



Kansas City



Empower Yourself!

Take the next little step for better health.

Ever wonder what you would achieve if you had the same resources as top athletes, actors and CEOs to unlock and focus your personal power to improve?

Be Empowered

You DO have the power to change for the better.

Enroll in Blue Cross and Blue Shield of Kansas City (Blue KC) **EMPOWERED™ Health Coaching**, part of our A Healthier You™ program. EMPOWERED connects you with a personal health coach to harness the power inside of you to reach your goals.

Your good health is important. With Blue KC's help, we're bringing you the tools and resources you need to improve your overall well-being. After all, when you're healthy you feel good, have more energy and can enjoy life to its fullest.

Choose Your Next Step

With **EMPOWERED Health Coaching**, you can select what you are ready to work on:

- Healthy eating
- Physical activity
- Healthy living
- Tobacco cessation

Making lifestyle changes in these areas can support your efforts to:

- Lose weight
- Lower blood pressure
- Lower cholesterol levels
- Manage blood sugar level
- Kick the tobacco habit
- Improve your overall well-being

Small changes. Big difference.

Start today!

Start making small lifestyle changes that could have a big impact on your health and quality of life. To qualify for coaching you must complete your online Health Risk Assessment and/or attend one of our health screenings.

Getting Started.

Log on to MyBlueKC.com and click the **MY COACH** link. Once enrolled, select **ADD A FOCUS** to choose up to three focus areas.



Empowered Coaching ends 90 days before the end of the program year.

If you have questions or need help enrolling, please contact us at 888-350-9065, option 2, Monday - Thursday from 8:30 a.m. – 9 p.m. or Friday - Saturday from 8:30 a.m. – 5 p.m. Central Time.

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