



No matter why,  
no matter when.  
**We are here.**



**833-302-MIND (6463)**

24/7 Behavioral Health Support



Blue KC is thinking differently about coverage and care, enhancing the behavioral health services provided in member health plans. Mindful by Blue KC is a behavioral health initiative dedicated to reducing the stigma around behavioral health, while making behavioral healthcare accessible and affordable.

**It starts with a Mindful Advocate. Call 833-302-MIND (6463)**  
or the behavioral health number on your member ID card.

**Mindful Advocates** are licensed behavioral health clinicians who are experts at:

**Listening  
Navigating Care  
Connecting**

**Crisis Management  
Follow-Up  
Benefit Guidance**

**Mindful Advocates can help Blue KC members in crisis** with in-the-moment support and can connect members to the **Expedited Access Network, In-Person, Text and Online Therapy and more.**

Reach out to a Mindful Advocate for in-the-moment support and help finding a behavioral health appointment in the earliest window possible. A Mindful Advocate is available 24/7 at 833-302-MIND (6463).

## Employer Group Services (no additional cost)

Management Consultation  
and Support Line

DOT / SAP Fees Outside of EAP Costs

On-Site Critical Incident Support

On-Site Training