

SHOPPING FOR CARE

Find the best health care options just like you check out your choices in cars, hotels or restaurants.



“Know before you go.” It’s a smart idea before you make any important decision, including finding a new doctor or choosing a location for surgery.

Your health plan makes these decisions easier with Shopping for Care. Find it at your health plan’s **My Health Toolkit®** website.

- ◆ Find health care providers and services within our vast provider network.
- ◆ Check out cost information to make sure you’re getting the care you need at the best possible price.*
- ◆ See reviews from other patients who have rated a provider you’re considering.
- ◆ Identify the highest-quality providers in your area, with Total Care and Blue Distinction® Specialty Care designations.
- ◆ View a detailed map to help you get where you need to go.

After you’ve registered with My Health Toolkit®:

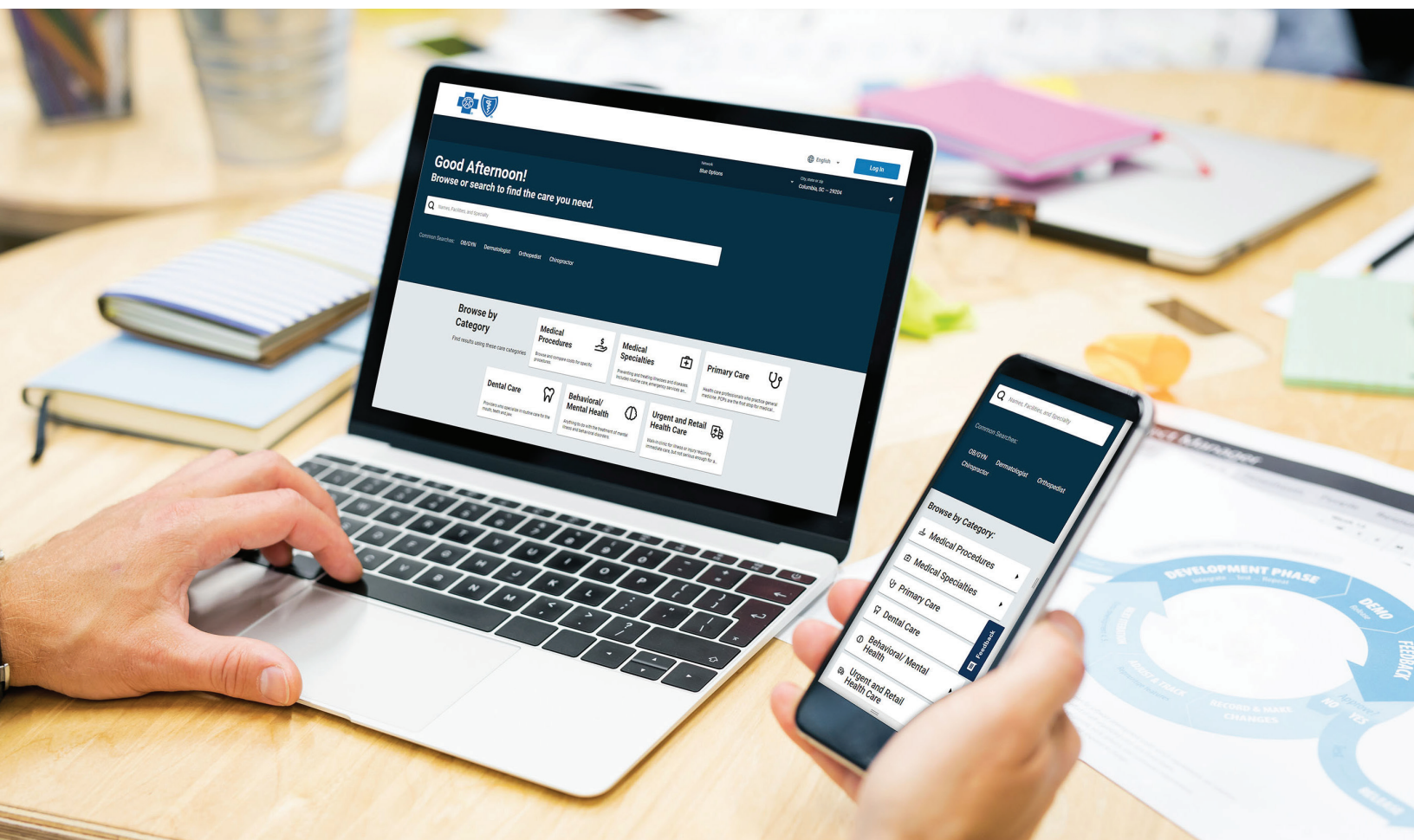
Access Shopping for Care from your computer:

- ◆ Visit your health plan’s **My Health Toolkit** site.
- ◆ Log in to your account, select **Providers & Services**, then **Find Care**.
- ◆ We’ll walk you through each step!

