BCBS Instructions Forms

**BCBS A Healthier You Portal**

Accessing a Healthier You Portal (English) (link: <http://www.bluekc.com/Content/themes/base/ahytoolkit/documents/2018/AHYTools/HowToAccess-AHY.pdf>)

Accessing a Healthier You Portal (Spanish) (link: <http://www.bluekc.com/Content/themes/base/ahytoolkit/documents/2018/AHYTools/HowToCompleteHRA-Spanish.pdf>)

Forget Username/Password (link: <http://www.bluekc.com/Content/themes/base/ahytoolkit/documents/2018/AHYTools/ForgotUsernamePasswordHelp.pdf>)

Download and Register on the Blue KC A Healthier You Ap for Smartphones (link: <http://www.bluekc.com/Content/themes/base/ahytoolkit/documents/2018/AHYTools/DownloadAndRegisterOnTheAHealthierYouApp.pdf>)

Updating Your Email Address (link: <http://www.bluekc.com/Content/themes/base/ahytoolkit/documents/2018/AHYTools/UpdatingYourEmailAddress.pdf>)

Compatible Devices (link <http://www.bluekc.com/Content/themes/base/ahytoolkit/documents/2018/AHYTools/UpdatingYourEmailAddress.pdf>)

**Screening and Health Risk Assessment Instructions**

How to Register for Onsite Screenings (link: <http://www.bluekc.com/Content/themes/base/ahytoolkit/documents/2018/AHYTools/HowToRegisterForOnsiteScreenings.pdf>)

How to Access the Physician Screening Form (link: <http://www.bluekc.com/Content/themes/base/ahytoolkit/documents/2018/AHYTools/HowToAccessPhysicianScreeningForm.pdf>)

How to Complete the Health Risk Assessment (link: <http://www.bluekc.com/Content/themes/base/ahytoolkit/documents/2018/AHYTools/HowToCompleteHRA.pdf>)