



Kansas City



DIGITAL COACHING PROGRAM

Health Coaching

A personalized action plan designed to help members make informed health decisions and develop healthy habits.

As part of A Healthier You™, members have access to coaching programs that are tailored to their health needs. After completing a brief survey, members receive applicable health goals such as managing high blood pressure, cholesterol, tobacco cessation and financial well-being.




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**.




Managing High Blood Pressure



Managing Cholesterol Program



The Debt Diet



Tobacco Cessation


Digital health coaching programs offer:

- Personalized feedback and tips to help manage specific conditions.
- Consistent and customized engagement to maintain accountability.
- Optional text message reminders.
- Bonus: Earn extra A Healthier You points for completing at least three coaching sessions.

Tobacco Cessation

It often helps to have a coach by your side supporting you on your path towards quitting tobacco. Get started today!

POINTS

How to earn points 

Get Started

Having Trouble?
Email **AHY@BlueKC.com**.