



# HELP WHEN YOU WANT MORE DAYS LIKE THIS

## Behavioral Health Services FOR THE WHOLE YOU

No matter what you're facing, the right treatment is the key to getting back in control. Mindful by Blue KC services include:



### Well-Being Resources

Get help with major life events (i.e. divorce), stress, financial issues, childcare and other everyday challenges.

(for short-term therapy only and accessible as part of your Well-Being Resources).



### Online Therapy

Text or schedule a live chat, phone or video therapy session for help with conditions like depression, anxiety and stress.



### Blue KC Virtual Care App

Schedule a video visit with a behavioralhealth therapist right from the comfort of home.



### Online Self-Guided Tools

Find helpful tools to address depression, anxiety, stress, substance use, chronic pain, sleep challenges and more.



### Expedited Access Network

Team support to find the earliest possible behavioral health appointment if you are experiencing a crisis.



### Managed Behavioral Health

Get help identifying in-network providers by type and specialty that best for your behavioral health needs.

## EVERYTHING STARTS WITH A MINDFUL ADVOCATE

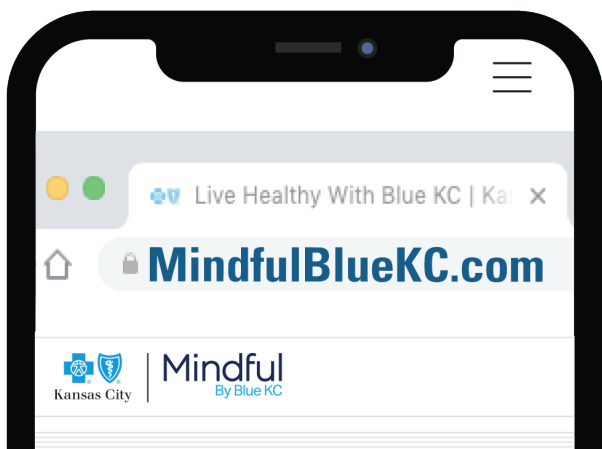
Our licensed behavioral health clinicians match members to providers and guide care plans. They're your single point of contact for:

- Listening
- Crisis management
- Connecting you to care
- Navigating care
- Benefits guidance
- Follow-up

## FOR HELP OR INFORMATION ABOUT YOUR SERVICES TALK WITH A MINDFUL ADVOCATE 24 HOURS A DAY, 7 DAYS A WEEK.

**833-302-MIND (6463)** or call the behavioral health number on the back of your member ID card

MindfulBlueKC.com



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