

# Learn. Do. Grow Healthy.

## Use myuhc.com®

When you register and go paperless on myuhc.com you not only have a chance to win great prizes you can also save trees.



Register for a chance to win one of many great prizes.  
[myuhc.com/GrowHealthy](http://myuhc.com/GrowHealthy)

### Here's How to Grow Healthy

1. Sign up & play at [myuhc.com/GrowHealthy](http://myuhc.com/GrowHealthy)
2. Register on myuhc.com and go paperless! Remember in order to win you must be registered on both sites!
  - Register on myuhc.com - if not currently registered
  - Switch to paperless (online delivery) - if currently registered but receiving paper health care documents
  - Members who are already registered and paperless can play the instant reward game and opt in to the sweepstakes at [myuhc.com/GrowHealthy](http://myuhc.com/GrowHealthy)

### What You Could Win

- Fitbit® Wellness Monitor
- Tumi® Empire messenger bag
- Flip Video™ Mino HD®
- iPod Shuffle® with \$25.00 iTunes® card
- Amazon® gift card
- Community Supported Agriculture Farm Share

### Benefits of myuhc.com

Use myuhc.com's personalized tools, information and answers to help you *Grow Healthy* and manage your health care.

- Text physician search results right to your phone.
- Track and pay your health expenses online using Quicken Health Expense Tracker®.
- "Chat" with a nurse online in real time.

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#### UnitedHealthcare Insurance Company

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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