



Kansas City



TAKE CONTROL, GET HEALTHIER

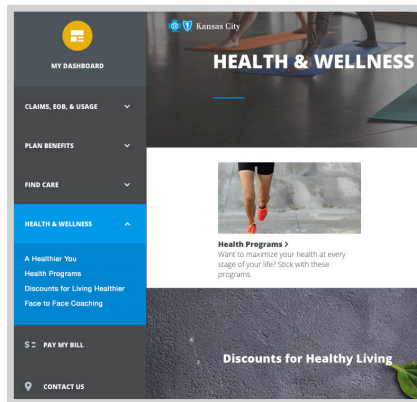
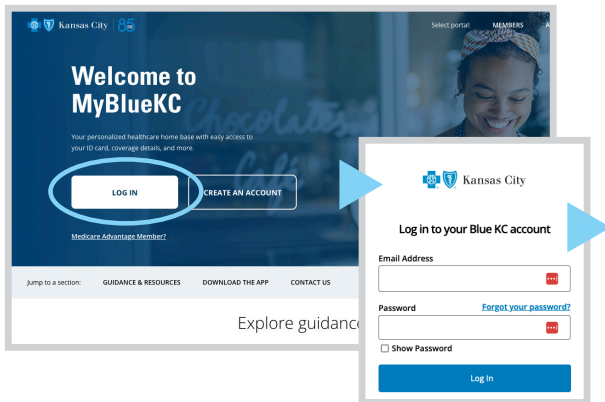
A Healthier You™

A Healthier You is Blue Cross and Blue Shield of Kansas City's (Blue KC) suite of health and wellness services.

The cornerstone of A Healthier You (AHY) is a personalized portal accessible through MyBlueKC.com or via the MyBlueKC app. Initially, members will complete a series of questions specific to their health goals and current lifestyle. After completing the questions, points are awarded and they are taken to the AHY home page. Please note, the questions are not the same as the Health Risk Assessment.

How to get started:

Log in to **MyBlueKC.com** and in the left hand menu, click on **Health & Wellness > A Healthier You**. These steps can also be followed in the **MyBlueKC app**. First time visitors will need their member ID card to register.



OR **Download the MyBlueKC App**

Go to the Apple App Store or Google Play Store. Search for MyBlueKC app

Visit AHY to:

- Take the Health Risk Assessment (HRA).
- Visit the health library for content on a wide range of topics.
- Connect a device to track steps, sleep, nutrition, and other health factors.
- Stay on track with preventive care reminders.
- Register for a biometric screening (if available).
- Earn points to enter sweepstakes.

Having Trouble? Email AHY@BlueKC.com.

