

Instructions to Access the Health & Wellness Portal

For FHDA Members:

1. User will go to the Cross Carrier URL:
<https://healthatoz.myuhc.com/portal/bridge/FHDA>
2. User arrives at the Cross Carrier Landing Page (shown below)
3. User clicks on "Register/Log in"

Cross Carrier Landing Page

HealthAtoZ
A world of health at your fingertips

FOOTHILL-DE ANZA
Community College District

Home | Conditions AtoZ | Tools | Lifestyles | Drug Guide | Encyclopedia | My Topics | Online Health Coach | Personal Health Record
registration required

Register | Log in

Learn More About HealthAtoZ!
Find out why so many people are taking advantage of our one-of-a-kind approach to better health. We offer custom-made health programs and many other great features that you won't find anywhere else on the Internet. Best of all, it's **FREE!**

Are YOU at Risk?
CHECK OUT OUR QUIZZES & TOOLS SECTION.
Learn more

Online Health Coach
Personalized programs created just for you.

- Weight Loss
- Exercise
- Smoking
- Heart Health
- Diabetes
- Nutrition
- Stress
- Back Pain

Your Life. Your Goals.
registration required

Ask Our Experts
Nurse Chat
Chat now with a live nurse to answer all of your health questions!

Ask the Nutritionist
How does red wine affect your blood sugar? And how can you eat right when a health condition requires you to limit protein and carbs?
If you have diabetes, drinking a glass of red wine a day is fine... depending on what you eat with it. **Learn more** about diabetes and alcohol, and find out how to get the calories you need and feel full.

Health Headlines

- Transition From Home to Hospital Rarely Seamless
- Doctor's Training

Conditions AtoZ
Need more information about a disease or managing your condition? We've got you covered. A to Z.

- Women's Health
- Men's Health
- Children's Health
- Parenting
- Senior Health

4. User arrives at the Registration Page

Registration Page

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* denotes required field

1 Registration Information

Employer: Foothill-De Anza Community College District

Employee SSN: *
Enter Employee SSN here.

Username: *
6-20 letters and/or numbers.

Email: *

Password: *

Confirm Password: *

2 Personalize your Experience

First Name: *

Already registered?

Username:

Password:

[Forgot your password?](#)

Reasons to Join...

Online Health Coaching
Need help managing your health? The Online Health Coach provides plans to manage weight loss, stress, diabetes, and heart-healthy lifestyles.

Personal Health Record (PHR)
Record information about immunizations, allergies, past surgeries and hospitalizations, medical history, contact information and more so it's always easy to locate.

5. User fully completes Section 1 and 2. All fields in section 1 and 2 are required fields.

6. User reads the Terms of Agreement and checks the box next to "I have read and understand the Terms of Agreement" to proceed.

7. User clicks the "Register" button at the bottom of the screen.

2 Personalize your Experience

First Name: * ?

Last Name: * ?

Phone Number: * () - - ?

Zip Code: *

DOB: * Month Day Year

Gender: * Male Female

Height: * ft. in

Weight: * lbs

3 Optional Information

I would like to receive personalized messages

* I have read and understand the [Terms of Agreement](#).

Register

HealthAtoZ
Record information about immunizations, allergies, past surgeries and hospitalizations, medical history, contact information and more so it's always easy to locate.

