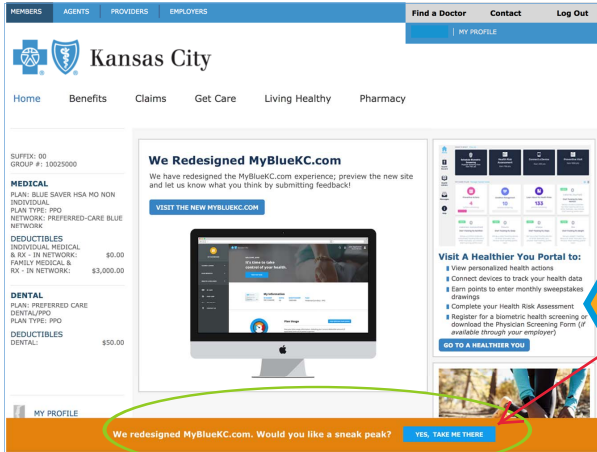
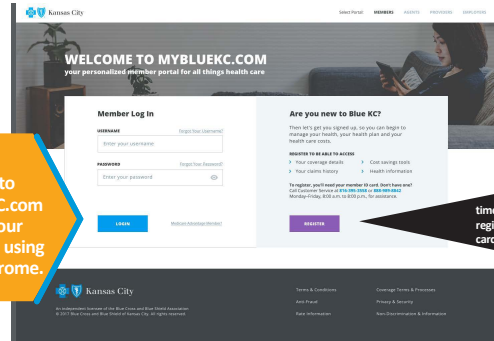


# Accessing A Healthier You™

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.



1. 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.

2. Click on A Healthier You OR you may choose to check out the redesigned MyBlueKC.com

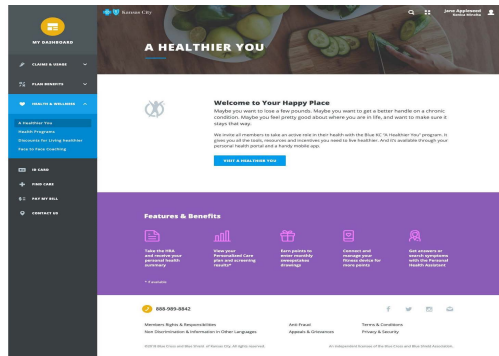
OR

**DOWNLOAD THE APP**

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

Get it on Google play | Available on the App Store

2. Click on Health & Wellness to access A Healthier You.

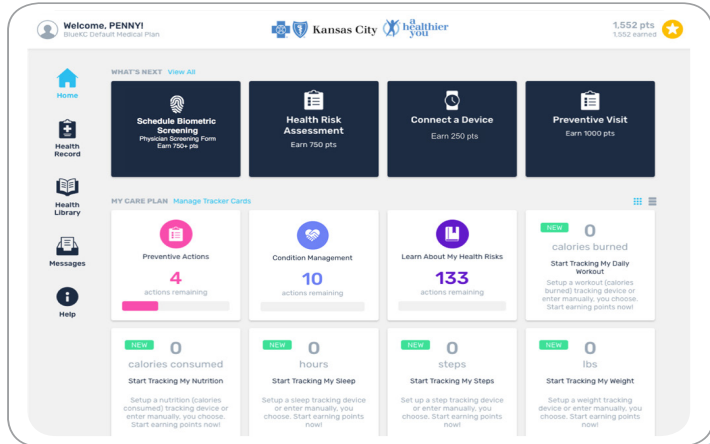


The first time you access the AHY portal, you will be prompted to complete a series of personalization questions. Questions are specific to health goals and current lifestyle activities. After completing the questions you will be awarded points and will be taken to your personalized AHY portal.

\*NOTE: answering these questions is not completing the Health Risk Assessment.

**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.
- View your biometric screening results (if available).
- Earn points to enter into sweepstakes.



**Having Trouble? Email AHY@BlueKC.com**