1) Go out to www.BlueKC.com

2) Log in to your account. *If you have not logged in since August 1, 2009, you will need to “REGISTER NOW.”*

3) Begin completing registration **Step 1: Verification** by entering in your card information. (There are not letter O’s on your member ID card, only ZEROs.)

4) **Continue with registration steps 2-5.** While completing **Step 2: Create Username**, ensure that your password contains both letters and numbers and is at least eight characters.

**SECURITY CHALLENGE QUESTION 1**

**Question:**

What is the name of the high school from which you graduated?

**SECURITY CHALLENGE ANSWER 1**

**SECURITY CHALLENGE QUESTION 2**

**Question:**

What is your grandmother’s first name?

**SECURITY CHALLENGE ANSWER 2**

**SECURITY CHALLENGE QUESTION 3**

**Question:**

What is your pet’s name?

**SECURITY CHALLENGE ANSWER 3**

*Instructions are continued on the back of this page.*
5) **After Step 5 – Confirmation, click on the button, “Go to your member home page.”**

6) **Once you are logged in, on the right side of the screen you will see “MY HEALTH.” Click on the Featured Health Tool “Health Risk Appraisal.” (Do not complete this step until after your annual health screenings)**

7) A disclaimer will appear, check the box unless you want the message to appear each time then click “Continue.”

8) **Your “A Healthier You” screen will now come up. In the column on the left side of the page, click on “Take your HRA.”**

9) **Click “I Agree” in the center of the box that pops up.**

10) **Fill in the questions regarding gender and smoking and then press enter located at the bottom of the page.**

11) **The rest of the questions are all on one page. DO NOT use the back button, back space or enter. When you are finished with the questionnaire, press the “Continue” button.**

12) **If everything is correct, click “Submit.” If there are questions you have missed and would like to go back and answer, click “Yes.”**

13) **You should now receive your HRA Profile and Wellness Score. Be sure to print off your HRA report for your files.**

14) **Click “Continue” at the bottom of your profile page. The page that comes up is confirmation that you completed the HRA. Please print this for your records, even if not required by your employer.**

**Call A Healthier You™ at 816-395-2121 between 8 a.m. & 5 p.m. Monday through Friday CST if you have problems getting into the Web site or completing the HRA. Our team will be happy to assist you.**