

How to Access Online Self-Guided Tools

To access any self-guided tools provided by Blue KC, first log in to mybluekc.com.

- Click on Behavioral Health on the right of your screen
- On the next page, choose the Services tab
- Scroll down below the picture and you will see many of the resources offered by Mindful, including online self-guided tools

Unlimited access to resources to manage stress, improve mood and more at no cost to Blue KC members.

- **myStrength:** Access a broad range of online and interactive tools, at no cost and available 24/7, for improving and maintaining overall well-being and resilience.
[Use code bluekc to access now >](#)
- **Just Five:** In just five minutes, per session, members can learn about the most important concepts and facts regarding opioid use disorder including who is at risk and how to help.
[Access now >](#)

Blue KC Virtual Care App

Access to a network of therapists trained and licensed in Virtual Care therapy techniques providing scheduled therapy visits, medication management, and specialty services like psychiatry. Normal cost-sharing and out-of-pocket maximum limits apply.

[Download the App or visit \[BlueKCVirtualCare.com\]\(https://BlueKCVirtualCare.com\) to register](#)



Online Therapy

Text or scheduled live chat, phone and video therapy, three sessions at no cost, to help with conditions like depression, anxiety and stress. Normal cost-sharing and out-of-pocket maximum limits apply.

[Access Online Therapy, use access code bluekc \(case sensitive\) >](#)