



Behavioral Health Services

Behavioral health refers to the relationship between your behavior and overall well-being.

Your behavioral health impacts your ability to function in everyday life and your concept of self.

Stress, depression, anxiety, substance use and other behavioral health issues can affect how you manage your physical health and daily living challenges. By understanding the connection between mind and body, it's easier to manage your health and well-being.



It All Starts With a Mindful Advocate

In a unique role exclusive to Blue KC health plans, there is a Mindful Advocate available 24/7.

Mindful Advocates are licensed behavioral health clinicians who can help members access tools including in-person, text, online therapy and virtual visit options specific to the members' behavioral healthcare needs:



In-the-moment support



Help locating and referring to in-network providers



Care navigation



Help connecting to expedited treatment options in crisis situations

Mindful by Blue KC is a behavioral health initiative dedicated to reducing the stigma around behavioral health in our communities while making care more accessible and affordable.

Learn more at [MindfulBlueKC.com](https://www.mindfulbluekc.com).

For a mental health emergency, call 988 or 911.

Match to the right care and services:

Call 833-302-MIND (6463) or call the behavioral health number on your member ID card.

For details about your coverage, please review your Blue KC certificate, which outlines the benefits, exclusions, responsibilities, rights and other important information related to your health insurance plan. To view your current Blue KC contract/certificate, or to print a copy of your Summary of Benefits and Coverage, visit [MyBlueKC.com](https://www.MyBlueKC.com) and click on Plan Benefits.

For costs and further details of the coverage, including exclusions, any reductions or limitations and the terms under which the policy may be continued in force, see your insurance producer or write Blue KC.