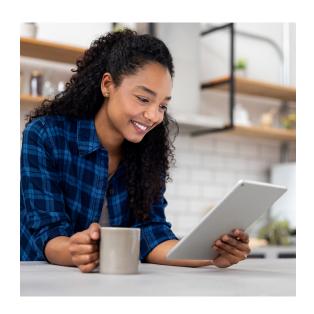


DIGITAL COACHING PROGRAM

Health Coaching

A personalized action plan designed to help members make informed health decisions and develop healthy habits.

As part of A Healthier You™, members have access to coaching programs that are tailored to their health needs. After completing a brief survey, members receive applicable health goals such as managing high blood pressure, cholesterol, tobacco cessation and financial well-being.



How to get started:

Log in to **MyBlueKC.com** and in the left hand menu, click on **Health & Wellness > A Healthier You**. These steps can also be followed in the **MyBlueKC app**.







How to earn points

Digital health coaching programs offer:

- Personalized feedback and tips to help manage specific conditions.
- Consistent and customized engagement to maintain accountability.
- Optional text message reminders.
- Bonus: Earn extra A Healthier You points for completing at least three coaching sessions.



POINTS

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