



Discover Your A Healthier You™ Portal

With just a few clicks, you can easily access your personalized health and wellness portal.

1. Visit MyBlueKC.com or download the **Blue KC A Healthier You App**.
****Recommend browser: Google Chrome****
2. Enter your username and password, and click **LOG IN**. If you are a first time visitor, click **REGISTER NOW**. Be sure to have your member ID card available to reference.
3. Once logged in, click on **A Healthier You** from the "My Home" page.
4. First time users will be prompted to complete the onboarding personalization questions.

Points: 201

Hello Joan,
Welcome to the **Blue KC Family!**

1 Understand Your Health 2 Build a Care Plan 3 Earn Fun Rewards!

Daily Questions 0/6 Complete Health Library 0 Items Rewards 201 pts.

My Care Plans

General Health 0/6 Complete
Take HRA Now
Schedule Screening Now

Energy Level
Carpe diem! Increase your energy level and get the most out of each day!
Configure Now

Better Food Choices
Healthier eating starts with thinking about what and how much you're consuming.
Configure Now

What's Next

- Health Risk Assessment **Take your health risk assessment**
- My Better Food Choices Plan
- Connect a Device
- Biometric Screening **Register for an event or download a form to take to your physician**
- My Sleep Plan

SCREENING CODE: BCB253

Having Trouble? Our staff can help. Call customer service using the phone number listed on your Blue KC insurance card.