

Take Your Health Risk Appraisal Step-by-Step Instructions

Most people complete the confidential questionnaire in about 15 minutes. Immediately after completing the questionnaire, you will receive a summary report of your current health status.

Taking Your Online Health Risk Appraisal

Use the Health Risk Appraisal results as a guide to becoming A Healthier You™. Also, be sure to review them with your doctor at your next appointment.

- 1) Visit www.BlueKC.com.
- 2) Click on the “A Healthier You” logo.
- 3) Click on “Health Risk Appraisal (HRA).”
- 4) Click on “If you are not a Blue KC member, you can still take the HRA.”
- 5) You will need your Company’s Blue KC Group ID number
32076000
- 6) Use the drop down box located at the top of the Health Risk Appraisal Questionnaire to select the Spanish version of the HRA.
- 7) Once you have answered all of the questions, click “**Continue.**” On the next page click “**Submit**” to save and finish your Health Risk Appraisal. **Do Not Skip This Step.**

Reviewing Your Results and Printing Your Certificate

Your employer may require that you turn in the completion certificate to be included in an incentive, drawing or other promotion. This is your official confirmation showing that you completed the Health Risk Appraisal and when.

- 1) Review your Health Risk Appraisal and click “**Submit**” at the bottom of the page. This will then display your report.
- 2) Scroll to the bottom of your report and click “**Continue**”. This will then display instructions for using the report.
- 3) Scroll to the bottom of the instructions and click “**Finish**”. This will take you back to the “A Healthier You/My ePHIT” home page. Please allow a couple of seconds for this page to display.
- 4) In the top, right corner of the “A Healthier You/My ePHIT” home page (inside the blue box) select “**Print your completion certificate**” and follow the directions.

Having Trouble? Our staff can help. Call A Healthier You at **816-395-2121** between 8:00 a.m. & 5:00 p.m., M-F, CST.



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