

# Learn About My Health Risks

There are a variety of options to view educational items and with each click you earn **25 points!** No limits!!

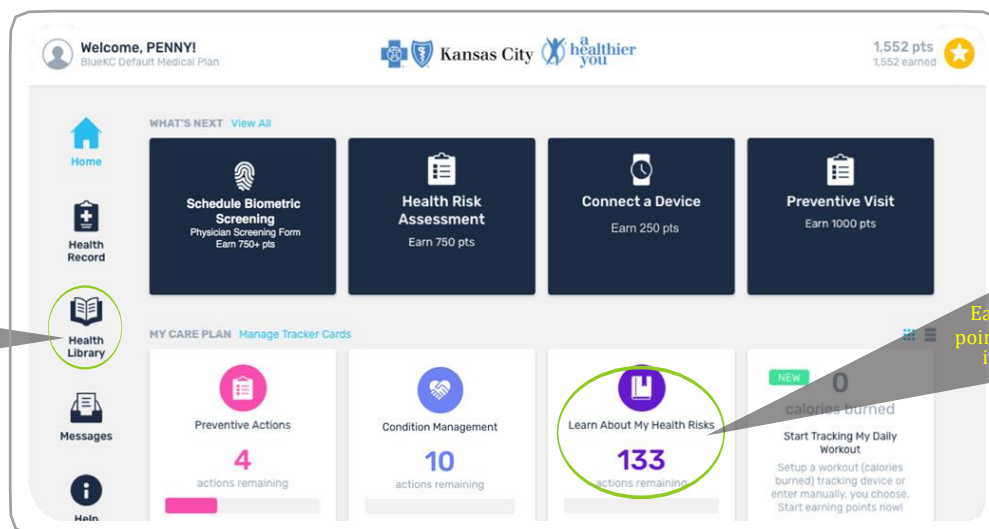
Click on A Healthier You  
from MyBlueKC.com

OR

Download the Blue KC A  
Healthier You app

There are a number of educational tools and resources within your AHY portal. The **Learn More About My Health Risks** contains personalized content based on your overall health status. You can access your education through a variety of modules such as:

- Action Sets help manage specific conditions
- Conversations provide interactions with a virtual coach
- Decision Points help you make decisions
- Health Topics provide comprehensive resources to help manage your health
- Interactive Tools quick tools to assess health risks
- Medication Support
- Videos



View completed education items and access additional topics

Assigned education based on your individual health status

Earn 25 points per item

Having Trouble? Email [AHY@BlueKC.com](mailto:AHY@BlueKC.com)