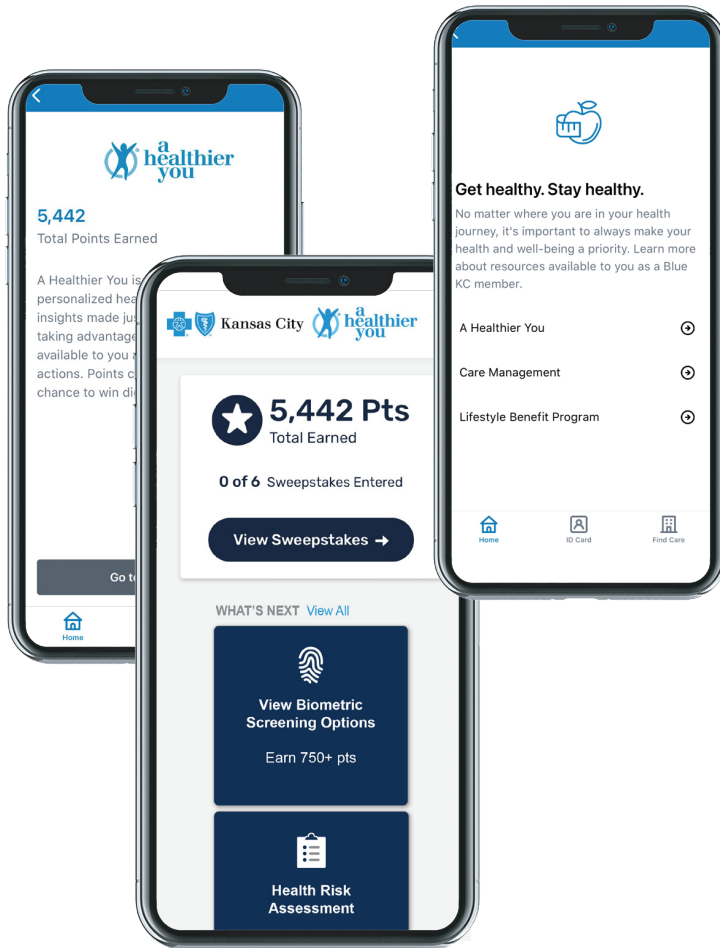




A Healthier You™

Take control, get healthier, earn chances to win gift cards.

A Healthier You gives you convenient access to wellness tools that you can use to live your healthiest life. Plus, you'll earn points that can be redeemed for chances to win gift cards to popular retailers.



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:

Log in to [MyBlueKC.com](https://mybluekc.com) and click on Health & Wellness > A Healthier You.

OR Download the MyBlueKC app from the App Store or Google Play. Open the app and tap the Health & Wellness tab > A Healthier You.



MyBlueKC.com



MyBlueKC mobile app

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.

NOTE: The Member Guide provides a general overview of services and benefits that may be included in some Blue KC health plans. Because coverage details can vary, we encourage you to review your specific plan documents for accurate information. For details about your coverage, please refer to your Summary of Benefits and Coverage (SBC) by visiting [MyBlueKC.com](https://mybluekc.com) and clicking on **Plan Benefits**.