






# 24/7 ACCESS TO VIRTUAL CARE Online or Mobile Doctor Visits

Get care wherever you are for common medical issues

## Why use virtual care?

	<b>SHORT WAIT TIMES</b>		Connect with your camera phone or computer with camera
	Meet with licensed, U.S. board-certified physicians and behavioral healthcare providers		Get the care you need – including some prescriptions <sup>1</sup>
	Feel safe with private, secure, HIPAA-compliant tool		Save on drive time or office wait time
	Rest assured if you are traveling and need care quick		Pay much less than going to emergency room



- Urgent or sick care needs available 24/7
- Behavioral healthcare needs by appointment
- Affordable visits based on your plan's benefits (costs can vary for behavioral healthcare provider type)

## What can be treated?

### Common medical issues, such as:

- Sinus Pain
- Mild Asthma
- Mild Allergic Reactions
- Minor Headaches
- Burning with Urination
- Cold Sores
- Sprains, Strains
- Pink Eye
- Nausea, Vomiting, Diarrhea
- Bumps, Cuts, Scrapes
- Coughs, Sore Throat
- Eye Swelling, Irritation, Redness or Pain
- Minor Fevers, Colds
- Rashes, Minor Burns

### Behavioral healthcare issues, such as:

- Anxiety
- Bereavement/grief
- Bipolar disorder
- Depression
- OCD
- PTSD/trauma
- Panic attack

## How do I start an appointment?

1. Download the **Blue KC Virtual Care mobile app** or visit **BLUEKCVirtualcare.com**.
2. Create an account using your Blue KC member ID card for reference.
3. View a list of available doctors, their experience and ratings, and select one.
4. **For urgent or sick care needs:** Stream a live visit directly online or your mobile device.
5. **For behavioral healthcare needs:** Schedule your session with a psychologist or counselor.



<sup>1</sup> Blue KC does not guarantee a prescription will be written.

**VIRTUAL CARE IS NOT FOR EMERGENCIES** If you have a serious medical concern, go to the emergency room or call 911.

Meet with a family doctor or behavioral healthcare provider using your computer or smartphone.

Have your Blue KC member ID card handy and download the Blue KC Virtual Care mobile app, or visit [BLUEKCVirtualcare.com](http://BLUEKCVirtualcare.com).