



Kansas City



TAKE CONTROL OF YOUR HEALTH

WITH THE NEW **A HEALTHIER YOU** ONLINE & MOBILE EXPERIENCE

Making Healthy Choices Easier

Achieving your best health doesn't have to be difficult. With the new **A Healthier You® online and mobile experience**, staying healthy and managing your conditions is easy. Now you can access all your health and wellness tools and information online with your laptop, tablet or smartphone. Plus, you will be rewarded for meeting your health goals.

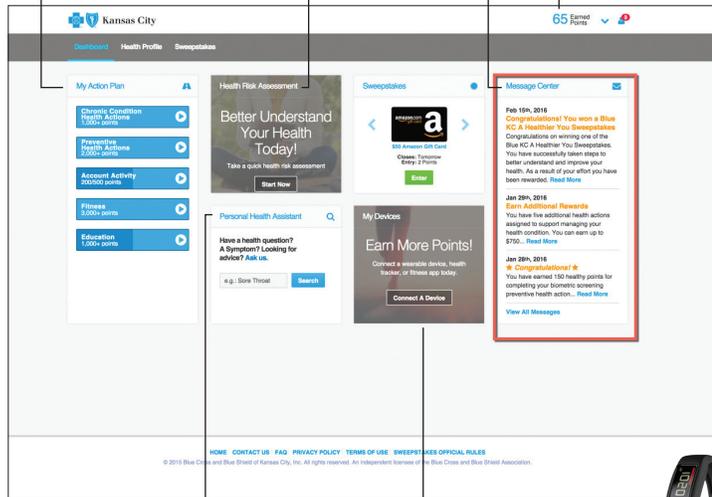


Track your critical health numbers.
Such as blood pressure, weight, cholesterol and blood sugar.*

Take the health risk assessment and receive a personal health summary.

Watch your Message Center for helpful reminders on sweepstake details and more.

Track and earn points, and enter into sweepstakes!



*If available

Access the health knowledge base and other interactive tools.

Receive personalized health alerts and preventive steps to improve your health.

Sync your health or fitness device and earn more points!



TAKE YOUR WELLNESS ONLINE

Your new A Healthier You portal on **MyBlueKC.com** brings you a personalized health action plan and tracking tools so you can earn rewards for taking steps to manage and improve your health. This new online and mobile experience has what you need to stay on track with your health goals - right when and where you need it!



MANAGE YOUR CONDITIONS

Managing your chronic conditions just got easier. With your new **A Healthier You** online portal you can be sure you are taking the right steps to help you best manage your condition.

- Receive personalized health actions and screening reminders based on your condition
- Have access to a personal health assistant
- Enroll in the Blue KC Healthy Companion program for more encouragement, education and access to a nurse for support

YOUR PATH TO WELLNESS BEGINS TODAY

Getting started on A Healthier You at **MyBlueKC.com** is easy. Access the program either from a desktop computer or mobile device.