

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.



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 him/her before seeking alternate care.

COST \$



Virtual Care

Mobile technology makes care more accessible than ever. 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 mobile app, or visit BlueKCVirtualCare.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's 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 \$\$\$

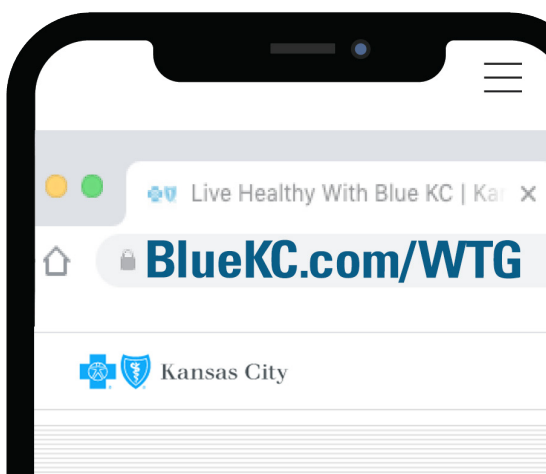


Emergency Room/ Community Hospital

Immediate care for life-threatening emergencies. Always go to the emergency room 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 4 hours.

COST \$\$\$\$

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.



Scan this QR code
with your smartphone
camera to download the
MyBlueKC app.



Kansas City

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Kansas City

COMMON MEDICAL CONCERNS

	Primary Care Doctor \$	Blue KC Virtual Care \$\$	Retail Health Clinic \$\$\$	Urgent Care Center \$\$\$\$	Emergency Room/Community Hospital \$\$\$\$\$
Mild Asthma	✓	✓	✓	✓	
Minor Headaches	✓	✓	✓	✓	
Sprains, Strains, Bumps, Cuts, Scrapes	✓	✓	✓	✓	
Nausea, Vomiting, Diarrhea	✓	✓	✓	✓	
Burning with Urination	✓	✓	✓	✓	
Coughs, Sore Throat	✓	✓	✓	✓	
Ear and Sinus Pain	✓	✓	✓	✓	
Eye Swelling, Irritation, Redness or Pain	✓	✓	✓	✓	
Minor Allergic Reactions	✓	✓	✓	✓	
Minor Fevers, Colds	✓	✓	✓	✓	
Rashes, Minor Burns	✓	✓	✓	✓	
Vaccinations	✓				
Back Pain	✓			✓	
X-rays				✓	
Animal bites				✓	
Stitches				✓	
Cut or wound that won't stop bleeding					✓
Any life-threatening or disabling condition including difficulty breathing					✓
Sudden or unexplained loss of consciousness					✓
Chest pain, numbness in face, arm or leg; difficulty speaking					✓
Severe shortness of breath					✓
High fever with stiff neck, mental confusion or difficulty breathing					✓
Coughing up or vomiting blood					✓
Major injuries or Possible broken bones					✓

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).

For many members, deductibles and coinsurance may also apply, which can make an even greater difference in the cost between an emergency room and other care options.

Visit [BlueKC.com/WTG](https://www.BlueKC.com/WTG) to best determine where to go for medical care.