

# 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

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

**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

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

# CONTACT INFORMATION

## NKCS D HEALTH PLAN: BlueKC

Website: [www.bluekc.com](http://www.bluekc.com)  
Phone: 816-395-2576  
Toll-free Phone: 1-877-507-1388

## VIRTUAL CARE: MyBlueKC mobile app

Website: [www.bluekc.com](http://www.bluekc.com)  
Phone: 816-395-2576

## BEHAVIORAL HEALTH: Mindful By BlueKC

Website: [www.MindfulBlueKC.com](http://www.MindfulBlueKC.com)  
Phone: 833-302-MIND (6463)

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

Website: [www.guidanceresources.com](http://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](mailto: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.