



Kansas City



# Live well, earn points, & reap the rewards



As your partner in health and wellness, Blue KC offers a program fittingly called: **A Healthier You**. No matter how healthy you consider yourself today, we're here to help you live even better and earn points and rewards along the way.

Over the course of your designated wellness program year, you'll have nearly endless opportunities to engage with your health and over 100,000 points available to earn. And the personalized recommendations on your dashboard will help you narrow in on actions that make most sense for you.

## HERE'S HOW IT WORKS



### Complete actions

Use your AHY portal to view personalized health actions, track your health & so much more



### Earn points

Points will be awarded automatically as you complete each action within your wellness program year



### Enter sweepstakes

Spend your points on sweepstakes for your chance to win digital gift cards



## Ways to earn points

A Healthier You makes taking control of your health and earning points easy. And our comprehensive guide shows you exactly how many points you can earn for each health action:



### A Healthier You login

First login per wellness program year  
Daily login

199 pts  
1<sup>pt</sup> per day



### Condition management

Doctor's visits	1000 pts each
A1c test for diabetes	500 pts
Lung function test for asthma and/or COPD	500 pts
Lipid panel for relevant conditions	250 pts
Blood sugar test for relevant conditions	250 pts
Lab tests for diabetes (creatinine, microalbumin)	100 pts each
Prescription adherence	25 pts per month



Condition management health actions are presented based on claims data or when a condition is self-reported; points are automatically awarded based on the receipt of claims data



### Daily tracking

Connect a supported device	250 pts each
Health tracking (nutrition, sleep, weight, glucose and blood pressure)	5 pts per day

**Daily steps** up to 50 pts per day

10,000+ steps	50 pts
---------------	--------

7,500 - 9,999 steps	30 pts
---------------------	--------

5,000 - 7,499 steps	20 pts
---------------------	--------

1 - 4,999 steps	5 pts
-----------------	-------

**Daily calories burned** up to 50 pts per day

500+ calories burned	50 pts
----------------------	--------

300+ calories burned	30 pts
----------------------	--------

100+ calories burned	20 pts
----------------------	--------

1 - 99 calories burned	5 pts
------------------------	-------



Points for tracking fitness, nutrition, sleep, weight, glucose, and blood pressure can be earned automatically by connecting your device(s) or by daily manual input (please note that self-reported data cannot be backdated)





### Learn about health risks

Articles, videos, tools, etc. 25 pts each  
 Digital health coaching 100 pts for sign-up  
 + points after first three sessions 500 pts



If available to your employer group, digital health coaching is presented based on claims data or when a condition is self-reported



### Preventive actions

Preventive doctor's visit 1000 pts  
 Health Risk Assessment (HRA) 750 pts  
 + points for "Tobacco Free" status 500 pts  
 Flu shot 500 pts  
 Cancer screenings 500 pts each  
**Biometric screening** 750 pts

+ points based on non-fasting screening results:		250 pts	100 pts	0 pts
Glucose		≤ 139	140 - 199	≥ 200
Body mass index (BMI)		≤ 27.4	27.5 - 29.9	≥ 30
Cholesterol ratio		≤ 4.4	4.41 - 5.5	≥ 5.51
Blood pressure:	systolic	≤ 119	120 - 139	≥ 140
	<b>AND</b> diastolic	≤ 79	80 - 89	≥ 90

Biometric Screening and Physician Screening Form option available when requested by employer



Fasting glucose results are awarded points based on health ranges as defined by the American Diabetes Association

Points will roll over for colon, cervical and breast cancer screenings in accordance with United States Preventive Services Task Force Recommendations

## Keeping track of your points

As you complete health actions, points will be automatically applied and reflected in your Points Summary. Points for on-screen actions like reading an article or connecting a device will appear immediately, whereas other actions may take more time to update.

Points for doctor's visits, prescriptions, and lab results are linked to your Blue KC plan and will appear as your claims data is processed (within 30-60 days). Check your Points Summary at any time to confirm points awarded during your wellness program year.



**Need more information? Please contact us at [AHY@bluekc.com](mailto:AHY@bluekc.com).**

