

A HEALTHIER YOU™

Personalized Online and Mobile Wellness

Take Control of Your Health, Get Healthy and Earn Chances to Win Great Prizes

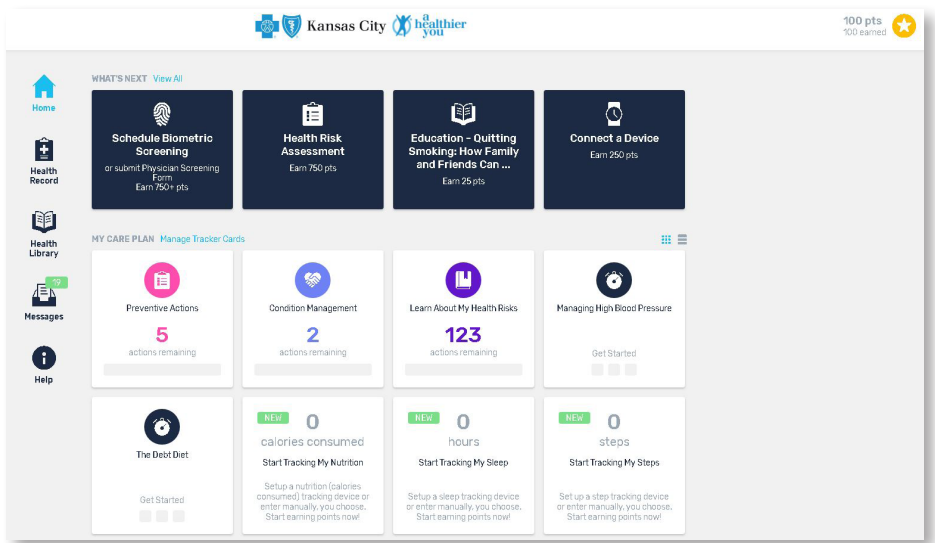
The Blue KC A Healthier You program gives you convenient online and mobile access to several wellness tools that allow you to get healthy and earn chances to win great prizes.

LOG INTO MYBLUEKC.COM FROM YOUR COMPUTER AND CLICK ON HEALTH & WELLNESS (USE GOOGLE CHROME)

OR

DOWNLOAD THE BLUE KC A HEALTHIER YOU MOBILE APP FROM YOUR APP STORE.

First-time users will be prompted to complete registration personalization questions. Please have your member ID card available to reference.



TRACK YOUR HEALTH, EARN POINTS AND GET SUPPORT WHEREVER YOU ARE.

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Take the Health Risk Assessment and receive your personal health summary.
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Configure your Personalized Care plan and view your screening results (if available).
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Get answers or search symptoms within your Personalized Care plans.
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Connect and manage your devices and apps for more points.
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Complete health actions and earn points to enter monthly sweepstakes drawings.

Log into your A Healthier You portal on MyBlueKC.com for a personalized look at your health journey and how you can stay in control of your health.