

Blue KC's health and wellness incentive program.

Points to Blue

Start Earning Points!

REWARD YOURSELF IN HEALTH

Blue Cross and Blue Shield of Kansas City (Blue KC) and **A Healthier You**TM created Points to Blue to reward members for participation in the A Healthier You program and other wellness activities.



A Healthier You Activities¹

Online Health Risk Appraisal (HRA)	10,000 points ²
A Healthier You Health Screening	10,000 points
Nutri-Wise High Gear Class Series	25,000 points
Lifestyle Telephonic or Face-to-Face Coaching	5,000 points
Cultivating a Stress-Resilient Life	25,000 points
Tobacco Free and Healthy Class Series	25,000 points
A Healthier You One-Hour Health and Wellness Class or Webinar	5,000 points
Nutri-Wise Class Series	25,000 points
Weigh-To-Go Class Series	25,000 points
A Slimmer You	7,500 points

Preventive Care³

Annual Physical Exam	10,000 points
Colonoscopy	20,000 points
Dental Exam	5,000 points
Retinopathy Exam for Patients with Diabetes	2,500 points
Flu Shot	1,000 points
Mammogram	10,000 points
Well Woman Exam/Pap Test	10,000 points



BlueCross BlueShield
of Kansas City

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¹ These **A Healthier You** activities may not be available to all members. Your employer will provide information on the classes and programs to be offered at your worksite.

² Allow 7-10 days for HRA points to post to your Points to Blue Account.

³ These preventive care activities are awarded only one time per calendar year.



Points to Blue

Sports

Baseball	Road Cycling
Basketball	Rowing
Boxing	Rugby
Disc Golf	Soccer
Flag Football	Softball
Golf	Tennis
Gymnastics	Ultimate Frisbee
Handball	Volleyball
Lacrosse	
Martial Arts	
Racquetball	

Fitness

Aerobics Class	Stationary Bike
Boot Camp	Strength Training
Dance	Stretching
Elliptical	Swimming
StairMaster® or StepMill®	Walking
Home Workout DVD	Wii Fit™
Indoor Cycle Class	Yoga
Pilates	
Running	

Lifestyle Management

Day Spa
 Massage Therapy
 Meditation

Employer Sponsored Activities

KC Corporate Challenge
 National Walk at Lunch
 Corporate Walking Program

Educational

Self Defense Class
 Cooking Class
 Health Promotion Class
 Wellness Webinar

Weight Management & Nutrition

Biggest Loser™	Slim 4 Life/SlimGenics®
Body for Life	The Zone®
E-Diets	Weight Management Classes
Eating Clean	Weight Watchers®
Jenny Craig®	
South Beach Diet®	

House/Yard

Exterior/Interior Painting	Push Mowing
Gardening	Raking
Heavy Labor	Snow Removal
Housework	

Races

Half Marathon	Full Marathon
10K Race	Triathlon
5K Race	Olympic Lifting Competition
Bike Race	

Outdoor Activities

Hiking
 Snow Skiing
 Snowboarding
 Rock Climbing
 Roller Blading



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