



BEHAVIORAL HEALTH BENEFITS AVAILABLE TO YOU

When it comes to your wellbeing, mental health is just as important as physical health. That's why your Blue KC plan comes with access to behavioral health benefits. **New Directions Behavioral Health** is a company that administers behavioral health services on behalf of Blue KC, and their team of mental health professionals and customer service representatives are available 24 hours a day, seven days a week.



Here's how **New Directions** may be able to help you: **Find the Right Kind of Care**

New Directions customer service representatives can help confirm what benefits and services are included in your specific plan, as well as assist you in finding in-network healthcare providers to help save you money. Core benefits may include the following:

- Mental Health Services
- Substance Use Treatment

Help Along the Way

When you contact **New Directions**, these are just some of the other ways they can guide you along your path to a healthier life:

- Find the right licensed professionals and treatment facilities that fit your unique needs.
- Help bring you and your healthcare providers together to ensure the care you're receiving is addressing your goals.
- Provide helpful information about topics such as depression, anxiety, ADHD and substance use and bipolar disorders.
- Connect you with local support programs and resources in your community.

Call 833-964-6338 24 hours a day, seven days a week to speak with a mental health professional
for urgent and ongoing behavioral healthcare needs.