



Kansas City



# Take Your Health Risk Assessment Today

Know your risks. With just a few clicks, you can easily complete a Health Risk Assessment by accessing your personalized A Healthier You™ health and wellness portal online.

## Step-by-Step Instructions

1. Visit [MyBlueKC.com](http://MyBlueKC.com).
2. If you are a first time visitor, click on **REGISTER NOW**. Please have your member ID card available to reference.
3. Once logged in, click on **A HEALTHIER YOU**.
4. Once on your portal home page, click on **HEALTH RISK ASSESSMENT** to complete your confidential questionnaire.



**Please Note:** Your HRA must be completed within seven days. After seven days the HRA times out and you must call us to complete the HRA.



5. Review your results and suggestions on how to maintain or improve your health. If you wish, share your results with your personal physician. Remember, your results are not shared with your employer and are intended to assist you in taking steps toward achieving your health goals.

**Having Trouble?** Our staff can help. Call A HealthierYou at 816-395-2121 between 8 a.m. – 5 p.m., Monday – Friday, Central Time.

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