

# A HEALTHIER YOU™

## Personalized Online and Mobile Wellness

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

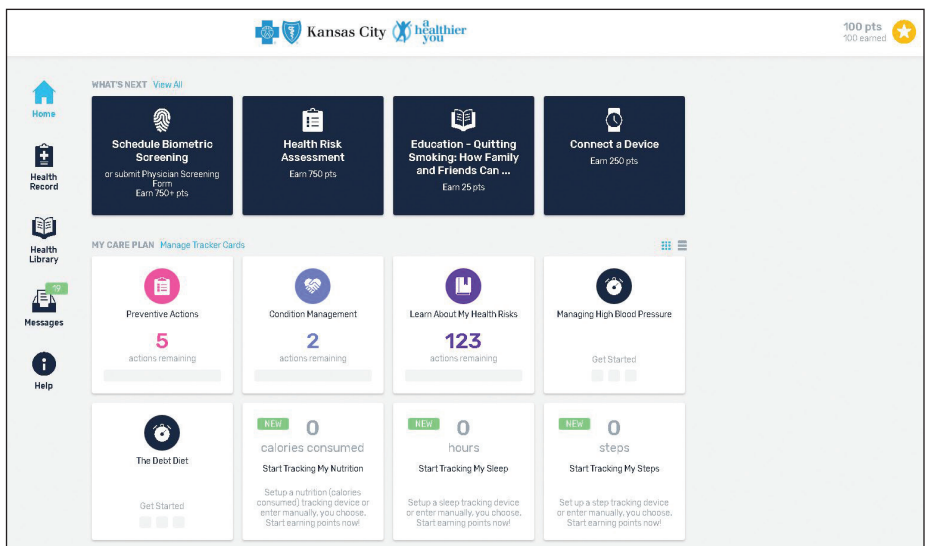
The Blue KC A Healthier You program gives you convenient online and mobile access to several wellness tools that allow you to get healthy and earn chances to win great prizes.

**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.



Configure your Personalized Care plan and view your screening results (if available).



Connect and manage your devices and apps for more points.



Take the Health Risk Assessment and receive your personal health summary.



Get answers or search symptoms within your Personalized Care plans.



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.