



Nutrition Tools and Resources

Online Health Coach: Nutrition Program

This Nutrition program can be tailored to your individual food preferences and nutritional needs. This program features tips and information on understanding the nutritional content of different foods and provides interactive tools to help you develop healthy eating plans.



To access this program, log on to myuhc.com, click 'Health&Wellness,' then 'Your Personal Health Center' on the right side of the screen.

The program helps you to:

- Learn the basics of good nutrition, including portion size
- Understand the food pyramid, popular diets and supplements
- Plan meals by shopping for healthy foods and avoid temptation
- Cook healthier meals with a variety of healthy recipes
- Maintain healthy eating even when eating out

Program features include:

Nutrition Health Coaching Program helps you learn to follow a healthy diet with tips on nutritious eating. It helps you set nutritional goals and shows you how to count calories, plan your diet, and gives advice on healthy eating.

Meal Planner/Tracker creates your own meal plan from a comprehensive list of choices, plus daily meal suggestions

Body Mass Index Calculator to help you find your BMI rate

Healthy Weight Calculator to help you find your ideal weight

Heart Attack Risk Calculator an indicator of how well your heart and lungs work.

Calcium Calculator check the amount of calcium that you get from your diet.

Cost of Drinking Calculator this tool gives you an idea of the cost of drinking, both on a weekly and annual basis.

Calories Burned Calculator provides calories burned by individual exercise

Food Pyramid Fast Food Choices provides menu information from seven, popular fast-food restaurants

General Nutrition articles on topics like vitamins, nutrients, fad diets and more

Portion Sizer shows how portion size has changed over the past 40 years

Food Journal helps you record and track your food "triggers" or temptations

Health Quiz: Nutrition IQ How nutrition savvy are you?

Trivia: Facts & Figures – Nutrition

Trivia: Facts & Figures – Fast Food

Trivia: Snacks

Motivational support to help you achieve your goals

Progress updates to keep you going

Online tools and messages to reinforce your healthy habits

Health Assessment

Our online health assessment provides you with immediate feedback on the current state of your health. It takes approximately 15 minutes to complete. Your responses are then evaluated and used to help customize your online experience.

We recommend that you complete the health assessment before beginning any wellness program. Log on to myuhc.com and click on "Health Assessment".

Not registered on myuhc.com? Registration is easy. Just visit www.myuhc.com, click on "Register Now" and follow the simple steps.





Resources on myuhc.com

A variety of resources are available on myuhc.com to help you become more active. To access these resources, simply click on the 'Health&Wellness' tab located on the myuhc.com home page.

Health and wellness library

Get the latest information on a variety of health and wellness topics, including:

[Personalized content](#) based on your condition, life stage or lifestyle

[Clinical information](#) on a wide range of diseases, conditions, tests, procedures, treatments, therapies and drugs

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Log on to myuhc.com and click 'Health & Wellness', then 'Conditions AtoZ.'



visit us at www.myuhc.com

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