



Kansas City



a healthier
you

YOUR ON DEMAND HEALTH SEMINARS ARE READY!

FIRST QUARTER 2016



SEMINAR TOPICS



Quitting Tobacco



Your Health Action Plan

Small steps to big changes



Well-Being

The many ways to look at health

Participating in one-hour, on-demand health seminars is easy. Follow these step-by-step instructions to sign up, and learn how to make healthy choices that can reduce your health risks. New topics are added each quarter!

1. Visit MyBlueKC.com.
2. If you are a first time visitor, click on **REGISTER NOW**. Please have your member ID card available to reference.
3. Once logged in, click on **A HEALTHIER YOU**. Once on your portal home page, click on **HEALTH SEMINARS**.
4. Once on your [Health Seminars](#) page, view the available on-demand seminars. Click on the seminar you are interested in watching and view it right from your member home page.



To successfully complete the webinar, you must watch all slides and complete the survey at the end.

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

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SECOND QUARTER 2016



SEMINAR TOPICS



Heart Healthy Living

The beat goes on



Managing Stress

Before it manages you



Blood Pressure

A vital force of life

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THIRD QUARTER 2016



SEMINAR TOPICS



Healthy Lunches



Flu Prevention

Steps to stay well



Walking

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FOURTH QUARTER 2016



SEMINAR TOPICS



Sleep

Wake up to good health



Financial Well-Being

Small steps to fiscal fitness



Depression in America

Understanding its impact

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