

# Returning Users

## MyBlueKC.com and BCBS A Healthier You Portal

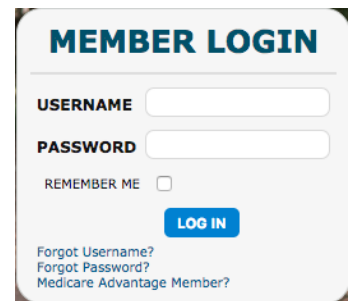
2018-2019 School Year

### Scheduling for Biometric Screenings and Health Risk Assessment

**Step 1:** Go to [MyBlueKC.com](http://MyBlueKC.com)

**Step 2a:** Type in username and password.

**Step 2b:** If you forgot username, select “forgot username” and fill out the following information. Have your BCBS ID nearby to receive your username or password.



**MEMBER LOGIN**

USERNAME

PASSWORD

REMEMBER ME

**LOG IN**

[Forgot Username?](#)  
[Forgot Password?](#)  
[Medicare Advantage Member?](#)

To recover your username, please verify your information below using your member ID Card or call the customer service number listed on your member ID Card.

All fields are required

**ID Number:**   
Enter the ID number found on your Member ID Card

**Suffix:**   
Enter the two-digit suffix found on your Member ID Card.

**Group Number:**   
Enter the group number found on your Member ID Card

**Date of Birth:**   
(Example: MM/DD/YYYY)

**ZIP Code:**

**CONTINUE** CANCEL



#### Lost your member ID Card?

Contact Customer Service at 816-395-3558 or 888-989-8842 Monday through Friday at 8:00 a.m. to 8:00 p.m. Or, send us an [email](#).

**Step 2c:** If you forgot your password, fill out the username, select “forgot password” and a security question will appear

If you have any questions, contact BCBS Customer Service at 816.395.3558 or 888.989.8842 Monday through Friday 8am-8pm.

# Returning Users

## MyBlueKC.com and BCBS A Healthier You Portal

2018-2019 School Year

**Step 3: Once you are logged into MyBlueKC.com select “Go to a Healthier You” on the right side of the screen**

The screenshot shows the MyBlueKC.com Healthier You Portal. On the left, there is a large heading "What do you want to do today?" with a search bar below it labeled "Ask Us?". Below the search bar is a "Frequently Asked Questions" section with several expandable items: "What does my policy cover?", "How to find a healthcare provider", "Physician Screening Option", "Employer Worksite Biometric Screening", and "Taking the Health Risk Assessment". On the right, there is a dashboard with various health metrics and a list of actions under the heading "Visit A Healthier You Portal to:". The actions include: "View personalized health actions", "Connect devices to track your health data", "Earn points to enter monthly sweepstakes drawings", "Complete your Health Risk Assessment", and "Register for a biometric health screening or download the Physician Screening Form (if available through your employer)". A blue button labeled "GO TO A HEALTHIER YOU" is circled in red. Below the actions list is a photo of a person's feet wearing orange sneakers, with a circular logo that says "ENROLL ENGAGE GET A FITBIT ON US".

**Step 4: If this is the first time on the BCBS A Healthier You Portal, a few questions will be asked of you pertaining to your health.**

\*\* This is not the Health Risk Assessment

If you have any questions, contact BCBS Customer Service at 816.395.3558 or 888.989.8842  
Monday through Friday 8am-8pm.

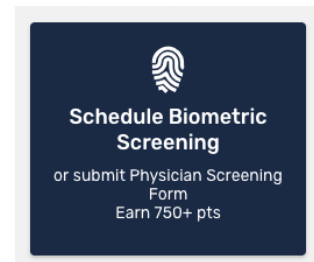
# Returning Users

## MyBlueKC.com and BCBS A Healthier You Portal

### 2018-2019 School Year

### Biometric Screening

**Step 5a: Sign up for the Biometric Screening or find the Alternative Physician Form by selecting the “Schedule Biometric Screening Card” on the homepage**



Biometric Screening

**Step 5b: To view open screening events, select “View Open Events”**

\*\* Once you registered for the event a confirmation email will be sent to the email that is associated with the account.

**The Physician Screening Form is an alternative option for the health screenings. Visit a physician between January 1, 2018- December 31, 2018 and submit as an alternative option.**

#### WHAT CAN I EXPECT AT A BIOMETRIC SCREENING?

You will be asked to step on a scale to collect your weight while also being measured for your height, which will give the technician an estimate of your Body Mass Index (BMI). You will then have a blood pressure cuff placed around your arm to test for the pressure when the heart beats and when it rests between beats.

The tip of your finger will be pricked to obtain a couple of droplets of blood, which will be run through a machine that tests for total cholesterol, the amount of “good” (HDL) cholesterol in your blood, and glucose, the level of blood sugar in your body. If you are required to fast for your test, plan to go without food for 12 hours ahead of time. Drinking plenty of water ahead of time is recommended.

The biometric screening is not intended to replace a doctor’s visit, and any results obtained should be shared with your healthcare provider.

 [View Open Events](#) 

 [Physician Screening Form](#) 

If you have any questions, contact BCBS Customer Service at 816.395.3558 or 888.989.8842 Monday through Friday 8am-8pm.



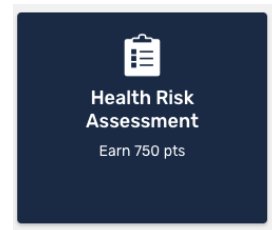
# Returning Users

## MyBlueKC.com and BCBS A Healthier You Portal

2018-2019 School Year

### Health Risk Assessment

Step 6a: Take the Health Risk Assessment by going back to the BCBS A Healthier You Portal homepage and select “Health Risk Assessment”



Step 5b: Select “Start Assessment”

## Health Risk Assessment

This short assessment contains a series of questions designed to help you learn where you are in your health journey. Completing this vital assessment helps you answer questions about your health, understand your risks, and get the tools you need to stay healthy. Click below to get started today!

[Start Assessment](#)

If you have any questions, contact BCBS Customer Service at 816.395.3558 or 888.989.8842  
Monday through Friday 8am-8pm.