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# Living Healthy

## Behavioral Health Services For Blue KC Members



### WHOLE PERSON HEALTH SUPPORT

Behavioral health refers to the relationship between your behavior and overall well-being. Your behavioral health impacts your ability to function in everyday life and your concept of self.



**Stress, depression, anxiety, substance use and other behavioral health issues** can affect how you manage your physical health and daily living challenges. When you're in touch with your behavioral health, you can take better care of the whole you.

**Mindful by Blue KC** is a behavioral health initiative dedicated to reducing the stigma around behavioral health in our communities while making care more accessible and affordable.



### IT ALL STARTS WITH THE MINDFUL ADVOCATE

In a unique role exclusive to Blue KC health plans, there is a Mindful Advocate available to help 24/7 for:



**In-the-moment support**



**Help locating and referring to in-network providers**



**Care navigation**



**Help connecting to expedited treatment options in crisis situations**

Mindful Advocates are licensed behavioral health clinicians who can help members access tools including in-person, text, online therapy and virtual visit options specific to the members' behavioral healthcare needs. Learn more at [MindfulBlueKC.com](https://www.MindfulBlueKC.com).

**One phone call can match you to the right care and services.**



**Call 833-302-MIND (6463)**

or call the behavioral health number on your ID card.