

# 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:**  
MyBlueKC

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](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

## EMPLOYEE ASSISTANCE PROGRAM: MetLife/LifeWorks

Website: [www.metlifeeap.lifeworks.com](http://www.metlifeeap.lifeworks.com)  
User Name: metlifeeap  
Password: eap  
Phone: 1-888-319-7819

## QUESTIONS ?

Contact:  
Misty Miller, Benefits Coordinator  
Phone: 816-321-6078 or  
[misty.miller@nkcschools.org](mailto:misty.miller@nkcschools.org)  
Amber Paxton, Wellness Specialist  
Phone: 816-321-4395  
[amber.paxton@nkcschools.org](mailto:amber.paxton@nkcschools.org)