



Kansas City

A HEALTHIER YOU™

Take control, get healthier, earn chances to win great prizes.

The A Healthier You™ program gives you convenient online and mobile access to wellness tools that you can use to live your healthiest life. Plus, the more you visit, the more chances you'll have to win gift cards to some popular retailers.

TWO ways to connect



Log into MyBlueKC.com

Visit your A Healthier You portal from your computer using Google Chrome, then click on Health & Wellness.



Download the App

Go to your app store, then search for Blue KC A Healthier You app.



Scan this code or visit the app store to download the app to your favorite device.



With every tap, create a healthier you



TAKE YOUR HEALTH RISK ASSESSMENT.



CONNECT A DEVICE TO TRACK YOUR STEPS, SLEEP, NUTRITION AND MORE.



GET REMINDERS FOR PREVENTIVE EXAMS.



COMPLETE HEALTH ACTIONS TO EARN POINTS TO ENTER MONTHLY SWEEPSTAKES.



GO ONLINE. 

For a closer look at A Healthier You, **download the Blue KC A Healthier You app**, or visit your A Healthier You portal on **MyBlueKC.com** – your healthy place for wellness support and helpful digital tools.