

Mindful by Blue KC Well-Being Resources



We all have our reasons. And all of them matter.

Stress, anxiety and burnout are more prevalent than ever. That's why we created Mindful by Blue KC which includes Well-Being Resources to increase your happiness and health. Your Mindful by Blue KC Well-Being Resources includes three visits per issue, at no cost, for help with major life events like divorce, adoption or loss of a job, relationship or loved one. We'll help you if you are feeling stressed or experiencing financial, childcare or other everyday challenges. You can lean on your Well-Being Resources for help. To get started, call [833-302-MIND \(6463\)](tel:833-302-MIND) or the behavioral health number on the back of your member ID card to talk with a Mindful Advocate or visit [MindfulBlueKC.com](https://www.MindfulBlueKC.com) to learn more.

No matter your reason, we are here to help.

Your Mindful by Blue KC Well-Being Resources include three visits, at no cost, per issue to help you:

- Be more present and productive at work
- Feel supported when you don't feel like yourself
- Manage responsibilities that are distracting and stressful
- Grow personally and professionally
- Be a caring and loving friend or family member
- Identify where to go for care after a traumatic event or diagnosis
- Make healthy lifestyle choices
- Improve your daily life, health and happiness

(includes three visits per issue, at no cost, for help with major life events)

It all starts with a Mindful Advocate only one call away and available 24/7

Life happens, regardless of the day or time. That's why Mindful Advocates are available 24/7, even on holidays. So whenever you need to reach out, we are here for you.

It all starts with the Mindful Advocate

In a unique role exclusive to Blue KC, our Mindful Advocates are licensed behavioral health clinicians who match members to providers and services and guide care plans – a single point of contact for:

- Listening
- Navigating Care
- Crisis Management
- Benefits Guidance
- Connecting
- Follow-up

Call a Mindful Advocate [833-302-MIND \(6463\)](tel:833-302-MIND) of the behavioral health number on the back of your member ID card.

Your Mindful by Blue KC Well-Being Resources include three visits per issue, at no cost, and is confidential.



No matter your reason, we are here to help.

Reduce stress

Some stress can be a good thing, but too much can be debilitating and unhealthy. Counseling, assessments, coaching, apps, meditation practices, online tools and more can help you improve areas that need work.

Handle life's curve balls

Divorce, adoption, losing a loved one, career changes and moving can all interrupt one's daily life. Counseling, thousands of online tools, coaching and consultations can help you adjust.

Cope after crisis

Mentally processing and coping after a traumatic event generally takes time and expert care. Counseling, education sheets and communication can help when a crisis occurs.

Support and improve relationships

Raising kids, living with others or improving friendships can take guidance and investment. Counseling, videos, tip sheets and advice make this easier. Referrals to credible daycares, assisted living facilities, dog walkers, physicians, etc. can also help.

Focus at work

We all experience feeling a lack of productivity and engagement at work sometimes. Trainings, advice and custom behavioral strategies can help you become more focused.

Lead others

If you supervise people at work, it's likely you handle difficult things like performance issues, troubled employees, HR law and hard conversations. Mindful Advocates will listen and provide in-the-moment support and guidance so you can do your job and have less stress.

Mindful by Blue KC Well-Being Resources offer you:

Behavioral Health Counseling

- Face-to-face
- Telephone
- Text Messaging
- In-the-moment
- Virtual visit
- Online self-guided tools

To help with things like:

- Finances
- Legal issues
- Managing employees
- Everyday life challenges
- Crisis support
- Health coaching
- Adult and child care resources
- Personal and professional development

Navigate the legal system

Handling a landlord, large purchase, estate or even an infraction can be easier with the help of a legal expert and thousands of online templates to put into action.

Reduce debt

Money worries can be minimized with custom action plans developed with a financial expert to save, reduce debt or afford a life desired.

Live a healthy life

Changing behaviors to quit smoking, lose weight, manage a disease or exercise more can be more manageable when broken into baby steps. Coaching, videos, counseling and digital tools can help you start living healthy.

Get started by calling **833-302-MIND (6463)** or the behavioral health number on the back of your member ID card to talk with a Mindful Advocate.

