

# Finding Care

## How do I start an appointment?

1. Download the [MyBlueKC mobile app](#) or visit [MyBlueKC.com](#).
2. Create an account using your Blue KC member ID card for reference.
3. View a list of available doctors, their experience and ratings, and select one.
4. **For urgent or sick care needs:** Stream a live visit directly online or on your mobile device.
5. **For behavioral healthcare therapy:** Schedule your session with a psychologist or counselor.



**Virtual sick care needs  
available 24/7**



**Behavioral healthcare therapy and  
medication by appointment**



**Affordable visits based on your  
plan's benefits (costs can vary  
for behavioral healthcare  
provider type)**

## Virtual Care Is Not For Emergencies

If you have a serious medical concern, go to the emergency room or call 911.



**Meet with a doctor or behavioral healthcare provider using your computer or smartphone. Have your Blue KC member ID card handy.**



**Visit [MyBlueKC.com](#)**



**or download the [MyBlueKC mobile app](#)**

