

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 primary physician at your next appointment.

- 1) Visit www.bluekc.com.
- 2) Follow the instructions to LOGIN. If you are a first time visitor, click on **REGISTER NOW**. Please have your Member ID Card available for references.
- 3) Create Username
- 4) Choose Security Image
- 5) Choose Challenge Questions
- 6) Confirmation
- 7) Once logged in, click on **Health Risk Appraisal** from the "My Health Tools" box.
- 8) This will take you to the "A Healthier You/My ePHIT" home page; click **I Accept** to access the "A Healthier You/My ePHIT" home page.
- 9) Click **Take Your HRA** (Health Risk Appraisal) and follow the directions.
- 10) Once you have answered all of the questions, save and finish your Health Risk Appraisal by clicking **Submit** at the bottom of the page. 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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