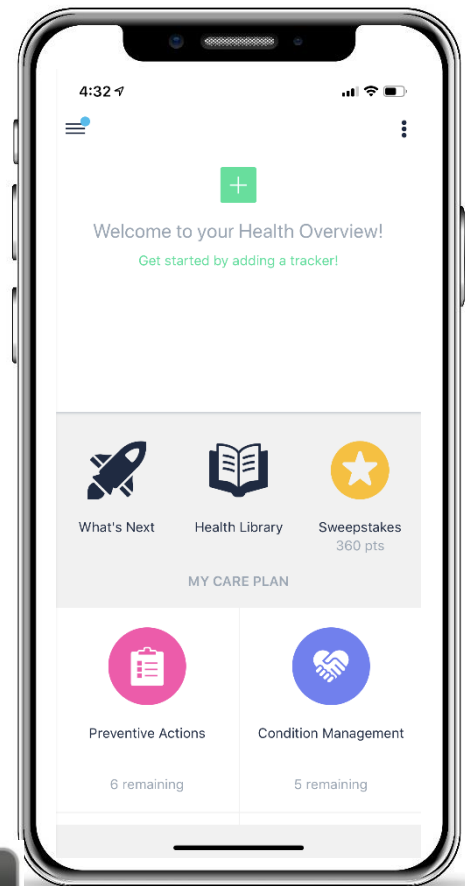


# A Healthier You (AHY) App

The Blue KC A Healthier You app provides easy access to the AHY program on the go and at your fingertips! You can easily access all program features through the app, such as completing your biometric screening registration (if offered by your employer), finish your Health Risk Assessment, connect devices or manually input your data all while earning points! You can even enter monthly sweepstakes using the points you've earned through the App.

**Follow these quick steps to download the App now!**

- 1.** Visit the Apple App Store or Google Play Store
- 2.** Search for the “Blue KC A Healthier You” app by HealthMine Services, Inc.
- 3.** Install and open the App
- 4.** Click Register Now
- 5.** Blue KC Member ID information is required (fields are case sensitive.) Review the terms and conditions and click Accept.
- 6.** View your personal tracking cards, connect devices or track your data manually and begin earning points!



Using an iPhone or Apple Watch to track your steps? For your data to display on the AHY portal you must use the A Healthier You App since this data is stored on your Apple device.

Visit the FAQs on your AHY portal for more information  
**Having Trouble?** Email [AHY@BlueKC.com](mailto:AHY@BlueKC.com)