Online health tools, calculators and trackers from myuhc.com®
Health & Wellness site

The Health & Wellness site on myuhc.com is a 24-hour online resource with many tools that help make it easier for members to develop a healthier lifestyle.

**Health improvement tools**

Access dozens of tools and resources to help you achieve your personal health goals. These tools, trackers and quizzes entertain, motivate and educate while helping you find information fast.

The **symptom checker** can be used to help you determine the right care for your symptom. If you want to discuss a health concern with an expert, you can log in, seven days a week to NurseChat.

A large **Health & Wellness library** gives you facts about medications, wellness topics and health conditions, to help you make more informed decisions.

Our **health trackers** built into your Personal Health Record and Online Health Coach make it easy to stay on top of a particular health concern. Log your blood pressure, blood sugar, daily diet or weight to help you meet your goals. Use interactive tools to map out a fitness routine and plan nutritious meals.

Check your individual risk for certain cancers, heart disease and diabetes with our **risk screening quizzes**.
If you are interested in learning more about a specific disease or condition, and want a short and sure way to do it, try a knowledge quiz. Just take a few minutes to answer some simple questions, and the information will be in your hands.

Learn more, get motivated, and achieve your health goals with our interactive tools. Try these fun, easy-to-use educational health and wellness tools today.

**Top 10 health improvement tools:**

1. Drug interaction calculator
2. Heart attack risk calculator
3. Calories burned calculator
4. Calcium calculator
5. Healthy weight calculator
6. Body mass index calculator
7. Adult food pyramid
8. Target heart rate calculator
9. Symptom checker
10. Cost-of-smoking calculator

**Cool tools**

To get started, visit myuhc.com. Once you are logged in, select the “Health & Wellness” tab, and choose “Tools.”

If you haven’t yet registered with myuhc.com, click “Register Now” and follow the simple steps. It’s quick and easy.