

If you're covered by Alcoa medical benefits and **UnitedHealthcare** is your medical claims administrator, you take the **Staywell** Health Questionnaire online. Here's how:

- Go online to **<https://alcoa.online.staywell.com>**.
- Use your user ID and password to log in.
  - If this is your first visit to the website, click "Register Now" and log on by using your first name, date of birth, and subscriber ID number (find this on your medical ID card). Create your user ID and password. Make a note of them for future use.
- Under Here's Your Action Plan, click on "Take your Health Questionnaire."

Note: Spouses and dependents (age 18 and older) also can take the Health Questionnaire for free and get their own personalized results. Here's how:

- Go online to **<https://alcoa.online.staywell.com>**.
- Click "Register Now" and log on by using your first name, date of birth, and employee's subscriber ID number (find this on the employee's medical ID card).
- Create your user ID and password. Make a note of them for future use.
- Log in and, under Here's Your Action Plan, click on "Take your Health Questionnaire."

If you have questions, call the StayWell HelpLine at 1-800-859-1729.