

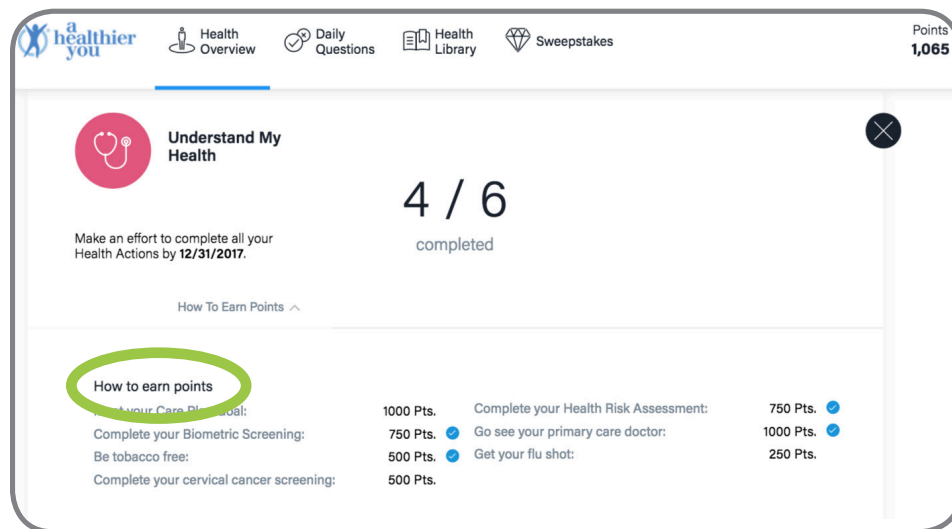
# Earning Points in the A Healthier You Program

Blue KC Members can earn a number of points in A Healthier You by completing various health actions within personalized Care Plans.

- Preventive Services (in compliance with recommendations by United States Preventive Services Task Force, USPSTF)
  - Annual Exam
  - Recommended Cancer Screenings (age and gender dependent)
  - Flu Shot
- Health Risk Assessment
  - Tobacco Free Status
- Biometric Screening (if available through employer)
- Doctor or Specialist visit specific to managing health condition.
- Lipid Panel
- Medication Compliance
- Device Integration (e.g. activity tracker, sleep tracker, and weight scale)
- Education and Online Resources (e.g. videos, articles, and tools)

## View Points Available:

To view point earning opportunities, open any configured Care Plan and click on the **HOW TO EARN POINTS** link to view all points within the Care Plan.



The screenshot shows the 'A Healthier You' app interface. At the top, there's a navigation bar with icons for Health Overview, Daily Questions, Health Library, and Sweepstakes. The main header shows 'Points 1,065'. Below this, a section titled 'Understand My Health' displays '4 / 6 completed' and a deadline 'Make an effort to complete all your Health Actions by 12/31/2017'. A link 'How To Earn Points' is visible. The 'How to earn points' section is circled in green and lists various health actions with their corresponding point values and completion status (indicated by blue checkmarks):

Action	Points	Status
Complete your Health Risk Assessment:	1000 Pts.	Completed (✓)
Go see your primary care doctor:	750 Pts.	Completed (✓)
Get your flu shot:	500 Pts.	Completed (✓)
Complete your Biometric Screening:	750 Pts.	Completed (✓)
Be tobacco free:	500 Pts.	Completed (✓)
Complete your cervical cancer screening:	500 Pts.	Completed (✓)
Complete your Health Risk Assessment:	750 Pts.	Completed (✓)
Go see your primary care doctor:	1000 Pts.	Completed (✓)
Get your flu shot:	250 Pts.	Completed (✓)

The integration of claims data provides a seamless experience for all Blue KC members. Encourage employees to log into A Healthier You to configure Care Plans and begin earning points. Points can be used in monthly sweepstakes drawings to win gift cards!

## DOWNLOAD THE APP

1. Go to the Apple App Store or Google Play Store.
2. Search for the **BLUE KC A HEALTHIER YOU** app by HealthMine Services, Inc.

