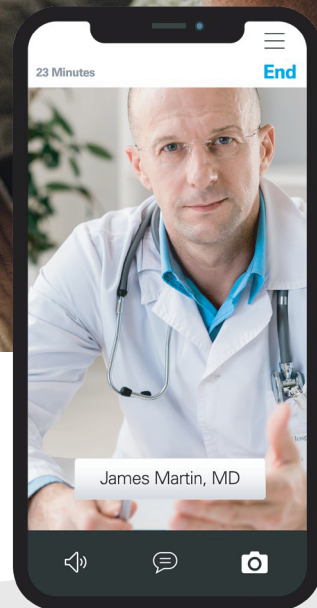


THE NEW BLUE KC VIRTUAL CARE APP IS ALWAYS ON.

SO YOU HAVE AFFORDABLE ACCESS TO 24/7 HEALTHCARE.

Schedule a video visit with a board-certified doctor or behavioral health therapist right from your smartphone, tablet or computer. Blue KC Virtual Care is convenient for everyday medical and behavioral health care.

ALWAYS PRIVATE AND SECURE.





OUR APP SUPPORTS **URGENT OR SICK CARE NEEDS.**

Treatment for common conditions like: sinus pain, mild asthma, mild allergic reactions, minor headaches, cold sores, sprains, pink eye, nausea, vomiting, diarrhea, bumps, cuts, scrapes, coughs, sore throat, eye irritation, minor fever, colds, rashes, minor burns.

- No appointment necessary and 24/7 availability
- \$59 per visit – may be less based on your plan's cost share
- Exception: Spira Care Members pay \$0 for urgent/sick virtual care visits. Does not apply for Spira HSA members.



OUR APP SUPPORTS **BEHAVIORAL HEALTH- CARE NEEDS.**

Treatment for conditions such as: anxiety, bereavement/grief, bipolar disorder, depression, OCD, PTSD/trauma, panic attacks.

- Psychologists and counselors are available for scheduled sessions
- Visits start at \$85 but vary by provider type, and may be less based on your plan's cost share
- Therapy services are provided by a network of doctoral level psychologists and master's degree level therapists trained and licensed in virtual care prevention and therapy techniques

BLUE KC VIRTUAL CARE

Download the Blue KC
Virtual Care app or visit

BLUEKCVirtualcare.com

Spira Care and Spira Care (HSA Eligible) members only should use service key SPIRA when registering.



Do you use Amwell? You can deactivate your account simply by downloading the Blue KC Virtual Care app.



Kansas City

Blue Cross and Blue Shield of Kansas City is an independent licensee of the Blue Cross and Blue Shield Association.