



CARE
LIVES
HERE

Getting the right care, at the right place, at the right time is not only vital for your health – it can save you time and money. We wanted to remind you of the best options for your primary and sick care needs. We've also included a magnet so you can keep this information handy.

ADDITIONAL CARE OPTIONS

VIRTUAL CARE

Virtual care is a fast and convenient way to see a doctor and does not require an appointment. You can access virtual care for needs such as colds, pink eye and the flu. To speak to a doctor on your mobile device or PC, visit [BlueKCVirtualCare.com](https://www.BlueKCVirtualCare.com).

BEHAVIORAL HEALTH

As a Blue KC member, you have access to a Mindful Advocate who is in your corner and available for behavioral health help 24/7. All you have to do is reach out. If you have a behavioral healthcare need, please call **833-302-MIND (6463)** for a referral to our expedited access network, designed to provide quick access to a behavioral health clinician for those in crisis.



SPIRA CARE™

WHERE TO GO FOR CARE

PRIMARY CARE AND SICK CARE AT SPIRA CARE CENTERS



- Sick care including cold, flu, UTI and pink eye
- Injury or pain
- Prescription refills
- Chronic medical condition management including high blood pressure, diabetes and asthma
- Preventive and wellness exams
- Immunizations and flu shots

BLUESELECT AND BLUESELECT PLUS NETWORK HOSPITALS



- AdventHealth Shawnee Mission
- Cameron Regional Medical Center
- Children's Mercy Hospital¹
- Children's Mercy Hospital – South¹
- Liberty Hospital
- North Kansas City Hospital
- Olathe Medical Center
- Truman Medical Center – Hospital Hill
- Truman Medical Center – Lakewood
- University of Kansas Hospital

EMERGENCY ROOM VISIT



- Life-threatening emergencies
- Heart attack symptoms including chest pain or pressure
- Stroke symptoms
- Severe injury or burn



If you are not sure where to go for sick care based on your symptoms, call **913-29-SPIRA (77472)** to speak to a triage nurse or on-call provider.

¹ Blue KC members enrolled in plans with the BlueSelect network do not have in-network coverage at these hospitals.