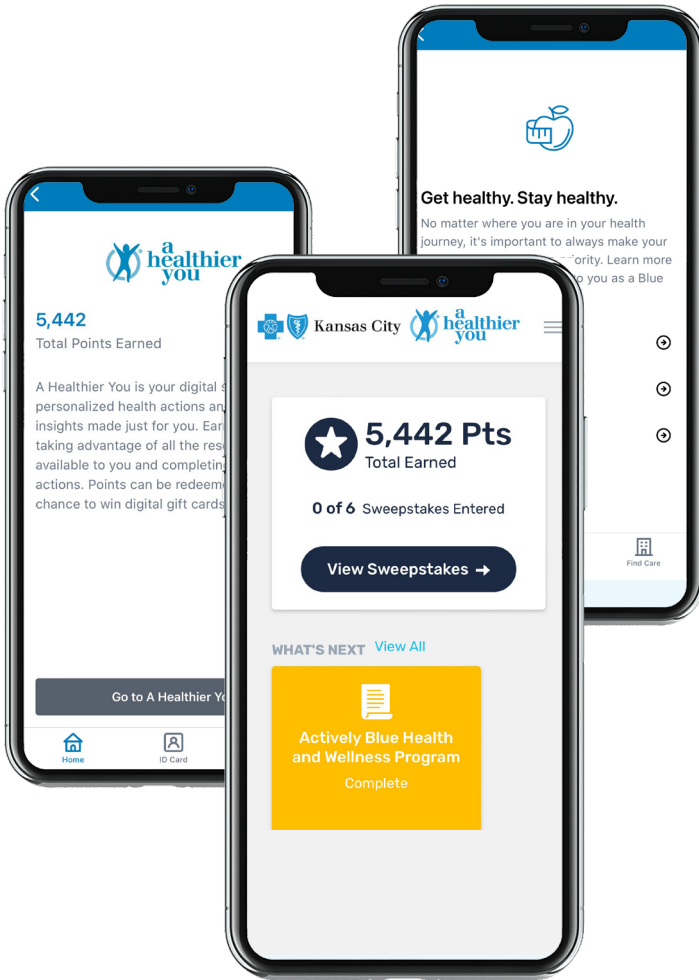




A Healthier You™

Take Control, Get Healthier, Earn Chances to Win Great Prizes

You can download the MyBlueKC mobile app to access A Healthier You anytime, wherever you go. Simply click the **Health & Wellness** tab to access A Healthier You.



Take your Health Risk Assessment.



Connect a device to track your steps, sleep, nutrition and more.



Get reminders for actions to help you stay on top of preventive care and chronic conditions.



Complete health actions to earn points to enter monthly sweepstakes.

Access the A Healthier You portal for wellness support and helpful digital tools:

Visit the Health & Wellness tab on [MyBlueKC.com](https://www.mybluekc.com) or in the MyBlueKC mobile app.



MyBlueKC.com



MyBlueKC mobile app

For details about your coverage, please review your Blue KC certificate, which outlines the benefits, exclusions, responsibilities, rights and other important information related to your health insurance plan. To view your current Blue KC contract/certificate, or to print a copy of your Summary of Benefits and Coverage, visit [MyBlueKC.com](https://www.mybluekc.com) and click on Plan Benefits.

For costs and further details of the coverage, including exclusions, any reductions or limitations and the terms under which the policy may be continued in force, see your insurance producer or write Blue KC.