

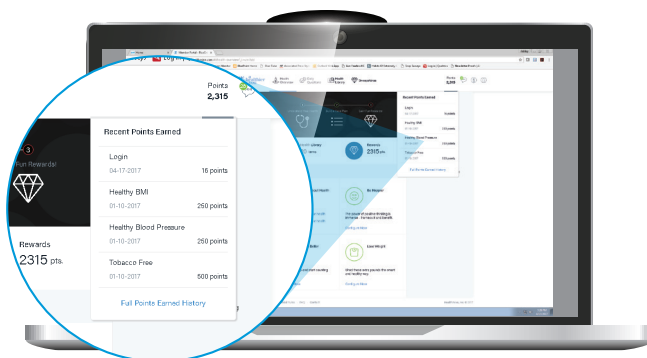
Configure Your Care Plans & Earn Points

Visit MyBlueKC.com or download the [Blue KC A Healthier You App](#).
(Use Google Chrome)

All point earning opportunities can be found in your Care Plans. Points on the [A Healthier You Portal](#) are tailored to each member to assist members with standards of care and their personal health experience.

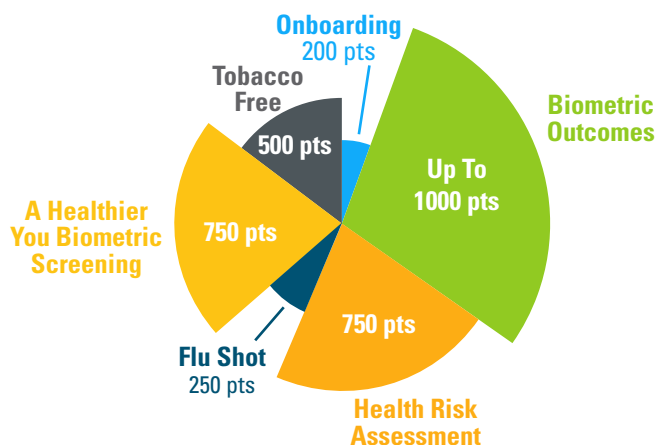
How to View your Points Earned:

1. Click on your points on the top right corner of your page.
2. Then click on **Full Points History** to see how you have earned your points.



Understand My Health Care Plan

(over 3,200 points possible)



Biometric Screening Point earnings

(up to 1,000 points possible)

250 Points Each	Blood Pressure .. <119 systolic AND <79 diastolic
	Glucose..... ≤ 99
	BMI ≤ 27.4
	Cholesterol Ratio. ≤ 4.4
100 Points Each	Blood Pressure .. 120-139 systolic and/or 80-89 diastolic
	Glucose..... 100-125
	BMI 27.5-29.9
	Cholesterol Ratio. 4.41 to 5.5
0 Points Each	Blood Pressure .. 140 or greater systolic and/or 90 or greater diastolic
	Glucose..... ≥ 126
	BMI ≥ 30
	Cholesterol Ratio. ≥ 5.51

Additional Care Plans

There are 13 Chronic Condition Care Plans on the portal as well as Lifestyle Care Plans. You can earn points by engaging with and completing actions within your Care Plans. Set up your Care Plans to get started.

Examples include:

- Device integration (e.g. weight scale, activity tracker and sleep tracker)
- Education resources (e.g. videos, articles and tools)

Additional Care Plans and points may be available to you based on your age, gender and current health status. Visit your A Healthier You portal, set up your Care Plans and start earning points. Once you earn points, you can start entering monthly sweepstakes.

