



## How to Earn Your 2024-25 Wellness Incentive

Center School District Employee Blue Cross/Blue Shield Members are rewarded for healthy behaviors, such as being tobacco-free and getting preventive exams. Participation is voluntary; however, all employee-members that complete the wellness incentive requirement by May 1, 2024 are eligible for a \$50 monthly wellness incentive to be added to the Board of Education-paid portion of health insurance premiums for the year beginning July 1, 2024.

**To earn the incentive, simply achieve 3,250 points in your “A Healthier You” portal at [mybluekc.com](https://mybluekc.com). Login to begin earning points on or after July 1, 2023.\* Detailed information and links to forms are available at [www.58fitness.com](https://www.58fitness.com).**

ALL BLUE KC-MEMBER EMPLOYEES ARE ELIGIBLE TO PARTICIPATE IN THE WELLNESS PROGRAM, REGARDLESS OF TOBACCO USE AND CURRENT WELLNESS STATUS.

There are many ways to earn 3,250 points available within your portal and can be customized based upon your health risks and interests.\* When safety allows for in-person events, we will provide them; however, all points may also be earned virtually within the MyBlueKC.com portal.

- Onsite health screenings (750-1500 pts possible): biometric screenings will be available at all school buildings in the fall.
- Online Health Risk Assessment/HRA (750 pts): complete the confidential HRA within your portal. This gives you information about managing your own health risks and also provides your crisis, safety and wellness committee with an aggregate report (no personal information is shared) to help provide onsite programming and educational opportunities most relevant to you.
- Preventive Physical (1000 pts): BlueKC will cover one preventive physical at 100% each calendar year. Annual physicals do not have to be 365 days apart, but each must occur in its own calendar year.
- Preventive Health: Earn points for preventive health actions such as vaccinations and mammograms.
- Fit 58 Center Education Foundation 5K or 1 Mile Fun Run/Walk on Saturday, October 7, 2023 (500 pts): Run, walk, or volunteer for the event to earn points. Register at [www.center5k.com](https://www.center5k.com).
- Multiple options for earning points are offered in your MyBlueKC portal, including digital health coaching, device pairing, educational courses, videos, challenges and more.

Additional challenges and educational opportunities will be added. This is not a comprehensive list.

Your privacy is important. It's also protected by law. Please know that the only person that will know or needs to know your screening and HRA results is you. We will only know that you achieved the required number of points and will never know how the points were achieved.

We understand that you may have questions. Michelle Kruse will supply detailed instructions and dates/times for onsite screenings/flu shots, as safety allows, via email and the wellness website, [www.58fitness.com](https://www.58fitness.com).

**Michelle Kruse**

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816.349.3339 or 913.515.2894

*\*Participation in the incentive entails accepting the user and privacy terms on your portal upon registration (first time users only) to gain access to the A Healthier You portal. Once registered, employees can participate in activities of their choice to earn points towards a wellness incentive. Points for the completion of preventive exams and other health related activities are automatically awarded based on claims data. Use of the portal is voluntary. If you have yet to register as a member on the portal (as a first time user or if your portal has been reset) and would like an alternative way to earn the wellness incentive, please contact Michelle Kruse, by September 15, 2023.*