



Kansas City

An Independent Licensee of the Blue Cross and Blue Shield Association



a healthier you



Optional Physician Health Screenings

Know your numbers. Your path to A Healthier You™ begins with being aware of specific biometric measures, including your body mass index, blood pressure, blood sugar and cholesterol.

As an alternative to attending an onsite health screening event, you can find out these important results by visiting your doctor.

By following the process below, you'll receive A Healthier You™ **My Rewards** points by faxing your completed form to Health Fitness Corporation (HealthFitness) at **866-698-9924**. Remember, your individual screening values will not be shared with your employer.

Alternative Means Screening Option Step-by-Step Instructions

1. Make a health screening appointment with your doctor to check the following:

- ✔ Height
- ✔ Weight
- ✔ Blood Pressure
- ✔ Total Cholesterol
- ✔ Cholesterol Ratio
- ✔ Triglycerides
- ✔ Glucose

2. Prior to your appointment, download the **Alternative Means Screening Form** form by first visiting BlueKC.com.

3. On BlueKC.com, click the **LOG IN** button in the upper right hand corner of the screen, and enter your **Username** and **Password**. If you are a first time visitor, click on **REGISTER**. Please have your Member ID Card available to reference.

A Healthier You™
 Healthy News
 My Health
 My Workouts
 My Assessments
 Family Health Guide
 Cool Tools
 My Settings
 Your Comments
 Health Seminars

tip...

BUILD YOUR CORE WITH STABILITY BALLS
 The use of stability balls can provide an inexpensive, lightweight and fun means of improving core

health HOME



Welcome and thanks for visiting us. Use this site as your personal reference for the latest in health, fitness, and nutrition. Explore the site using the navigation on the left for the [A Healthier You™](#) program.

Get Involved!

Follow these simple steps to participate in the A Healthier You™ program.

1. Learn about the A Healthier You screening [process](#), what to expect and schedule your appointment.

SCREENING scheduler

4. Once logged in, click on **A HEALTHIER YOU** under [Interactive Tools](#). You'll then be sent to your [Health Home](#) page, where you will click on **SCREENING SCHEDULER**.

CLICK HERE

Screenings

HEALTH SCREENING PROCESS

Your first step in the journey towards better health begins with knowing your numbers. Attending your health screening will provide you with the information you need to start living a healthy lifestyle.

ONSITE SCREENING

You may be eligible for an onsite screening appointment if this is offered at your location. The onsite health screening takes approximately 30 minutes to complete, and includes height, weight, blood pressure, waist circumference, body fat and finger stick blood draw for total cholesterol, HDL and glucose.

To schedule an appointment for our onsite screening, [click here](#).

ALTERNATIVE MEANS SCREENING APPOINTMENT (Medical Care Provider Option)

The alternative means screening option allows you the convenience of having your biometrics reported to HealthFitness using the Alternative Means Screening Form.

Simply contact your medical care provider for an appointment, attend your appointment, and have your "authorization to Release Biometric Screening Information" form signed by your medical care provider. Then, fax or mail the form to HealthFitness.

[Download the Alternative Means Screening form.](#)

5. On the next two screens, click on **ALTERNATIVE MEANS SCREENING FORM**.

CLICK HERE

MY HEALTH TOOLS



TAKE ADVANTAGE OF HEALTH TOOLS AND MANAGE YOUR HEALTHY LIFESTYLE.

Blue Cross and Blue Shield of Kansas City (Blue KC) is committed to giving you the resources, tools and services you need to live a healthy lifestyle. My Health Tools helps you review and manage your provider contact information, use health management tools like calculating your target heart rate for exercise, and read relevant healthcare articles and save them for quick reference.

MY BLUE KC DOCTORS...
 Select and manage up to 10 providers to quickly view information including their office location and phone numbers.
[Manage My Blue KC Doctors, Hospitals and Pharmacies](#)

MY INTERACTIVE TOOLS
 Select and manage up to 10 health tools for quick reference. Tools are available to help you with health and fitness, lifestyle checkups and pregnancies.
[Manage My Interactive Tools](#)

ALTERNATIVE MEANS SCREENING
 The alternative means screening option is available if you are unable to attend or your employer doesn't offer an onsite screening event. Simply print the form below, have your doctor complete all fields and fax to the number listed on the form. Please remember if any items are left blank or unsigned by your doctor, [this form will be considered incomplete.](#)
[Alternative Means Screening Form](#)

6. Simply print the form, have your doctor complete ALL fields and fax to the number listed on the form. Please remember if any items are left blank or unsigned by your doctor, this form will be considered incomplete.

CLICK HERE

Having Trouble? Our staff can help. Call A Healthier You at 816-395-2121 between 8 a.m. - 5 p.m., Monday - Friday, Central Time.

