

2024 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 2024. Below is a look at the **AHY** district activities. If on or before April 1, 2024 you **AND** your spouse are covered under the District's health plan, you will need to complete the steps below. If completed by Sept. 1, 2024, you will be entered into BVSD drawings in October 2024. No healthcare fee will be assessed in 2024!

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	NOTE: If you/your spouse have already registered on MyBlueKC.com, go to STEP 2, otherwise: <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. 	September 1, 2024
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, 2024 will be accepted. <i>NOTE: One preventive visit per calendar year will be covered.</i> • Completion of the preventive exam will automatically upload to the <i>A Healthier You</i> portal approximately <u>7 days after</u> you receive your EOB <u>and</u> 30-60 days for the claim to be processed by Blue KC. <u>No form is necessary.</u> • Need to find a physician? Contact Blue KC at (816) 395-2244. 	September 1, 2024
STEP 4 Confirm Completion of All Activities	<ul style="list-style-type: none"> <input type="checkbox"/> Click on the gold Blue Valley 2024 District Activities button of your <i>A Healthier You</i> portal. <ul style="list-style-type: none"> • When an activity has been completed (approximately <u>7 days after</u> you receive your EOB & 30-60 days for the claim to be processed), a check mark and date of completion will appear next to the activity. 	September 1, 2024
STEP 5 Earn More Points & Prizes!	<ul style="list-style-type: none"> <input type="checkbox"/> Log into your <i>A Healthier You</i> portal or the MyBlueKC app. <input type="checkbox"/> Complete activities and Connect a Device to earn up to 100,000 points! <input type="checkbox"/> Enter monthly Sweepstakes to win prizes from BlueKC! 	Every month (Optional)

Need Help? Got Questions? Read these [FAQS](#), contact *A Healthier You* at AHY@BlueKC.com or Blue Connect at: (816) 395-2244