



## Chronic Condition Management

### Here to help you manage your condition every step of the way.

If you live with a chronic condition, you're not alone. Chronic conditions affect about six in 10 American adults\*. With support from Blue KC, you can learn how to avoid potential problems and keep your health problems from getting worse.

### We're Here to Help With Your Health Journey

Our dedicated, in-house registered nurses provide specialized support based on your condition and help you stay on track with care reminders. Our in-house social workers and Community Health Workers help members with chronic conditions that address social determinants of health involving access to food, transportation and more, which can pose additional challenges.

#### Chronic condition management supports conditions like:

- Asthma (including Pediatric Asthma)
- Chronic Kidney Disease (CKD)
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes (including Pediatric Diabetes)
- Heart Disease
- Heart Failure
- High Blood Pressure

### Registered nurses can assist with your conditions.

It's easy to connect with a registered nurse with the **Blue KC Care Management app**. This app is available at no additional cost and allows you to:

- Keep a diary of your symptoms
- Set daily reminders to take medications
- Read helpful articles about your condition and healthcare coverage
- Chat with a registered nurse to help you coordinate care

### How To Get Started:

**Step 1:** Using your mobile device, search for **Blue KC Care Management** in the App Store or Google Play, or scan the QR code below to download the Care Management app.

**Step 2:** When prompted, use access code **khelppwelcome**.

**Step 3:** Create an account.

**Step 4:** Follow the instructions to set up your account.

### Contact our team of chronic condition clinical professionals:

Call 816-395-2060, email [Care\\_Management@BlueKC.com](mailto:Care_Management@BlueKC.com), or download the Blue KC Care Management app and use access code **khelppwelcome**.



Blue KC Care Management

\* CDC National Center for Chronic Disease Prevention and Health Promotion: About Chronic Diseases | Chronic Disease | CDC

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.

**NOTE:** The Member Guide provides a general overview of services and benefits that may be included in some Blue KC health plans. Because coverage details can vary, we encourage you to review your specific plan documents for accurate information. For details about your coverage, please refer to your Summary of Benefits and Coverage (SBC) by visiting [MyBlueKC.com](https://www.mybluekc.com) and clicking on **Plan Benefits**.