



Kansas City

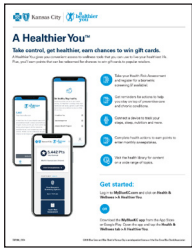


A Healthier You™ Toolkit

A Healthier You gives your employees convenient access to wellness tools they can use to live their healthiest lives. This toolkit includes materials to help you promote this program to your employees as you help them on their health journey.

Please reach out to AHY@BlueKC.com with any questions.

Employee-Facing Materials: Share these materials via email, intranet or print to introduce A Healthier You and its offerings to your employees.



A Healthier You Overview

Promote A Healthier You to your employees.

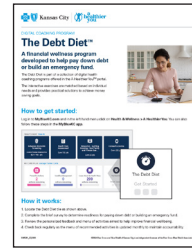
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Health Coaching

Help employees make informed health decisions and develop healthy habits.

[DOWNLOAD](#)



The Debt Diet™

A financial wellness program designed to help pay down debt or build an emergency fund.

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Earn and Redeem Points

An overview of how employees can earn and redeem points.

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Connect a Device

Instructions for connecting a device to increase points earned.

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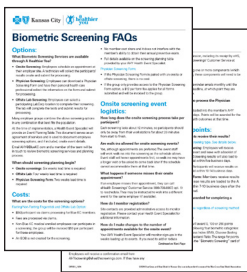


Complete the Health Risk Assessment (HRA)

Instructions for completing the HRA.

[DOWNLOAD](#)

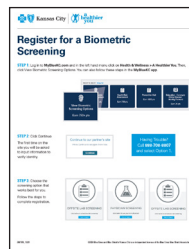
Employer Resources: Use these materials to offer biometric screenings to your employees.



Biometric Screening FAQs

Overview and how to get started.

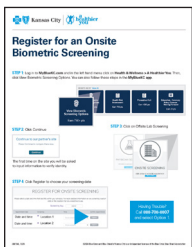
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Register for a Biometric Screening

Instructions to help employees understand their biometric screening options.

[DOWNLOAD](#)



Register for an Onsite Biometric Screening

Instructions for employees to schedule an onsite biometric screening.

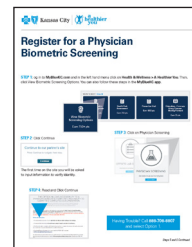
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Register for an Offsite Lab Biometric Screening

Instructions for employees to schedule an offsite biometric screening.

[DOWNLOAD](#)



Register for a Physician Biometric Screening

Instructions for employees to schedule a biometric screening through a physician's office.

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