



24/7 Access to Virtual Care Online or Mobile Doctor Visits

Virtual care is not for emergencies. If you have a serious medical concern, go to the emergency room or call 911.

Urgent or Sick Care Needs

Get care wherever you are for common medical issues by streaming a live visit directly online or on your mobile device.

We can treat common medical issues:

COVID-19	Pink Eye
Sinus Pain	Nausea, Vomiting, Diarrhea
Mild Asthma	Bumps, Cuts, Scrapes
Mild Allergic Reactions	Coughs, Sore Throat
Minor Headaches	Eye Swelling, Irritation, Redness or Pain
Burning with Urination	Minor Fevers, Colds
Cold Sores	Rashes, Minor Burns
Sprains, Strains	

Why Use Virtual Care?

- Short wait times
- Meet with licensed, U.S. board-certified physicians and behavioral healthcare providers
- Feel safe with private, secure, HIPAA-compliant tool
- Rest assured if you are traveling and need care quick
- Works with your device's camera
- Get the care you need – including some prescriptions*
- Save on drive time
- Pay much less than going to emergency room

Behavioral Healthcare

Find behavioral therapy** and medication support by scheduling your session with a psychologist or counselor.

Behavioral healthcare services treat:

Anxiety	OCD
Bereavement/Grief	PTSD/Trauma
Bipolar Disorder	Panic Attack
Depression	

Start an Appointment

Step 1: Download the **MyBlueKC mobile app** or visit [MyBlueKC.com](https://www.MyBlueKC.com).

Step 2: View a list of available doctors, their experience and ratings, and select one.

Step 3: Create an account using your Blue KC member ID card for reference.

Access 24/7 virtual care:

Visit [MyBlueKC.com](https://www.MyBlueKC.com) or download the MyBlueKC mobile app. Have your Blue KC member ID card handy.



MyBlueKC.com



MyBlueKC mobile app

* Blue KC does not guarantee a prescription will be written. ** Affordable visits based on your plan's benefits. Costs can vary for behavioral healthcare provider type.

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.