

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 is consistent with last year's process and 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 2027!

- *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. Once logged to MyBlueKC.com in, click on Health and Wellness, and then A Healthier You

3. Onsite Biometric Screening:

- ✓ Avila will be bringing an onsite screening event to you.
- ✓ This onsite screening only takes 10-15 minutes, and you will receive your results before you leave the event.
- ✓ [To register for an appointment, see these directions](#)
- ✓ **Alternative:** If you are unable to attend the onsite biometric screening, you may use our physician screening form option at your Primary Care Provider. [See directions here.](#)
 - **Submit your Physician Screening Form by November 30, 2026.**
 - 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.