



Kansas City



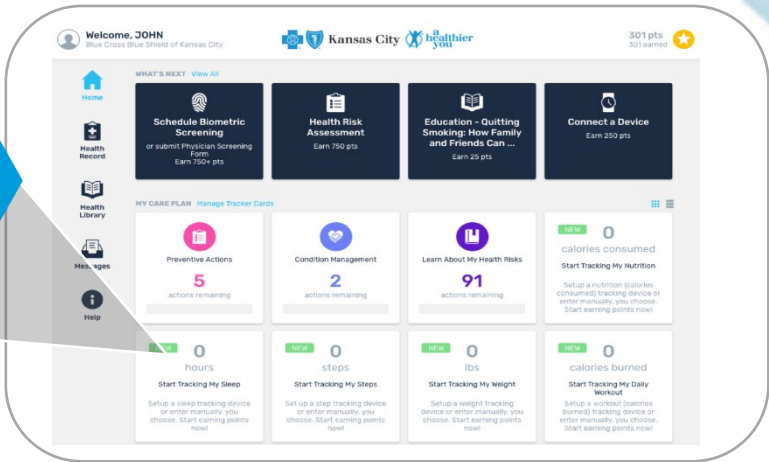
Connect a Device

Devices, Apps and Manual Options to Earn Points

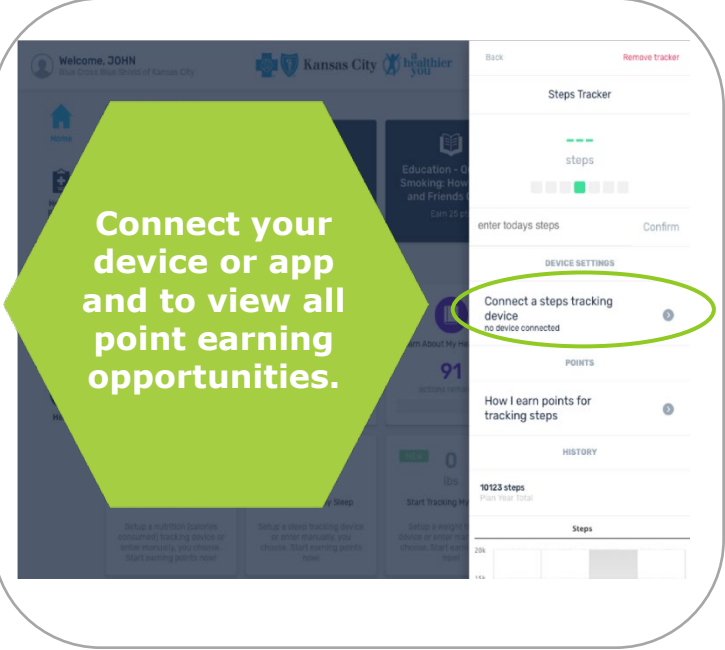
Introducing Tracker Cards! Tracking your lifestyle activity and earning points is now easier than ever!

[Click here](#) for instructions on downloading the AHY mobile app.

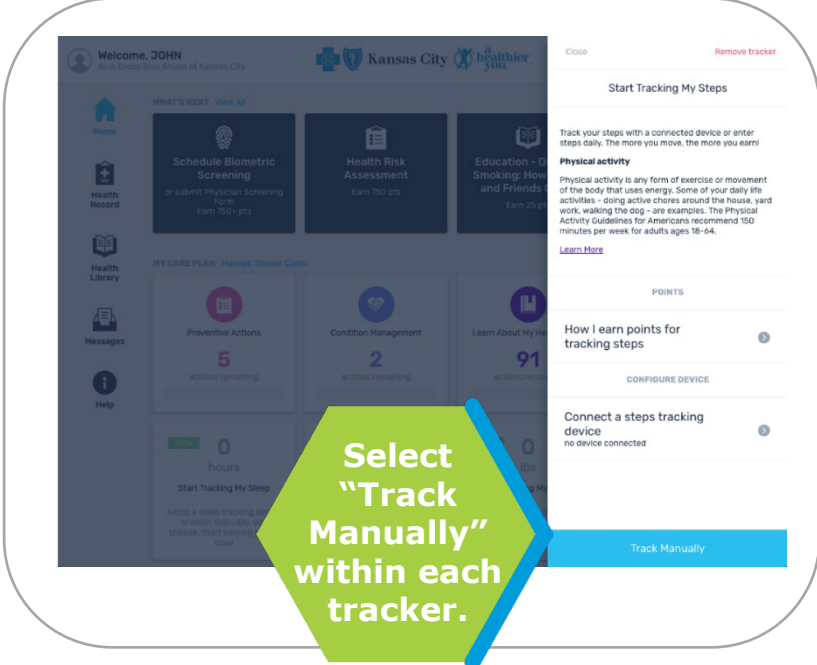
Click on a Tracker Cards to start tracking your activities.



CONNECT A DEVICE



DON'T HAVE A DEVICE?



See Apple Watch Directions on next page

*Daily entry is required if you manually track your steps, sleep, weight, etc.

Having Trouble? Email AHY@BlueKC.com
Visit the Tracking Your Health section of our FAQs on your AHY portal.



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How to connect an Apple Watch to A Healthier You

The Apple watch stores data on Apple phones. Therefore, members can allow access from their phone to share data into A Healthier You.

Step 1

Download the Blue KC A Healthier You App

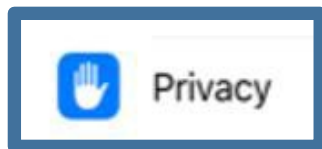
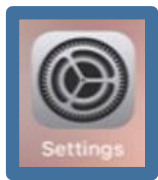
- Register on the app (do this regardless if you have already registered at BlueKC.com)

Step 2

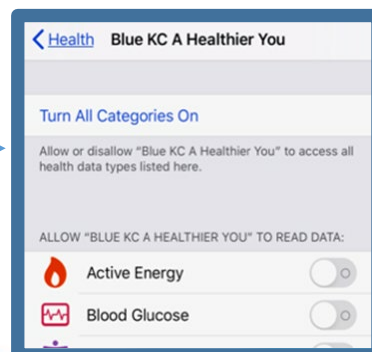
Upon accessing the app, the Apple Health app will pop up and ask to connect. Choose the data you want to share.

To manually connect your Apple Watch data, see information below:

Go to Settings in iPhone, click in Privacy, then find the Health app



Within Health, choose the Blue KC A Healthier You app, then turn on categories of information to share with A Healthier You.



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