

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
STEP 1 Register on MyBlueKC.com	<p>NOTE: If you/your spouse have already registered on MyBlueKC.com, go to STEP 2, otherwise:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Visit www.MyBlueKC.com (use Google Chrome) OR Download the MyBlueKC app click Register Now. <input type="checkbox"/> Follow the online instructions. You will need your Blue KC membership ID. Need help? Call (816) 395-2244. <input type="checkbox"/> Once completed, you will receive an email to validate your account. 	As soon as possible
STEP 2 Complete the Health Risk Assessment (HRA)	<ul style="list-style-type: none"> <input type="checkbox"/> Log in to MyBlueKC.com OR the My Blue KC app and click Health & Wellness, then A Healthier You. <input type="checkbox"/> Visitors may be asked to answer several introductory questions to personalize the program to your needs (this is not the HRA). <input type="checkbox"/> On the main screen, select Health Risk Assessment, click Start Assessment. <input type="checkbox"/> You MUST click FINISH at the end of the HRA for it to be submitted. 	May 31, 2022
STEP 3 Get an Annual Preventive Exam	<ul style="list-style-type: none"> <input type="checkbox"/> Schedule your fasting annual preventive exam with your physician. <ul style="list-style-type: none"> • Exams performed on or after January 1, 2022 will be accepted. <i>NOTE: You do NOT have to wait 12 months in-between exams.</i> • Completion of the preventive exam will automatically upload to the <i>A Healthier You</i> portal approximately 7 days after the claim has been submitted by your provider and processed by Blue KC. • Need to find a physician? Contact Blue KC at (816) 395-2244. 	July 31, 2022
STEP 4 Complete the Tobacco Cessation Program (if applicable)	<ul style="list-style-type: none"> <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"> • From the A Healthier You homepage, select the Tobacco Cessation – Get Started button. • 3 sessions are required for completion. Sessions are available <i>once every 30 days</i>. • You are responsible for starting & completing this program by the listed dates. 	Start by: May 1, 2022 Complete by: July 31, 2022
STEP 5 Confirm Completion of All Activities	<ul style="list-style-type: none"> <input type="checkbox"/> Click on the gold Blue Valley District Activities button of your <i>A Healthier You</i> portal. When a completed activity has been processed, a check mark and date of completion will appear next to the activity. 	August 15, 2022

Need Help? Got Questions? Contact **A Healthier You** at AHY@BlueKC.com OR (816) 395-2121.