BlueKC Wellness Resources

SOLERA

Solera is a 16-week program, followed by monthly sessions, that can help you lose weight, adopt healthy habits and significantly decrease your risk of developing diabetes. You receive a personalized health experience from a leading health solution like Weight Watchers, that includes access to a health coach, weekly lessons, small group support and digital tools. Find out if you qualify by taking a one-minute quiz at solera4me.com/bluekc.

Livongo by Teladoc Health

If you or a covered dependent have diabetes, Livongo can help. Livongo provides a simple, advanced blood glucose monitor, and as many strips and lancets as you need, at no cost to you. Join today at join.livongo.com/BLUEKC/register or call (800) 945-4355.
Use BLUEKC for registration code.

wondr

Wondr is a weight loss program that is clinically-proven to help you lose weight, sleep better, stress less, and so much more. You'll learn simple skills that are based on behavioral science, so you can enjoy your favorite foods and feel better than ever—at no cost to you. Learn more and register at wonderhealth.com/smsd.

Blue365

Blue365® can help make living well more affordable with year-round discounts and exclusive offers. Gain access to health- and wellness-related deals on fitness products, gym membership,healthy eating and more. Go to BLUE365DEALS.COM/BLUEKC to learn more.

SmartShopper®

How it works-With SmartShopper®, you can easily compare convenient, high-quality, in-network locations for common medical care and be redirected to the most cost-effective facility of your choice. In addition to lowering costs, you can earn a share of the overall savings as cash rewards of $20- $425. www.bcbsks.com/mysmartshopper

SHAWNEE MISSION SCHOOL DISTRICT

Questions?

Visit the links above or contact Danielle Shaw, SMSD Wellness Coordinator; danielleshaw@smsd.org or 913-993-6494