



Kansas City

A HEALTHIER YOU™

Take control, get healthier, earn chances to win great prizes.

The A Healthier You™ program gives you convenient online and mobile access to wellness tools that you can use to live your healthiest life. Plus, the more you visit, the more chances you'll have to win gift cards to some popular retailers.

TWO ways to connect



Log into MyBlueKC.com

Visit your A Healthier You portal from your computer using Google Chrome, then click on Health & Wellness.



Download the App

Go to your app store, then search for Blue KC A Healthier You app.



Scan this code or visit the app store to download the app to your favorite device.



With every tap, create a healthier you



TAKE YOUR HEALTH RISK ASSESSMENT.



CONNECT A DEVICE TO TRACK YOUR STEPS, SLEEP, NUTRITION AND MORE.



GET REMINDERS FOR PREVENTIVE EXAMS.



COMPLETE HEALTH ACTIONS TO EARN POINTS TO ENTER MONTHLY SWEEPSTAKES.



GO ONLINE. 

For a closer look at A Healthier You, download the **Blue KC A Healthier You app**, or visit your **A Healthier You portal on MyBlueKC.com** – your healthy place for wellness support and helpful digital tools.



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Point Earning Opportunities

Portal Set Up

Activity	Rules	Points
✓ Annual Log In / First Time Experience	Once a year	200
✓ Daily Log In	Once a day	365 max

Preventive Actions

Activity	Rules	Points
✓ Health Risk Assessment	Once a year	750
✓ Tobacco Free	Once a year	500
✓ Biometric Screening	Once a year	750
✓ Preventive Doctor's Visit	Once a year	1,000
✓ Flu Shot	Once a year	500
✓ Breast Cancer Screening	Once a year	500*
✓ Cervical Cancer Screening	Once a year	500*
✓ Colon Cancer Screening	Once a year	500*

*Points roll over into consecutive program years until the next screening test is due, per age/gender guidelines

Additional health actions may be visible for approved Blue KC products.

Education / My Health Library

Activity	Rules	Points
✓ Videos, Articles, Interactive Tools, Action Sets, Decision Points	No limit	25 each
✓ Digital Health Coaching: Tobacco Cessation, Blood Pressure, Cholesterol	Once a year	100 for enrollment 500 for completing 3 coaching sessions



Data Tracking

Activity	Rules	Points
Connect a Device: Fitness Tracker, Nutrition Tracker, Sleep Tracker, Weight Scale, Glucose Tracker, Blood Pressure Tracker	Once per year per device	250 each
Daily Tracking: Fitness, Nutrition, Sleep, Weight, Glucose, Blood Pressure *Manual tracking is available for members without a device, although it cannot be used in conjunction with a device	Once per day per device OR manual entry* *Manual tracking must be completed each day. Data cannot be backdated.	5 each
Daily Step Tracking Goals Met: Members earn points for any range of step goals met	Once per day via device OR manual entry	1 - 4,999 steps = 5 points 7,500 - 9,999 steps = 30 points 10,000 steps = 50 points
Daily Workout Tracking Goals Met: Members earn points for calories burned within a single workout, in addition to step tracking goals.* *Please note calorie tracking (calories burned) is different from nutrition tracking (calories consumed).	Once per day via device OR manual entry*	1 - 99 calories burned = 5 points 100 calories burned = 20 points 300 calories burned = 30 points 500 calories burned = 50 points

Health Outcomes

Biometric Screening Results	250 Points	100 Points	0 Points
✓ Glucose	≤ 99	100 - 125	≥ 126
✓ BMI	≤ 27.4	27.5 - 29.9	≥ 30
✓ Cholesterol Ratio	≤ 4.4	4.41 to 5.5	≥ 5.51
✓ Blood Pressure	< 119 systolic AND < 79 diastolic	120 - 139 systolic AND / OR 80 - 89 diastolic	≥ 140 systolic AND / OR ≥ 90 diastolic



Condition Management

Activity

Rules

Points

✓ **Doctor's Tests:** A1c, Lung Function Test

Once per year per test

500* each

*A1c only applies if member is diagnosed with Diabetes

*Lung function test only applies if member is diagnosed with Asthma and/or COPD

✓ **Medication adherence:** Prescription adherence for following conditions: Asthma, COPD, Depression, Diabetes, Heart Failure

Once per month

**25 each
300 max points
per medication**

✓ **Doctor's Visit for:** Asthma, COPD, CVD, Depression, Diabetes, Heart Failure, Hypertension, Hyperlipidemia, Obesity, Tobacco Use

Once per year per condition

1,000 each

✓ **Doctor's Lab Tests:** Lipid Panel, Blood Sugar

Once per year per test

250* each

*Lipid panel only applies if member is diagnosed with Diabetes, Heart Disease (CAD), Hypertension, Hyperlipidemia, CVD, Obesity and/or Heart Failure

*Blood sugar only applies if member is diagnosed with Diabetes

✓ **Doctor's Lab Tests:** Serum Creatinine Test, Urine Microalbumin Test

Once per year per test

100* each

*Only applies if member is diagnosed with Diabetes