

Finding Care

Knowing Where To Go For Care Starts Here

Getting the right care, at the right place and the right time, can save you time, money and improve your overall health.

Learn about all of your care options.

You have a lot of choices of where to go for medical care. We can help you sort through these options, so that you do what's right for your health, and your wallet. The next time you're wondering where to turn, visit [BlueKC.com/WTG](https://www.BlueKC.com/WTG).



Primary Care Doctor

The go-to place for managing your healthcare. Your primary care doctor monitors your overall health and should help coordinate all the care you receive. Because your doctor knows your medical history best, it's always a good idea to consult with them before seeking alternate care.

COST \$



Virtual Care

Mobile technology makes care more accessible than ever. Now, you can have a video visit with a doctor or behavioral healthcare provider, right from home or wherever you are. All you need is a smartphone, tablet or computer – and you can either download the [MyBlueKC](https://www.MyBlueKC.com) mobile app or visit [MyBlueKC.com](https://www.MyBlueKC.com). COST \$\$



Retail Health Clinic

Located within retail stores, these health centers are designed to handle minor, non-emergent, health issues at your convenience. Retail health clinics are typically staffed by licensed nurse practitioners, physician assistants, and in some instances, physicians. COST \$\$\$



Urgent Care

Immediate care for pressing, but not life-threatening, conditions. In some communities, urgent care facilities are open 24/7. The wait time is shorter than an emergency room.

COST \$\$\$\$



Emergency Room/Community Hospital

Immediate care for life-threatening emergencies. Always go to the emergency room (ER) if your health is in danger or call 911. However, for less severe injuries or illnesses, the ER can be expensive and wait times can average over four hours. Smaller community/neighborhood hospitals may advertise both **emergency** and **urgent** care. However, emergency room rates are generally charged for any type of visit at these facilities.

COST \$\$\$\$\$



Behavioral Health

In a unique role exclusive to Blue KC health plans, Mindful Advocates are available 24/7 to help with behavioral healthcare needs. Learn more at [MindfulBlueKC.com](https://www.MindfulBlueKC.com)