

# New User

## MyBlueKC and A Healthier Your Portal

2018-2019 School Year

### Setting Up the MyBlueKC Account, Biometric Screening and Health Risk Assessment

**Step 1: Have your BCBS ID Card nearby, as you will need this to set up your account. Visit to [MyBlueKC.com](http://MyBlueKC.com).**

**Step 2a: If you have not registered for MyBlueKC account, select “Register Now” under Not Registered Yet tab.**

**Step 2b: Fill out the requested information**

\*\*Reminders for the screening will be sent to the email address associated with MyBlueKC.com.

**NOT REGISTERED YET?**

Register now and get access to:

- Personalized coverage details
- Claim history
- Health information
- Cost saving tools

[REGISTER NOW](#)

[Video Tour of the Site](#)

ID Number:	<input type="text"/>		<p>Kansas City Preferred-Care Blue LENNY ACA ID#: YBU13T200015 SUFFIX: 00 GROUP#: 10001000 PLAN: PPO FULLY INSURED EMER ROOM 150.00 URGENT CARE 60.00 OFFICE VISIT 30.00 SPECIALISTS 60.00 IN/OUTPAT 200.00 CUSTOMER SERVICE: 816-395-3558 / 888-989-8842 TOWN: 00388 PCL: A4 GROUP: KCBL PPO R</p>
Suffix:	<input type="text"/>		
Group Number:	<input type="text"/>		
ZIP Code:	<input type="text"/>		
Date of Birth:	<input type="text"/>		
Email Address:	<input type="text"/>		
Re-Enter Email Address:	<input type="text"/>		
	<input type="checkbox"/>	Check here to use your email address as your username	
Create Your Username:	<input type="text"/>	Use between 6 and 50 characters including at least two different types of characters (letters, numbers and symbols) to create your username.	
Create Your Password:	<input type="text"/>	Use between 8 and 20 characters, including at least one letter and one number, to create your password. Your password must be different from your username.	
Re-enter Your Password:	<input type="text"/>		
	<a href="#">CONTINUE</a>	<a href="#">CANCEL</a>	

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

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Step 2c: Once the account is confirmed, select “Go to Homepage”

1. TELL US ABOUT YOURSELF

2. CHOOSE CHALLENGE QUESTIONS

3. CONFIRMATION

If you have any questions contact Customer Service at 816-395-3558 or 888-989-8842 Monday through Friday 8:00 a.m. to 8:00 p.m. Or, send us an email.

[GO TO YOUR MEMBER HOMEPAGE](#)

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

**What do you want to do today?**

Ask Us? Type your complete question here Ask

**Frequently Asked Questions**

- + What does my policy cover?
- + How to find a healthcare provider
- + Physician Screening Option
- + Employer Worksite Biometric Screening
- + Taking the Health Risk Assessment

**Visit A Healthier You Portal to:**

- View personalized health actions
- Connect devices to track your health data
- Earn points to enter monthly sweepstakes drawings
- Complete your Health Risk Assessment
- Register for a biometric health screening or download the Physician Screening Form (if available through your employer)

**GO TO A HEALTHIER YOU**

ENROLL ENGAGE GET A FITBIT ON US

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## MyBlueKC and A Healthier Your Portal

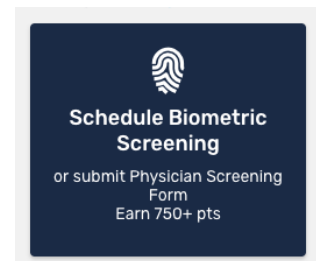
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**Step 4: The first time on the BCBS A Healthier You Portal, a few questions will be asked of you pertaining to your health.**

\*\* This is not the Health Risk Assessment

### 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**



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

\*\* Once you register 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.**

#### Biometric Screening

##### 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](#) >

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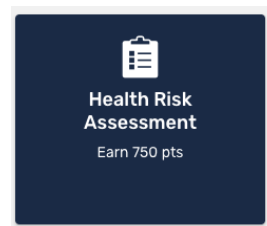
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### Health Risk Assessment

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



**Step 6b: 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](#)

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Monday through Friday 8am-8pm.