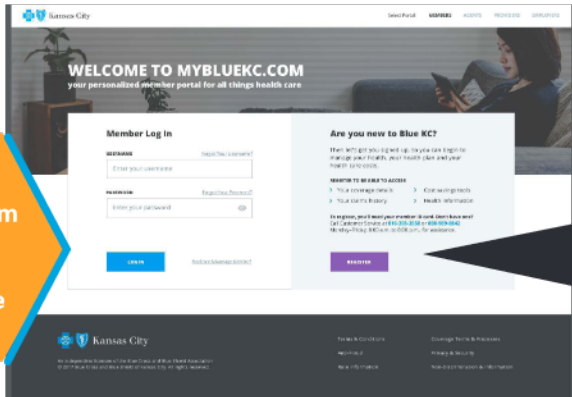


# Accessing A Healthier You™

A Healthier You (AHY) is Blue KC's suite of health and wellness services. The cornerstone of AHY is your personalized member portal, which can be accessed online or via our mobile app.



OR

## DOWNLOAD THE APP

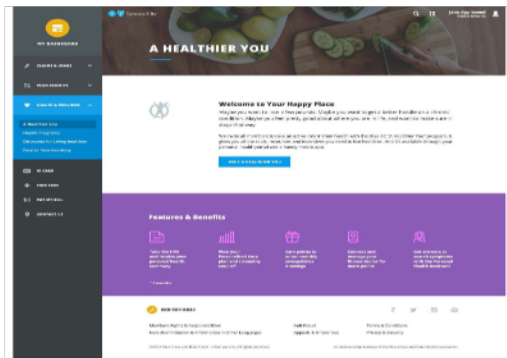
1. Go to the Apple App Store or Google Play Store.
2. Search for the **BLUE KC A Healthier You** app by HealthMine Services, Inc.



Log into MyBlueKC.com from your computer using Google Chrome.

If you are a first-time visitor you will need to register using your member card.

Click on Health & Wellness to access A Healthier You.

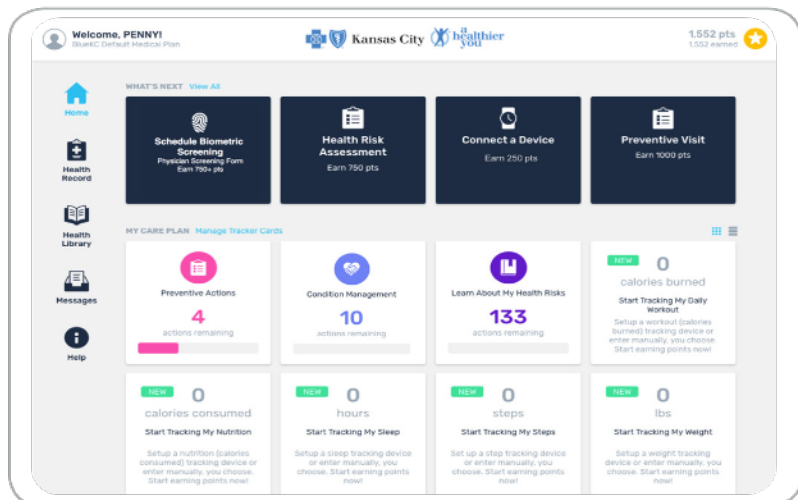


The first time you access the AHY portal, you will be prompted to complete a series of personalization questions. Questions are specific to health goals and current lifestyle activities. After completing the questions, you will be awarded points and taken to the AHY home page.

\*NOTE: these questions are not the same as the Health Risk Assessment (HRA).

### PORTAL FEATURES:

- Take your Health Risk Assessment (HRA).
- Access the health library for a variety of educational topics.
- Connect a device to track your steps, sleep, nutrition and more!
- Stay on track with preventive care reminders.
- Register for a biometric screening (if available).
- Earn points to enter into sweepstakes.



Having Trouble? Email [AHY@BlueKC.com](mailto:AHY@BlueKC.com)