



Kansas City



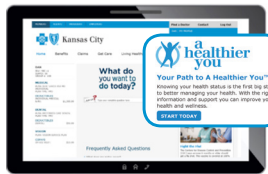
# TAKE YOUR HEALTH RISK ASSESSMENT TODAY

Know your risks. Easily complete a Health Risk Assessment (HRA) by accessing your personalized A Healthier You™ wellness portal online.

**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 for reference.

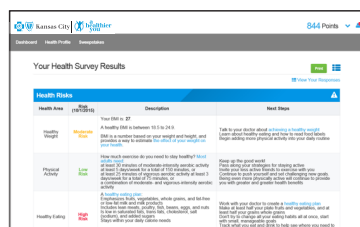
**3** Once logged in, click on **A HEALTHIER YOU**.



**4** Once on your portal home page, click on **HEALTH RISK ASSESSMENT** to complete your confidential questionnaire.

Review your results and personal health summary. If you wish, share your results with your primary care doctor. Remember, your results are not shared with your employer and are intended to assist you in taking steps toward achieving your health goals.

## YOUR RESULTS



## TAKE YOUR HRA ON YOUR COMPUTER, TABLET OR SMARTPHONE!

**START HERE**

Take the Health Risk Assessment



**NOW AVAILABLE TO DOWNLOAD ON THE APP STORE & GOOGLE PLAY STORE**



Blue KC A Healthier You HealthMine Services, Inc.

**HAVING TROUBLE?**  
Call Blue KC Customer Service at the number on your member ID card and we can assist!