

## MINDFUL BY BLUE KC

Mindful by Blue KC is a program that works to reduce the stigma surrounding behavioral health. It makes care more accessible and affordable, so you get the care you need. Blue KC's licensed behavioral health clinicians, Mindful Advocates, will match you to providers and guide your care plan.

A Mindful Advocate is your single point of contact for:

- Listening
- Navigating care
- Crisis management
- Benefits guidance
- Connecting you to care
- Follow-up

### Mindful by Blue KC Services

- Get help with major life events
- Have live chat therapy sessions
- Schedule a video visit via the Blue KC Virtual Care app
- Connect to immediate care in the event of a crisis

### Go online or call

To learn more, visit [mindfulbluekc.com](https://mindfulbluekc.com). Talk with a Mindful Advocate 24 hours a day, 7 days a week. Call 833.302.MIND (6463). Or call the behavioral health number on the back of your member ID card.

For additional lifestyle benefits, please look at TortoiseEcofin benefit website at [tortoisebenefits.com](https://tortoisebenefits.com).