

Avila University Wellness Incentive

The Avila University Wellness Program is designed to encourage and reward employees for taking proactive steps to maintaining a healthy lifestyle and identifying health risks before they become serious health conditions. All wellness initiatives are designed to support our commitment to employee's health and wellbeing. Our submission process for the 2024 form has been simplified through our medical carrier Blue Cross and Blue Shield of Kansas City and the A Healthier You Portal. Please review the information and deadline date to ensure you do not miss your opportunity to reduce your medical costs in 2025!

- *Medically enrolled Avila employees - \$30.00 per month discount*
- *Medically enrolled spouses - \$20.00 per month discount*
(The maximum discount an employee can receive is \$50.00 per month.)

EMPLOYEE ACTION STEPS:

1. Register at MYBLUEKC.COM

- ✓ You will need your BlueKC member ID card

2. Log onto A Healthier You Portal from mybluekc.com

3. Request a Physician Screening Form (PSF)

- ✓ Log onto AHY Portal
- ✓ Click first box "Schedule Biometric Screening"
- ✓ Click on Physician Screening Form Link
- ✓ Enter any needed information (email address)
- ✓ Click to select "Physician Screening" then click continue
- ✓ Complete the consent form
- ✓ **A Physician Screening Form will be sent to the email address on file within one business day. Please read the directions in the email to access your form, as the password to open the form is contained in the email.**

4. Take your PSF to your annual exam

- ✓ Undergo a preventive health exam with a licensed medical physician any time between January 1, 2024, and November 30, 2024. Please note if your exam is with an in-network provider there is no cost to you.

5. Submit your Physician Screening Form by November 30, 2024.

- ✓ The form can be submitted in 3 ways:
 - Email: AHYscreening@ehealthscreenings.com
 - Fax: 210-899-1227
 - Upload Document:
 - From the A Healthier You homepage, click on the "biometric screenings" card
 - Click "Physician Screening"
 - In the new window, select "Upload Form" button

If you have any questions please feel free to contact A Healthier You at AHY@Bluekc.com.