

If you're covered by Alcoa medical benefits and **Highmark** is your medical claims administrator, you take the **MyHealthMedia** Health Questionnaire online.

### **Quick and Easy — No Password**

So that you don't need to create a user ID and password, here's an easy way to get to the health questionnaire online:

- From any Alcoa computer, go to HRDirect on MyAlcoa.
- Under Employee Self-Service, click on Benefits and *Your Benefits Resources (YBR)*.
- On YBR, click on the "Health Insurance" tab. Then click on "medical" to find [www.highmarkbcbs.com](http://www.highmarkbcbs.com).

### **If You Know Your User ID and Password**

- Go online to [www.highmarkbcbs.com](http://www.highmarkbcbs.com).
- Click on the "Members" tab.
- Enter your user ID and password.
  - If you want to register on this site for the first time, click on "Register now." Then complete all of the registration information and click "submit."

### **To Take Your Questionnaire:**

- Click on the "Your Health" tab.
- Click on "Test Your Wellness."

If you have questions or do not have online access, call 1-800-433-9906