



CHOOSE A TOTAL CARE DOCTOR

Find a doctor in your network who is committed to giving you the best care and helping you stay healthy



We are committed to helping our members get the right care at the right time and place. **Total Care** is a national program driven by Blue Cross Blue Shield plans across the country. We are rewarding doctors for helping their patients manage and improve their health by meeting certain criteria. **As a Blue Cross and Blue Shield of Kansas City (Blue KC) member, you can benefit by finding a Total Care provider in your network.**

A CLOSER LOOK AT THE TOTAL CARE DIFFERENCE:

Receive coordinated, **QUALITY** care

Joe and his doctor work together to evaluate Joe's current health status and create a tailored plan that will help him better manage his health. Joe's medical history, health successes and challenges are collected and easily accessible by all of his doctors.

Feel connected

Joe can stay focused on his health with guidance and support from his doctor who:

- Reminds him to schedule preventive medical tests
- Coordinates follow-up care
- Connects with specialists in Joe's network
- Provides specialized care plans for Joe's conditions
- Is committed to providing quality and cost-effective care for Joe

Avoid unnecessary care

Because Joe's doctors are well connected and informed, they recommend tests and treatments that are evidence-based and appropriate. He gets the right care at the right time and place.

Get healthy faster, stay healthy longer

With more proactive, more personalized healthcare, Joe is on the right path to getting healthy faster and staying healthy longer. As a result, he ultimately spends less time at the doctor and less money on things like prescriptions, procedures and emergency care.

EXPERIENCE THE DIFFERENCE. FIND A TOTAL CARE PROVIDER

- Log into [MyBlueKC.com](https://mybluekc.com), select **FIND CARE**, then select **FIND A DOCTOR OR HOSPITAL**.
- Enter your search criteria.
- From your search results, use filters to narrow your results by provider gender, distance, specialty and/or languages spoken.
- Filter by **TOTAL CARE** to only see Total Care providers.

When you select a Total Care provider you receive quality, comprehensive care when and how you need it.