



Kansas City



How to Complete the Health Risk Assessment

Visit the A Healthier You portal on MyBlueKC.com or the MyBlueKC mobile app. Simply click on the Health and Wellness Tab to access A Healthier You.

There are a number of educational tools and resources within your AHY portal. The Learn More About My Health Risks section contains personalized content based on your overall health status.

WHAT'S NEXT [View All](#)

- Home**
- Health Record**
- Health Risk Assessment**
Earn 750 pts
- Preventive Visit**
Earn 1,000 pts
- Education - Depression: Stop Negative Thoughts**
Earn 25 pts
- Connect a Device**
Earn 250 pts

MY CARE PLAN [Manage Tracker Cards](#)

- Health Library**
- Sweepstakes**
- Messages**
- Preventive Actions**
4 actions remaining
- Condition Management**
0 actions remaining
- Learn About My Health Risks**
20+ actions remaining
- NEW 0 calories consumed**
Start Tracking My Nutrition
Setup a nutrition tracking device or enter manually, you choose. Start earning points now!

Members can find educational articles, videos and more in the **Learn About Health Risks** section and the **Health Library**. Each item completed earns 25 points in A Healthier You.

Having Trouble? Email AHY@BlueKC.com