

# 2022 A Healthier You District Activities



**A Healthier You. A Healthier Us. A Healthier Blue Valley.**

At Blue Valley, our goal is to give you the tools and resources you need to improve your health while helping to reduce healthcare costs. The voluntary **A Healthier You (AHY)** program is being offered in 2022. Below is a look at the **AHY** district activities. You AND your spouse, if covered under the District's health plan *on or before April 1, 2022*, will need to complete the steps below to avoid payroll deductions (Health Care Fee) in 2023.

**REMEMBER: It is up to you to monitor your progress and complete the AHY district activities by the dates outlined below. Make sure you and your covered spouse check each of your AHY portals regularly!**

Activities	Instructions for You and Your Covered Spouse	Complete by
<b>STEP 1</b> Register on <a href="http://MyBlueKC.com">MyBlueKC.com</a>	<p><b>NOTE: If you/your spouse have already registered on MyBlueKC.com, go to STEP 2, otherwise:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Visit <a href="http://www.MyBlueKC.com">www.MyBlueKC.com</a> (use Google Chrome) OR <a href="#">Download the MyBlueKC app</a> click <b>Register Now</b>.</li> <li><input type="checkbox"/> Follow the online instructions. <b>You will need your Blue KC membership ID.</b> Need help? Call (816) 395-2244.</li> <li><input type="checkbox"/> Once completed, you will receive an email to validate your account.</li> </ul>	As soon as possible
<b>STEP 2</b> Complete the Health Risk Assessment (HRA)	<ul style="list-style-type: none"> <li><input type="checkbox"/> Log in to <a href="http://MyBlueKC.com">MyBlueKC.com</a> OR the <a href="#">My Blue KC app</a> and click <b>Health &amp; Wellness</b>, then <b>A Healthier You</b>.</li> <li><input type="checkbox"/> Visitors may be asked to answer several introductory questions to personalize the program to your needs (<b>this is not the HRA</b>).</li> <li><input type="checkbox"/> On the main screen, select <b>Health Risk Assessment</b>, click <b>Start Assessment</b>.</li> <li><input type="checkbox"/> You <b>MUST</b> click <b>FINISH</b> at the end of the HRA for it to be submitted.</li> </ul>	May 1, 2022
<b>STEP 3</b> Get an Annual Preventive Exam	<ul style="list-style-type: none"> <li><input type="checkbox"/> Schedule your fasting annual preventive exam with your physician.                             <ul style="list-style-type: none"> <li>• Exams performed <b>on or after January 1, 2022</b> will be accepted. <i>NOTE: You do NOT have to wait 12 months in-between exams.</i></li> <li>• Completion of the preventive exam will automatically upload to the <i>A Healthier You</i> portal approximately <u>7 days after</u> the claim has been submitted by your provider <u>and</u> processed by Blue KC. <b><i>No form is necessary.</i></b></li> <li>• Need to find a physician? Contact Blue KC at (816) 395-2244.</li> </ul> </li> </ul>	August 15, 2022
<b>STEP 4</b> Complete the Tobacco Cessation Program (if applicable)	<ul style="list-style-type: none"> <li><input type="checkbox"/> <i>If you/spouse indicated that you are tobacco/nicotine user</i>, sign up for the Blue KC Digital Coaching Tobacco Cessation Program in your <i>A Healthier You</i> portal.                             <ul style="list-style-type: none"> <li>• From the <b>A Healthier You</b> homepage, select the <b>Tobacco Cessation – Get Started</b> button.</li> <li>• 3 sessions are required for completion. Sessions are available <i>once every 30 days</i>.</li> <li>• You are responsible for starting &amp; completing this program by the listed dates.</li> </ul> </li> </ul>	Start by: May 1, 2022  Complete by: July 31, 2022
<b>STEP 5</b> Confirm Completion of All Activities	<ul style="list-style-type: none"> <li><input type="checkbox"/> Click on the gold <b>Blue Valley District Activities</b> button of your <i>A Healthier You</i> portal. When an activity has been completed (approximately <u>7 days after</u> the claim has been submitted by your provider <u>and</u> processed by Blue KC), a check mark and date of completion will appear next to the activity.</li> </ul>	August 15, 2022

**Need Help? Got Questions?** Contact *A Healthier You* at [AHY@BlueKC.com](mailto:AHY@BlueKC.com) or Blue Connect at: (816) 395-2244