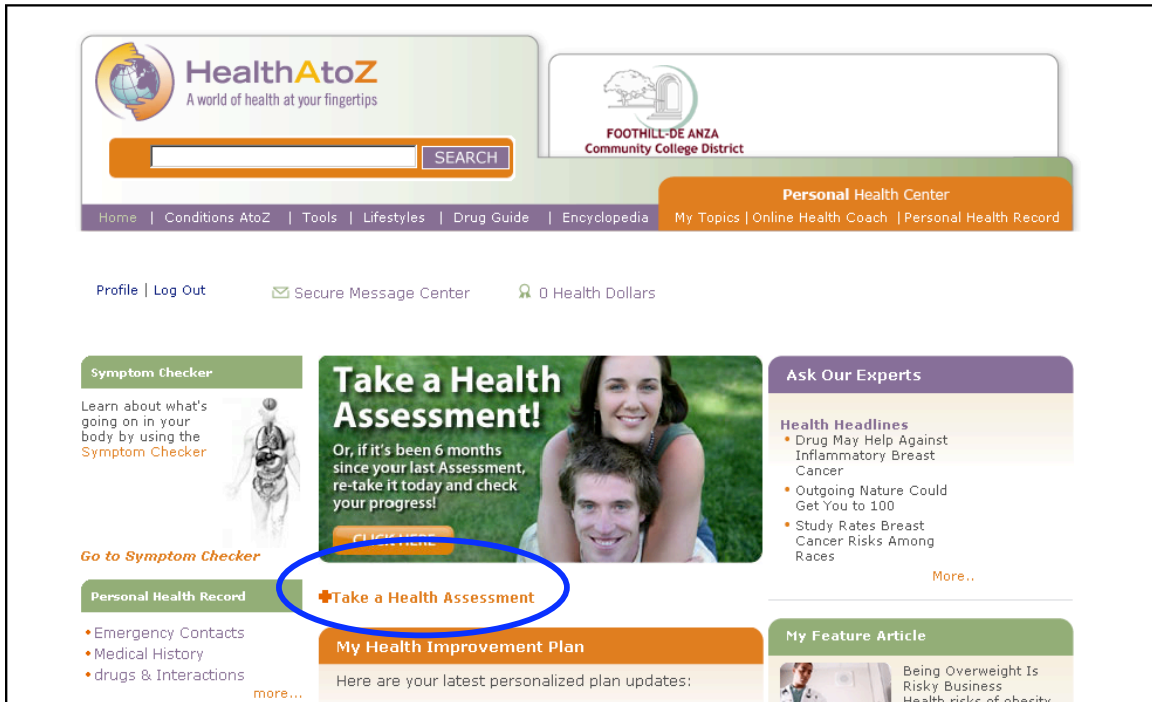
Customizable Home Page
With HealthAtoZ, you're in the driver's seat. Personalize your home page to reflect your own health care needs and interests. Choose topics that interest you.

Health Assessment
Our comprehensive Health Assessment will help you determine your potential health risks. Find out more about what you are doing right and what you could be doing better when it comes to your health.

8. User arrives at the HealthAtoZ dashboard. (Shown below)



9. User then clicks the "Take a Health Assessment" link to access the health assessment



11. User arrives at the Health Assessment launch page, selects Language and clicks the 'launch' button to begin

Health Assessment launch page

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SEARCH

Home | Conditions AtoZ | Tools | Lifestyles | Drug Guide | Encyclopedia | My Topics | Online Health Coach | Personal Health Record

Profile | Log Out | Secure Message Center | 0 Health Dollars

Health Assessment

Spanish Health Assessment English Health Assessment

The Health Assessment, administered by the University of Michigan, gives you a head start on your Health Improvement Plan. When you're done, we'll go to work for you with instant feedback and home page personalization.

Quick Tip! Click the "Finish" button after reading your Health Assessment results. You'll return to your personalized home page where you can get started on your Health Improvement Plan.

[Launch University of Michigan Health Assessment](#)

Did you know...? The health information you provide is only used to help you reach your health goals. By using the Health Assessment, you agree that the University of Michigan may collect and report your results to this web site - giving you a head start on your personalized Health Improvement Plan.

