



## How to Earn Your 2024-2025 Wellness Incentive

Center School District Employee Blue Cross/Blue Shield Members are rewarded for healthy behaviors, such as being tobacco-free and getting preventive exams. Participation is voluntary; however, all employee-members that complete the wellness incentive requirement by May 1, 2024 are eligible for the wellness monthly rate for your selected medical plan beginning July 1, 2024. **Please note: New hires will automatically receive the wellness monthly rate for your medical plan. In order to continue to receive the wellness monthly rate for the 2024 plan year, new hires will need to complete the wellness incentive requirement by May 1, 2024.**

To earn the incentive, simply achieve 3,250 points in your “A Healthier You” portal at [mybluekc.com](http://mybluekc.com) from July 1, 2023 to May 1, 2024. Detailed information, instructions and links to forms are available at [www.58fitness.com](http://www.58fitness.com).

ALL BLUE KC-MEMBER EMPLOYEES ARE ELIGIBLE TO PARTICIPATE IN THE WELLNESS PROGRAM, REGARDLESS OF TOBACCO USE AND CURRENT WELLNESS STATUS.

There are many ways to earn 3,250 points available within your portal and can be customized based upon your health risks and interests.\* When safety allows for in-person events, we will provide them; however, all points may also be earned virtually within the [MyBlueKC.com](http://MyBlueKC.com) portal.

- Onsite health screenings (750-1500 pts possible): Biometric screenings will be available at all school buildings in late fall/early winter.
- Online Health Risk Assessment/HRA (750 pts): Complete the confidential HRA within your portal. This gives you information about managing your own health risks and also provides your crisis, safety and wellness committee with an aggregate report (no personal information is shared) to help provide onsite programming and educational opportunities most relevant to you.
- Preventive Physical (1000 pts): BlueKC will cover one preventive physical at 100% each calendar year. Annual physicals do not have to be 365 days apart, but each must occur in its own calendar year.
- Preventive Health: Earn points for preventive health actions such as vaccinations and mammograms.
- Multiple options for earning points are offered in your MyBlueKC portal, including digital health coaching, educational courses, videos, challenges and more.
- Pair a wearable device or fitness app to your MyBlueKC portal.

Additional challenges and educational opportunities will be added. View a comprehensive list with instructions [here](#).

Your privacy is important. It's also protected by law. Please know that the only person that will know or needs to know your screening and HRA results is you. We will only know that you achieved the required number of points and will never know how the points were achieved.

Michelle Kruse

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*\*Participation in the incentive entails accepting the user and privacy terms on your portal upon registration (first time users only) to gain access to the A Healthier You portal. Once registered, employees can participate in activities of their choice to earn points towards a wellness incentive. Points for the completion of preventive exams and other health related activities are automatically awarded based on claims data. **Use of the portal is voluntary. If you would like a non-medical alternative way to earn the wellness incentive, please contact Michelle Kruse to schedule a personal planning session by December 22, 2023 for the 2024-2025 plan year. Some examples of non-medical alternative activities include walking, nutrition education, financial education, and volunteerism.***