

WHERE CAN I GO FOR MENTAL HEALTH?

And how much is it going to cost me?



ARE YOU ON NORTH KANSAS CITY SCHOOL DISTRICT'S HEALTH PLAN?

YES!
I'm on NKCS D's health plan

NO,
I'm not on NKCS D's health plan

NKCS D's HEALTH PLAN:
Blue Cross Blue Shield of KC

VIRTUAL CARE:
BlueKC

Visit with a therapist,
psychologist or psychiatrist

B1
EPO

Virtual Care: No Member Cost Share
Office Visit: No Member Cost Share
Therapy: No Member Cost Share
SPIRA Care Center: N/A

B2
HDHP

Virtual Care: Deductible, then 20% Coinsurance
Office Visit: Deductible, then 20% Coinsurance
Therapy: Deductible, then 20% Coinsurance
SPIRA Care Center: FMV, \$60

B3
SPIRA
Care

Virtual Care: No Member Cost Share
Office Visit: Deductible then No Member Cost Share
Therapy: No Member Cost Share
SPIRA Care Center: No Member Cost Share

EMPLOYEE ASSISTANCE PROGRAM:
New York Life Group Benefit Solutions

24/7 support,
resources &
information

Counseling
Legal &
Financial
Life/Work

5 face-to-
face
(virtual)
sessions

\$ Pricing varies by health plan enrollment and in-network service (how claim is coded by provider).

\$ it's **FREE** to use!
Available to all NKCS D employees & their families

CONTACT INFORMATION

NKCSD HEALTH PLAN: BlueKC

Website: www.bluekc.com
Phone: 816-395-2576
Toll-free Phone: 1-877-507-1388

VIRTUAL CARE: MyBlueKC mobile app

Website: www.bluekc.com
Phone: 816-395-2576

BEHAVIORAL HEALTH: Mindful By BlueKC

Website: www.MindfulBlueKC.com
Phone: 833-302-MIND (6463)

EMPLOYEE ASSISTANCE & WELLNESS SUPPORT: New York Life Group Benefit Solutions

Website: www.guidanceresources.com
Web ID: NYLGBS
Company Code: NORTH
Phone: 1-800-344-9752

QUESTIONS ?

Contact: Benefits Department
Phone: 816-321-4095
Email: benefits@nkcschools.org

While it is intended to be as accurate as possible, the explanations contained herein are subject to the detailed provisions of the legal documents and contracts of the individual plans. In the event of a discrepancy between this guide and the plan document, the plan document will prevail.

SUICIDE PREVENTION AND CRISIS RESOURCES

Mindful Advocate

Tools and services to help you with behavioral health challenges and everyday issues like: **stress, depression, substance use, legal issues, adult and child care resources, personal and professional development** and so much more.

Call a Mindful Advocate at 833-302-MIND (6463) or visit [MindfulBlueKC.com](https://www.MindfulBlueKC.com).

In the event you or someone you know is struggling with a mental health concern, the following resources are available to call or text to receive assistance and guidance.



National Suicide Prevention Lifeline

Call or Text
988



National Alliance on Mental Health

Text NAMI to 741-741
800-950-6264



ReDiscover Kansas City, MO

1-888-279-8188



Johnson County Mental Health

913-268-0156



Wyandot Center for Community Behavioral Healthcare

913-788-4200



Mindful
By Blue KC