

IMPORTANT INFORMATION

Blue KC would like to inform you of some updates that may impact your plan. For your convenience, we have provided you with a summary of these changes.

FIND CARE & SMARTSHOPPER

Blue KC introduced a new **Find Care** experience on our member portal, MyBlueKC.com in 2022. Find Care is a self-service, cost-sharing estimate and price comparison tool. Members are able to view providers in their network and compare cost of services including member responsibility, out of pocket, deductibles, and underlying provider costs. Find Care also features **SmartShopper**, a program where eligible members can earn cash rewards for choosing a SmartShopper-eligible provider for routine procedures, preventive exams, imaging scans, and scheduled surgeries. This innovation continues our commitment to cost transparency and cost savings.

**SmartShopper is not available for ACA products at this time.*

MINDFUL BY BLUE KC

Blue KC is dedicated to thinking differently about coverage and care, enhancing the behavioral health services provided in member health plans. Mindful by Blue KC is a behavioral health initiative dedicated to addressing access and reducing stigma to support the behavioral health needs of our members.

Our members have access to a variety of tools to address depression, anxiety, substance use, and everyday challenges. By calling one number and speaking to a Mindful Advocate, who's available 24/7, members can get in-the-moment support and care navigation, help locating and referring to in-network providers, or help connecting to expedited treatment options in crisis situations. We want to educate and assist members so that they get the right care when they need it. For more information, visit www.MindfulBlueKC.com.

Other behavioral health resources for Blue KC members include:

- **Online self-guided tools.** Unlimited access to resources to manage stress, improve mood, cope with crisis, and more.
- **Employer Group Workshops.** Access a [full catalog](#) of training sessions designed to educate employers and employees on various behavioral health topics and support for HR teams in connecting employees to resources through the Mindful Advocate. Additionally, we offer Mental Health First Aid for youth and adults.
- **Virtual Care by Appointment.** Access to a network of therapists trained and licensed in virtual care therapy techniques providing scheduled therapy visits, medication management, and specialty services like psychiatry. *Normal cost-sharing and out-of-pocket maximum limits apply.*