

Health Benefits



Wellness Program Activity Cheat Sheet



1. Register for MyAccount by visiting www.carefirst.com/statemd. Click Register now and follow the steps.
2. Once logged into MyAccount, a popup box will appear called Wellness Program – click on the “Earn Now” button and you will be taken to the section of the website where one can complete the three steps.
3. If a member chooses to close this popup they will go to the MyAccount Landing page.
4. On the MyAccount Landing page there is a banner with states – “To access your 2015 State of Maryland Wellness Program click here” – If you click on the blue text “click here” you are taken to the wellness section of the website.
5. Each plan participants name and last day to submit will appear on the “My Health page. You may take your Health Assessment, select a Primary Care Physician (PCP), complete your Physician Verification Form and View Details– click on Start.
6. Take your assessment, results and Physician Verification Form to your PCP who will sign the form to confirm review of your Health Assessment. After reviewing your results, have your PCP to complete Section II. If you are seeing a Physician Assistant (PA), they may sign the Physician Verification Form as long as they are affiliated with the PCP you have selected.
7. Submit this completed and signed form by logging into My Account at www.carefirst.com/statemd and upload your scanned form in jpg. Tiff or pdf format. You may submit the form via:

Fax to:
800-354-8205

Mail to:
Mail Administrator
P.O. Box 14116
Lexington, KY 40512-6116



Register for KP.org

1. Login or Register at www.my.kp.org/maryland
2. To begin the process click on “Wellness Program Information.” You can find this in a blue box on the right-hand side of the page.
3. Here, you will find all of the information needed to participate in the wellness program.

Select your doctor

1. Designate a Primary Care Physician (PCP). Go the center of the page, Click on “Find a Doctor.” From here, you can select your area (most employees will select “Maryland/Virginia/Washington DC”). Next, click on “Meet KP PCP, Obstetrician/Gynecologists or specialist.”
2. You are now at the “My Doctor Online” home page. Click “Choose a doctor,” or you can search to see if a specific doctor is available. Complete the information on the following pages, such as searching by your specific zip code and physician type.

Complete the HRA

1. From the “Wellness Program Information” page, under “Complete a Health Risk Assessment,” click on “Start a Total Health Assessment now.”
2. At the Sign On page, enter your user ID. This is KP.org User ID and password that you created.
3. Select language of preference, click continue.
4. Agree to Terms and Conditions, click continue.
5. Agree to email communication, click continue.
6. Confirm your email address, click submit.
7. You may now start your Health Assessment. Click “Start your Questionnaire.” You will provide information in the areas listed on the right-side of your screen.
8. Finalize and submit assessment for analysis. By clicking on the appropriate area you may “Save and Go Back” or “Submit” your information.
9. Print and make a copy of your personalized plan for change of your report. Bring this with you to your visit with your PCP.

Discuss your Health Assessment with your PCP

1. Schedule an appointment with your PCP.
2. Review the Health Risk Assessment results with your PCP.
3. Your PCP will confirm discussion of the Health Risk Assessment.



1. Login or Register at www.myuhc.com. To register, click the “Register Now” button. Have your UnitedHealthcare medical ID card on hand.
2. Once logged on to myuhc.com, click on the Health & Wellness tab which is the farthest right tab at the top of the page.
3. Follow the three simple steps to complete a one-time Health & Wellness registration. On return visits you will be able to go directly to your personal Health & Wellness homepage.
4. On your homepage, look for “I Am” in the navigation bar at the top of the page, click on “Health Assessment.” You are now on the Health Assessment landing page and will see a red button that says “Take the Health Assessment.” Click that button to launch the Health Assessment.
5. Once you complete the Health Assessment, click the “Submit” button at the bottom. Your personal results will appear immediately.
6. Print your personal Health Assessment results by clicking the print feature at the bottom.
7. Designate a PCP by completing the Provider Notification Form, which can be found under “Features Links” on the “Health and Wellness” home page.
8. Take both your Health Assessment results and the Provider Notification Form to your PCP who will sign the form to confirm review of your HA results.
9. Submit the completed and signed Provider Notification form following the instructions you will find on the form. You can mail, fax or upload the form to myuhc.com (upload the form at the same place on the website where you downloaded it).