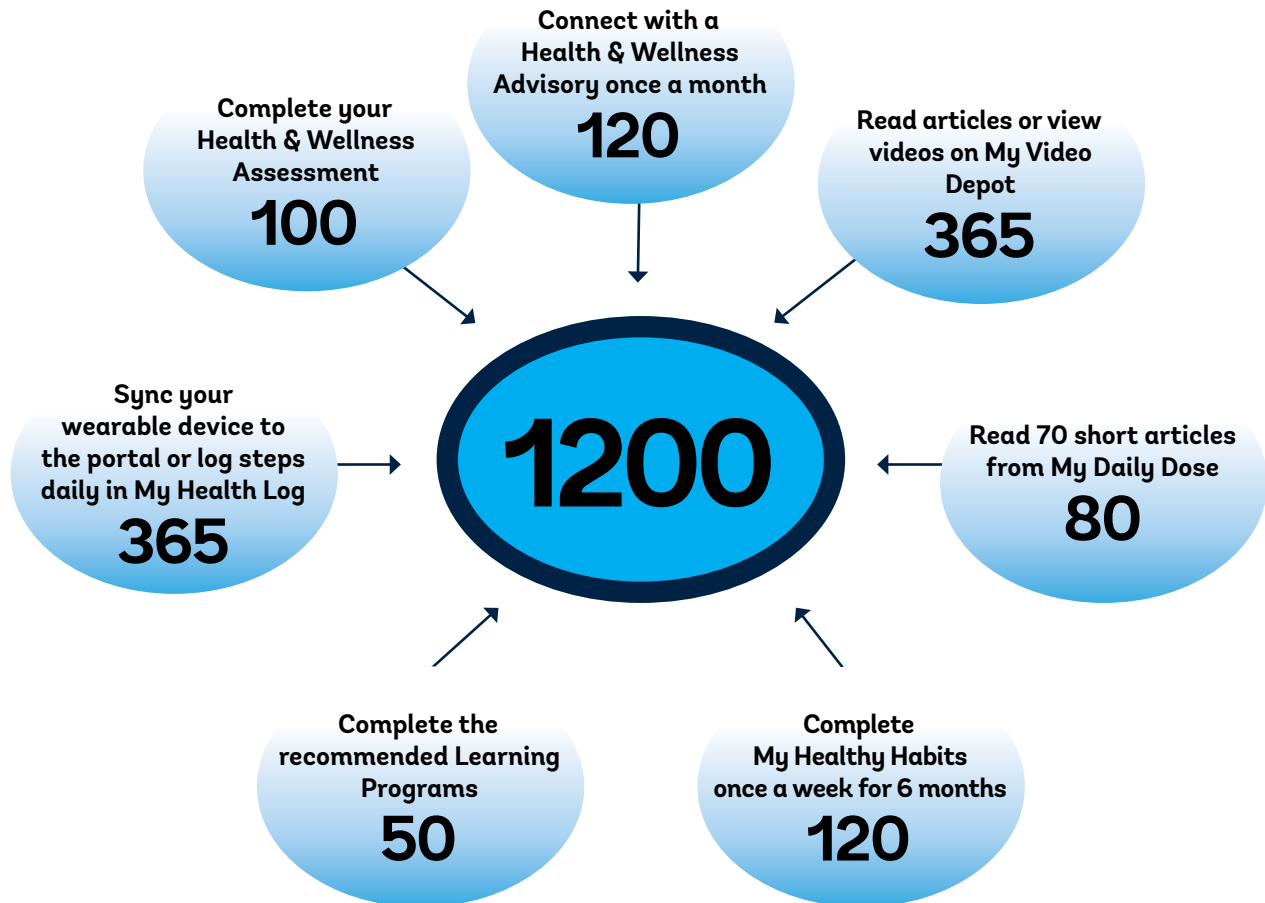
3 Review Your Personalized Online Health and Wellness Video

After you complete your HWA and your lab results are loaded, your personalized online member report video (and PDF) will become available in the Health and Wellness Portal.

Connect with your Health Coach by email (membercare@uspm.com) or via a toll-free number **(866.713.1180, option 2)** from Monday through Friday, 8:00 am to 6:00 pm, EST.

**Process for obtaining and uploading lab results may vary depending on location.*

Here are Some Ways to Increase Your Preventive Score!



Need Help?

Call Member Services toll-free at 866.713.1180, 8:00 am to 6:00 pm EST or email MemberCare@USPM.com.