



Kansas City



Self-Directed Coaching

A Healthier You™ online self-directed coaching supports your goals – on your time.

Personal, confidential, convenient, and non-judgmental, **A Healthier You** online self-directed coaching gives you a **personalized plan and support** combined with the motivation and self-confidence to overcome barriers to your success.



View the topics below and decide how you want to improve your overall health and wellness. Then, **log on** to your **A Healthier You** wellness portal on MyBlueKC.com, and click **A Healthier You** then **Self-Directed Coaching** on the left-hand side of your screen.

Self-Directed Coaching Offers...



Consultations - Your consultation is to help us get to know you.



Tools - Your tools are everything you need to help you complete your plan.



Planning - Your plan is a comprehensive road map to get you from where you are to where you want to be.



Check-ins - Your check-in evaluations will tell us how you are doing and if your plan has worked for you.

Self-Directed Coaching Can Help You...

- Manage weight
- Be more active
- Eat healthier
- Deal with stress
- Quit smoking
- Be happier
- Sleep better
- Stop binge eating
- Lower my blood pressure
- Lower my cholesterol
- Manage chronic conditions
- Manage diabetes
- Manage back pain
- Manage chronic pain

Continued on back.

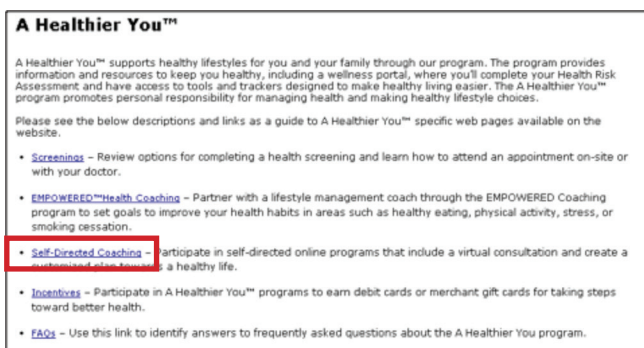
Step-by-Step Instructions

1 Visit MyBlueKC.com. If you are a first time visitor, click on **Register Now**. Please have your member ID card available to reference.

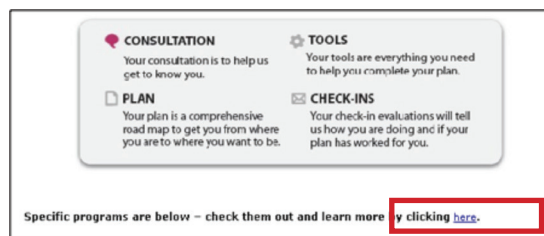
2 Once logged in, click on **A Healthier You**. Once on your portal home page, click on **A Healthier You** from the menu on the left.



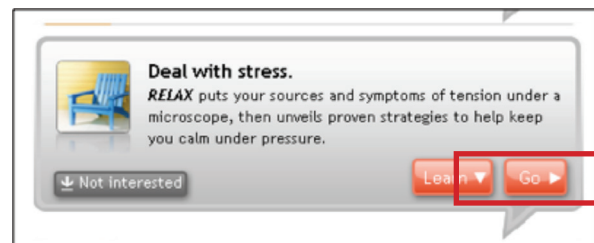
3 Click **Self-Directed Coaching**.



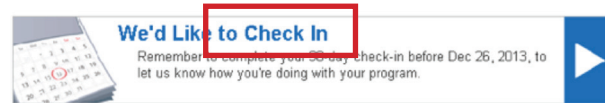
4 Another screen will appear, click **Here** to view specific programs.



5 Choose your program and click **Go** to begin a program.



6 Remember to **check in by completing a follow-up survey** within the self-directed coaching program:



MyBlueKC.com



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

LIVE FEARLESS™ Blue Cross and Blue Shield of Kansas City is an independent licensee of the Blue Cross and Blue Shield Association.

The self-directed coaching 30, 90 and 180 day surveys are available for two weeks each.