

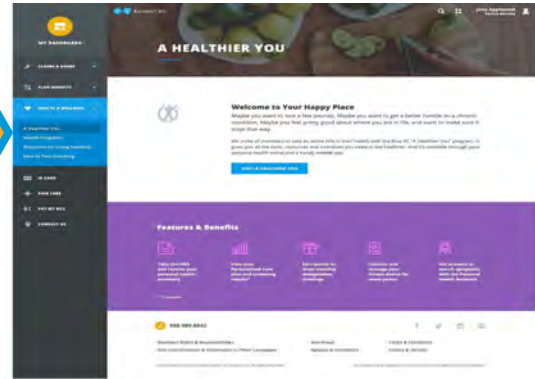
Digital Tobacco Health Coaching

Are you still smoking? Or are you trying to stay quit? Blue Cross and Blue Shield of Kansas City (BlueKC) A Healthier You program offers online digital tobacco health coaching. This program is based on a proven model of change that comes from over 30 years of research and shows you how to change at your own pace. The tobacco cessation program includes an average quit rate of 26% after 3 months.

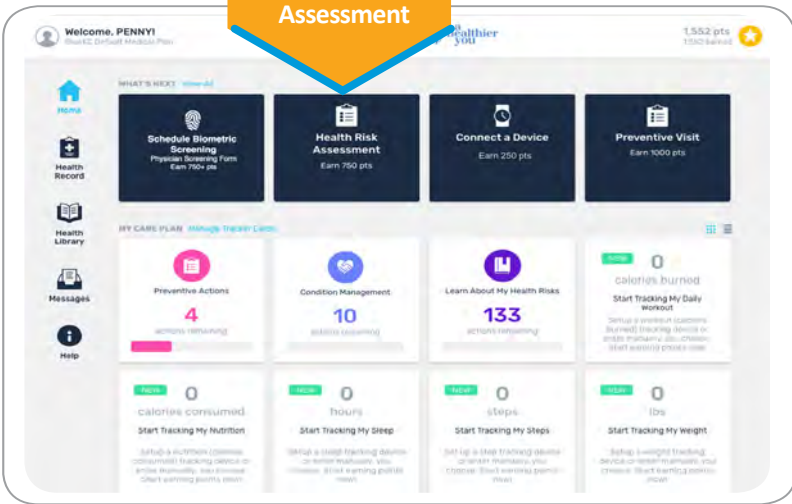
1. Log into MyBlueKC.com from your computer using Google Chrome.



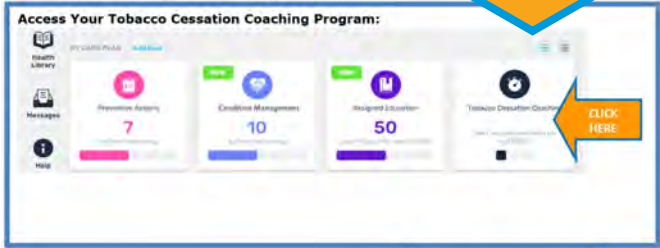
2. Click on Health & Wellness to access A Healthier You.



3. Complete Health Risk Assessment



4. Register for Tobacco Cessation Coaching



- Get Started:**
1. Start on your first coaching session assessment.
 2. New sessions available every 30 days.
 3. Completion of 3 session earns you 500 bonus points.
 - a. Your Tobacco Cessation Coaching Card shows a checkmark and date of each session completed.



*Tobacco Care Plan is triggered upon receipt of Medical/Pharmacy/Lab claims or when member responds they smoke or used to smoke on the Health Risk Assessment

Having Trouble? Email AHY@BlueKC.com