Ask Our Experts


Health Headlines

- Walk 100 Steps a Minute for 'Moderate' Exercise
- Black Male Children Face Highest Risk for Food Allergies
- Using Music and Sports to Improve Kids' Asthma
- Exposure to Peanuts May Build Tolerance to Allergy
- Child's Food Allergies Take Toll on Family Plans

My Feature Article

Not Getting Better? It Could Be Mono. You may think you have the flu or some other

12. User arrives at the Health Assessment entry point and clicks on "enter".



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Research Center
Health Assessment
HMRC Version 1/2007

[information](#) [Quit](#) this Health Assessment and return to the Health Dashboard.

Before beginning this assessment, please have your medical information at hand, including your height, weight, approximate dates of most recent preventive services and health screenings, and blood pressure and cholesterol measurements, if known. While none of this information is required, including it will make your Health Assessment Results report more accurate and complete.

You may submit a assessment as frequently as every six months. You may return here to see your current results report whenever you wish.

Member ID Confirmed **Authorization** Confirmed


To personalize your assessment:

Cigarette Smoking
How would you describe your *cigarette* smoking habits?


Still smoke cigarettes
 Used to smoke cigarettes
 Never smoked cigarettes

The Health Assessment is not a substitute for a medical exam. If you have health concerns or if the report raises questions, please consult your physician or a health professional to review the results with you.

[Health Assessment: Background and Security](#)



This is a Comodo Authentic Site



We comply with the HONcode standard for [trustworthy health information](#):
[verify here.](#)

This Web site is designed so that you don't need to use your browser's **[Back]** button. But if you do ... for the privacy of your data, you may also need to click **[Refresh]** or **[Reload]** as instructed.

[Enter](#)

13. User accesses the Health Assessment, completes the health assessment and clicks "Submit to University of Michigan for Analysis" button at bottom of questionnaire.

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this Health Assessment and return to the Health Dashboard.

Complete each question as best you can, by indicating the best response. Your participation in this assessment is voluntary. To receive the most personalized results report, please answer all questions.

Your results will be kept strictly confidential.

1 AUTHORIZATION Confirmed

2 SEX Female

3 AGE (At last birthday) 38 years old

4 Are you pregnant? *If Yes, answer this assessment with pre-pregnancy information.*

5 HEIGHT (without shoes) feet inches

6 WEIGHT (without shoes) pounds

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HMRC Version 1/2007

(Do not use your browser's [Back] button.)
The following questions remain without valid answers:
4, 7-24, 26-31, 34, 36-44, 46-52
Will you complete them? In particular, questions 7, 8, 10-15, 18, 19, 23, 24, 26-29, 37, 46 are recommended for a meaningful results report.

(Do not use your browser's [Back] button.)
You answered:

- 38 years old
- 5 feet 5 inches (165 centimeters)
- 120 pounds (54 kilograms)

Do you need to edit these or any other answers, or would you like to review all your answers?

To save and finish your Health Assessment, click this button:

May 19, 2009; 15:29:30 EDT

Contact Corrections

14. User gets notification when HA submitted successfully and can review their personal results profile.

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information

Congratulations

for completing your Health Assessment!

Last update: May 19, 2009
Next update: after November 18, 2009

This Health Assessment is not designed for people who already have Heart disease, Cancer, Kidney disease, or other serious conditions.

Top 3 areas to improve or maintain your health right now!

Stress
Physical Activity
Weight*
* Keep up the good work!

Wellness Score

Poor	Fair	Good	Very Good	Excellent
0 Your score is 69 100				

Few recommendations to ensure successful Registration:

1. Please ensure the URL entered in the address bar is accurate as shown below:

<https://healthatoz.myuhc.com/portal/bridge/FHDA>
2. First time users, please click on "Register". Once a user is registered, the user can then "Log In" using the Username and Password.
3. During Registration all the fields with a red asterisk are mandatory or required.
4. Once all the requested information is entered, Please remember to check the box next to "I have read and understand the Terms of Agreement" to proceed.
5. If there is missing information, the user will be prompted to enter the missing information. After entering the missing information, please make sure you have checked the "I have read and understand the Terms of Agreement" once again to proceed.