

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: \$40 Copay
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: \$40 Copay
Office Visit: Deductible then No Member Cost Share
Therapy: No Member Cost Share
SPIRA Care Center: No Member Cost Share

EMPLOYEE ASSISTANCE PROGRAM:
MetLife/LifeWorks

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

NKCS D 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 PROGRAM: MetLife/LifeWorks

Website: www.metlfeeap.lifeworks.com
User Name: metlfeeap
Password: eap
Phone: 1-888-319-7819

QUESTIONS ?

Contact: Misty Miller, Benefits Coordinator
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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.