



CHOOSE A DOCTOR WHO IS COMMITTED TO PROVIDING A BETTER EXPERIENCE

FIND A *TOTAL CARE* DOCTOR IN YOUR NETWORK

Total Care by Blue KC is a network of doctors that provide a deeper focus on helping patients get healthy faster—and stay healthy longer.



Benefits that Joe can experience with his *Total Care* doctor:

RECEIVES COORDINATED, QUALITY CARE

Joe and his doctor work together to evaluate Joe's current health status and create a tailored plan that will help him better manage his health. Joe's medical history, health successes and challenges are collected and easily accessible by all of his doctors.

FEELS CONNECTED

Joe can stay focused on his health with guidance and support from his doctor who:

- Reminds him to schedule preventive medical tests
- Coordinates follow-up care
- Connects with specialists in Joe's network
- Provides specialized care plans for Joe's conditions
- Is committed to providing quality and cost-effective care for Joe

AVOIDS UNNECESSARY CARE

Because Joe's doctors are well connected and informed, they recommend tests and treatments that are evidence-based and appropriate. He gets the right care at the right time and place.

GETS HEALTHY FASTER, STAYS HEALTHY LONGER

With more proactive, more personalized healthcare, Joe is on the right path to getting healthy faster and staying healthy longer. As a result, he ultimately spends less time at the doctor and less money on things like prescriptions, procedures and emergency care.

When you select a *Total Care* provider, you receive quality, comprehensive care when and how you need it.

FIND A TOTAL CARE PROVIDER

- Log into [MyBlueKC.com](https://mybluekc.com), select **FIND CARE**, then select **FIND A DOCTOR OR HOSPITAL**.
- Enter your search criteria.
- From your search results, use filters to narrow your results by provider gender, distance, specialty and/or languages spoken.
- Filter by **TOTAL CARE** to only see *Total Care* providers.

ACCESS YOUR ACCOUNT.

Go to [MyBlueKC.com](https://mybluekc.com) or download the **MyBlueKC mobile app** to access your health insurance information anytime, wherever you go.

