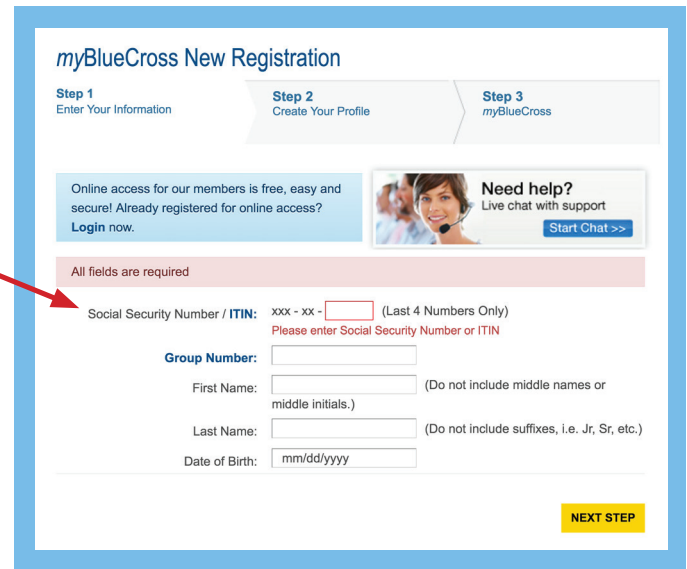


To register for myBlueCross:

1. Go to **AlabamaBlue.com**, and click the "Register" button in the top right corner.
 2. Enter the last four digits of your Social Security Number. *The website is secure and the information you enter will not be seen by anyone.*
 3. Enter your 5-digit group number.
 4. Input your first and last name, along with your date of birth.
 5. Create a unique username. *Username must be between 3 and 15 characters, include at least 1 letter and no spaces. The following characters are not allowed: " # ' () * + , = *
 6. Create a password, 8 to 15 characters in length. *Both numbers and letters are valid. The following characters are not allowed: " # ' () * + , = \.*
 7. Enter password again to confirm.
 8. Enter and confirm your email address.
 9. Enter a Password reminder phrase. *Enter a reminder phrase that you can access if you forget your password. This should be a short phrase related to your password that will aid you in remembering it should you forget. For example, if your password is your best friend's last name, you might enter "Last name of my best friend". For maximum security, your phrase should be difficult to guess and cannot contain your actual password.*
- Note:** Members may also call the customer service number on the back of their insurance card to have this password reset.
10. Review and accept the terms and conditions.
 11. Click "Register for myBlueCross" at the bottom of the page.
 12. If an error is made during the registration process, you will be taken back to the registration page and errors will be noted in red.



Once you have registered, simply follow these steps:

1. Go to **AlabamaBlue.com** and sign in to **myBlueCross**.
2. Select "HealthQuotient" or "My Health Assistant" under **MANAGE MY HEALTH**.




Blue Cross and Blue Shield of Alabama is an independent licensee of the Blue Cross and Blue Shield Association. myBlueWellness is a wellness website offered by Blue Cross and Blue Shield of Alabama and powered by WebMD,® an independent company. HealthQuotient® is a health assessment tool for our customers provided by WebMD.