



## A Healthier You™ My Rewards

We'd like to reward you for participating in **Johnson County Community College's A Healthier You™** program, brought to you by Blue Cross and Blue Shield of Kansas City (Blue KC). This program promotes personal responsibility for managing health and making healthy lifestyle choices – with attractive A Healthier You My Rewards that keep you committed!

By completing the program steps below by **March 31, 2015**, you'll be eligible for the following rewards:

Program Steps		A Healthier You My Rewards
<b>Step 1*</b>	<b>Complete a Health Screening</b> <i>Participate in an annual health screening to review your biometric numbers.</i>	<b>25 Points for Completion</b>
<b>Step 2*</b>	<b>Take the Health Risk Assessment (HRA)</b> <i>Complete the online HRA on MyBlueKC.com to be informed of lifestyle risks.</i>	<b>25 Points for Completion</b>
<b>Reward</b>		<b>Gift Cards = \$50</b>
<b>Step 3</b>	<b>Know Your Numbers</b> <i>Earn Additional Activity Points</i> After you complete Steps 1 and 2, use the chart below to review how your achievements add up. <ul style="list-style-type: none"> <li>• If your achievement score is 50 points – congratulations!</li> <li>• If your score is fewer than 50 achievement points, engage in wellness activities to boost your score and take steps to improve your health.</li> </ul> <b>Visit your A Healthier You portal on MyBlueKC.com to confirm your numbers, and learn about available activities to help earn additional points.</b>	<b>Up to 50 Points for Achievements and Activities</b>
<b>Reward</b>		<b>Additional Gift Cards = \$50</b>

\*Steps 1 and 2 must be completed to be eligible to redeem My Rewards.

## Redeeming A Healthier You My Rewards

Visit your A Healthier You portal online at [MyBlueKC.com](http://MyBlueKC.com) to check the status of your My Rewards points and redeem gift cards or debit cards.

- Complete a rewardable activity and view your My Rewards points in your portal.
- Program Year - Your My Rewards program year is **June 1, 2014 – May 31, 2015**. Activities must be completed by **March 31, 2015**, and all redemptions must be completed by **April 30, 2015**. After this time, the program refreshes, and the points cannot be accessed.
- The maximum number of points is 100 points. (100 points = \$100 reward)
- Program termination – If you terminate medical coverage with Blue KC, your access to the A Healthier You portal and My Rewards will immediately cease. You are responsible for ensuring you have requested any available redemption prior to termination.

## Receiving Points for a Physician Screening

- To receive credit for a health screening provided by your physician, submit an Alternative Means Screening form (located in your A Healthier You portal). Points for this type of screening may take up to two weeks to appear in your account.
- Your physician screening must be completed within the current program year.
- You must ensure that your form is submitted in a timely fashion. The screening form must be received and processed prior to **March 31, 2015**, to earn points toward the current program year; otherwise, points will be credited to the following program year, and you may not be eligible for My Rewards or your employer's wellness incentive for the current program year. Allow a minimum of two weeks for processing.

## My Rewards Redemption Requests

- Points may be redeemed in \$25 or \$50 increments.
- Allow up to six weeks for your reward to arrive in the mail.
- My Rewards may be subject to tax. Your employer may withhold taxes for your reward from your paycheck. Consult your tax advisor if you have questions.

---

To check the status of your My Rewards account at any time, simply visit your A Healthier You member portal online at [MyBlueKC.com](http://MyBlueKC.com).

---



---

[BlueKC.com](http://BlueKC.com)

Blue Cross and Blue Shield of Kansas City is an independent licensee of the Blue Cross Blue Shield Association.