



**HELP WHEN
YOU'RE NOT
FEELING LIKE
YOURSELF**

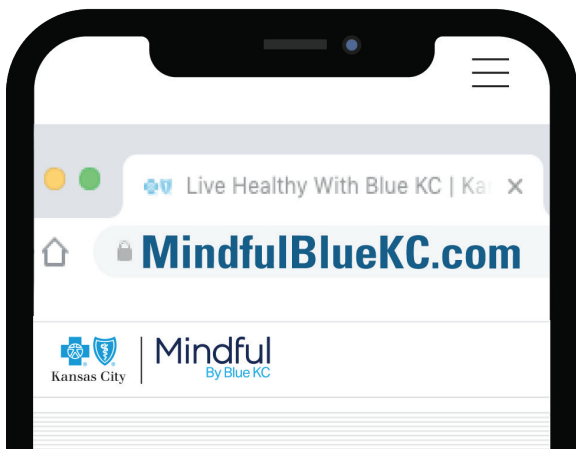
**IF YOU HAVE A BEHAVIORAL
HEALTH ISSUE,
YOU'RE NOT ALONE.**

We created Mindful by Blue KC to reduce the stigma around behavioral health in our communities while making care accessible and affordable.

**FOR HELP OR INFORMATION ABOUT YOUR SERVICES
TALK WITH A MINDFUL ADVOCATE
24 HOURS A DAY, 7 DAYS A WEEK.**

833-302-MIND (6463) or call the behavioral health number on the back of your member ID card

MindfulBlueKC.com



 **Kansas City**
Mindful
By Blue KC

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HELP STARTS WITH A CONVERSATION

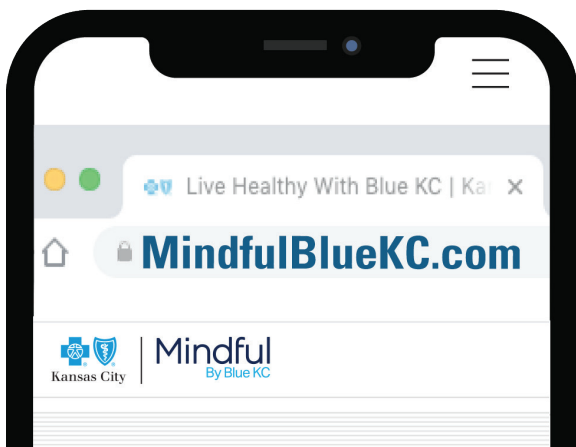
MEET YOUR MINDFUL ADVOCATE

In a unique role to Blue KC, our Mindful Advocates are licensed behavioral health clinicians who match members to providers and services and guide care plans.

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