Or take it with you:

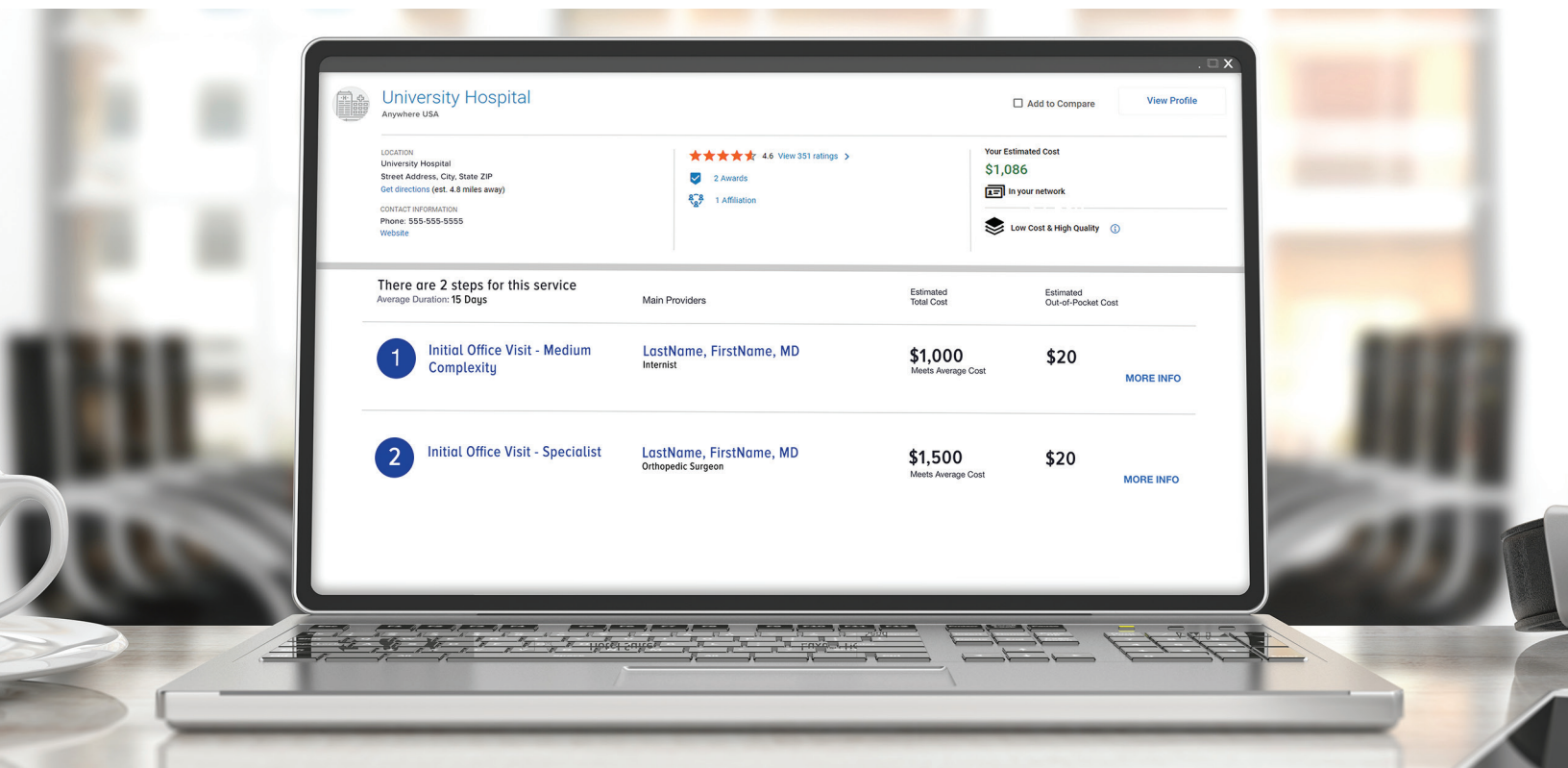
- ◆ Log in to the **My Health Toolkit** app from your mobile device.
- ◆ Select **Find Care**.

*Cost details might not be included with all plans.



“How much will it cost?”

 Estimates help you avoid surprises when the bills come.



Costs for a medical procedure — like an ultrasound, a checkup, X-rays or joint replacement — can vary by hundreds of dollars. Our Shopping for Care feature includes cost estimates to help you find the right care at the right price. (Cost information might not be included for all plans.)

Estimate your out-of-pocket expenses for medical procedures — and compare pricing details that show you the most cost-efficient providers.

- ◆ At your health plan’s [My Health Toolkit](#) website, log in to your [My Health Toolkit](#) member account.
- ◆ Select [Providers & Services](#), then [Find Care](#).

As you explore the [Find Care](#) categories further, you’ll see a [Cost Estimates](#) tab that’s loaded with price information about hundreds of procedures, from mammograms and MRIs to allergy testing, sleep studies, physical therapy and various types of surgery.

TIP: When you get your member ID card, use your ID number to create your [My Health Toolkit](#) account. Then you’ll see cost information about copays and other details specific to your health plan.



Kansas City

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