



DIGITAL COACHING PROGRAM

# The Debt Diet™

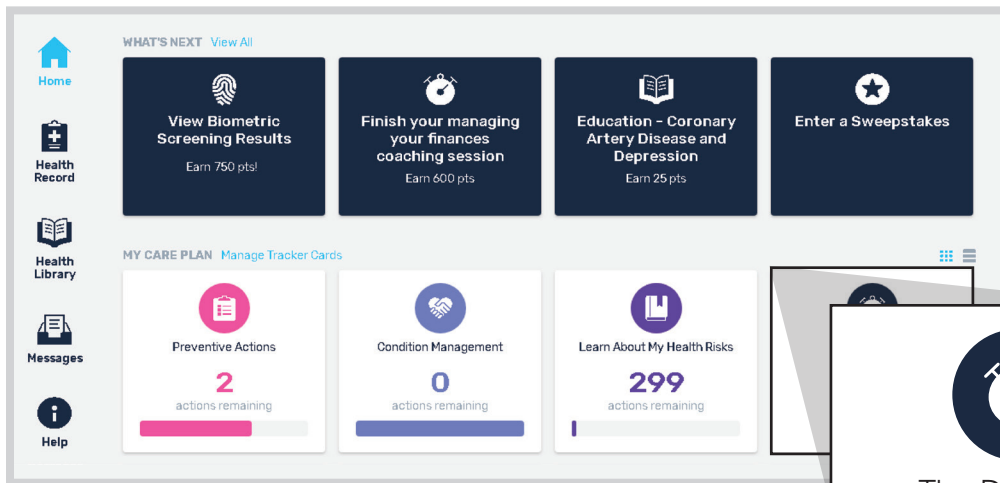
**A financial wellness program developed to help pay down debt or build an emergency fund.**

The Debt Diet is part of a collection of digital health coaching programs offered in the A Healthier You™ portal. The interactive exercises are matched based on individual needs and provides practical solutions to achieve money saving goals.

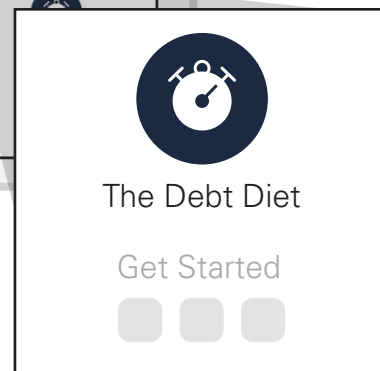


## How to get started:

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**.



Having Trouble? Email [AHY@BlueKC.com](mailto:AHY@BlueKC.com).



## How it works:

1. Locate the Debt Diet tile as shown above.
2. Complete the brief survey to determine readiness as it relates to paying down debt or building an emergency fund.
3. Review the personalized feedback and menu of activities aimed to help improve financial well-being.
4. Check back regularly as the menu of recommended activities is updated monthly to maintain accountability.