

# Mark Your Calendar...

## Your A Healthier You Screening Event is Around the Corner

Stay healthier! We're bringing you an exciting program with many resources and tools that helps you do just that - helping you make healthy living a way of life.

## The path to A Healthier You begins with a couple simple steps.

### Attend the health screening.

Learn your numbers – cholesterol, blood pressure, BMI, waist circumference, and more. This simple screening will provide you with the information you need to make the right choices for your best health.

### Member Experience

“Signing up for the Blue KC health screening saved my life. I had high blood pressure and my cholesterol was up. They urged me to see a doctor. The doctor said I needed bypass surgery. I went into the hospital on Friday and had surgery the following Wednesday. It was a very rude awakening for me when all this took place. I’m looking forward to spending time with the grandkids and riding my motorcycle. I feel like I’ve got a new lease on life.”

Don, Blue KC Member

## Upcoming Health Screening

For locations, dates, and times, and to schedule your screening, visit A Healthier You at [MyBlueKC.com](http://MyBlueKC.com).