Thank you for choosing a **Blue Cross and Blue Shield of Kansas City** (Blue KC) health plan with exclusive access to nine **Spira Care Centers** across the Kansas City metro.

WELCOME TO Kansas City | SPIRA CARE™

SPIRA CARE

Experience primary care designed to make your family's healthcare simpler, more convenient, and more affordable.[1]

What is Primary Care?

Also known as family medicine or general practice, primary care helps you manage your long-term health and takes care of your routine healthcare needs.

Services at Spira Care Centers

- Sick Care
- Minor Injuries[2]
- Wellness Appointments (also known as annual physicals or checkups) for Infants, Kids, Teens, and Adults
- Immunizations[3]
- Behavioral Health Support
- Diabetes Care Management
- Comprehensive Medication Management
- On-Site Digital X-Rays and Routine Lab Draws[3]
- In-Person and Virtual Appointments

Call today to schedule an appointment at Spira Care 913-29-SPIRA (77472).

Are you already a patient at Spira Care? Visit **MySpiraCare.com** to schedule online.

Want to know more?

Visit SpiraCare.com/PatientResources

Check out the Spira Care Patient Resources page to find information about Spira Care Teams, services, and more!

Our goal is to make it easy to get the care you need when you need it.

SPIRA CARE™

Why choose Spira Care?

Whole-family scheduling

With one call, schedule appointments for infants, kids, teens, and adults in your family. Established patients can schedule online using the patient portal.

Help navigating your healthcare options

We have longer hours than you might expect, Saturday availability at most Care Centers, and an on-call provider for after-hours guidance.

If you have questions about your symptoms, your health, or deciding next steps, our Spira Care Team is just a call away during business hours. A team of registered nurses can help triage your symptoms, schedule a same-day or next-day appointment at your Spira Care Center if needed, or help you decide where to go for care within your plan's network.[4]

For emergencies, call 911. For mental health crises, call/text 988.

Simple, transparent costs[1]

All services provided within Spira Care Centers are offered at no additional cost.[1] This includes preventive care, sick visits, digital X-rays, routine labs, behavioral health consultations, and more.

Stay connected

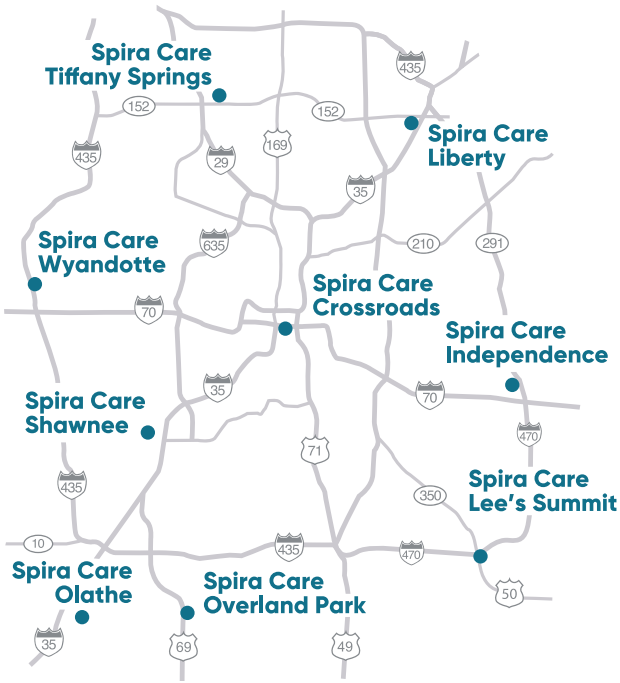
Use the Spira Care Patient Portal at **MySpiraCare.com** or **athenaPatient app** to message your Spira Care Team, schedule an appointment, refill prescriptions, check in for your visit early, and access medical records.

Want to know more?

Visit SpiraCare.com/PatientResources

Check out the Spira Care Patient Resources page to find information about Spira Care Teams, services, and more!

Nine locations across the KC metro.



Call 913-29-SPIRA (77472) to schedule an appointment today!

Same-day, next-day, evenings, and Saturday appointments at most locations[4]

Call Us First!

Not sure where to go for non-emergency care? Call Spira Care first — we're here to help.

913-29-SPIRA (77472)

[1] Blue KC members enrolled in plans (without a Health Savings Account) with exclusive access to Spira Care Centers will have no additional cost for any appointment or service provided at a Spira Care Center. 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.

[2] Your health coverage through any of the Blue KC health plans cannot be used for an on-the-job or work-related injury or illness.

[3] All services provided at Spira Care Centers are based on your primary care needs only and must be ordered by a member of the Spira Care Team. This includes digital x-rays, routine labs and immunizations. Digital X-rays are available at all Spira Care locations, except Lee's Summit and Liberty. We do not accept or facilitate orders from outside providers.

[4] Appointment availability varies based on demand and capacity at each Care Center location on any given day.

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