



Kansas City

A BETTER APPROACH TO BETTER HEALTH BEGINS TODAY



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



A NEW MODEL OF HEALTHCARE DELIVERY

There is a nationwide shift in how healthcare is being delivered and received, connecting members and their families to the right care at the right time and place. Blue Distinction Total Care is a national program driven by Blue Cross and Blue Shield plans across the country.

The ultimate goal is to improve health outcomes and lower healthcare costs over time.

Blue Distinction Total Care programs also reward doctors for helping their patients manage and improve their health by meeting certain criteria set forth by Blue Cross and Blue Shield.

There are over 390 local programs across 35 states that are considered a Blue Distinction Total Care program, such as Patient-Centered Medical Homes (Blue KC Medical Home for KC Metro area), Accountable Care Organizations and others.

Blue Cross and Blue Shield of Kansas City (Blue KC) is leading the way for our members to experience this new model of healthcare delivery.



THE RIGHT CARE AT THE RIGHT TIME AND PLACE

Your primary care doctor will work with you to understand your health issues and lifestyle habits to develop and coordinate a plan of care that leads to your best health. Your doctor will advise you and work directly with other healthcare specialists in your network regarding your health needs so they can assist you in managing your health.

Proactive Approach

Your primary care doctor helps you understand when it's time for preventive medical tests, appointments, and follow-up exams.

Convenient Access

Receive healthcare advice and enjoy extended office hours as well as convenient scheduling of appointments.

Cost-effective Care

Your primary care doctor ensures tests and procedures you receive are necessary and cost-effective.

BLUE DISTINCTION TOTAL CARE



9.5 million
members



across 35
states



390 local
programs



HEALTHCARE FOCUSED ON YOU

If you suffer from one or more chronic conditions, Blue Distinction Total Care is focused on the coordination of your care to help you improve your health.

If you are in good health, continue to rely on your primary care doctor as your partner in staying healthy.

Talk with your doctor. Share your medical history, health successes and challenges. Don't be afraid to ask questions.

Take care of your health. If you suffer from a chronic condition, your doctor can help you create a care plan with steps you need to take to achieve your best health. Share it with your other healthcare providers for an optimal experience.

Be an active team player. Tell your doctor if you are having trouble sticking to your plan regardless of the reason. Keep your appointments so your doctor can stay up to date with your current health status.



FIND A BLUE DISTINCTION TOTAL CARE PROVIDER

You can find a Blue Distinction Total Care Provider in four easy steps:



1
**Log into
MyBlueKC.com**

2
Select **Find a Doctor** at the top. The results from the **Doctor and Hospital Provider Finder** will be tailored to show providers in your specific Blue KC network.*

3
Expand **Add Filter** then select **Blue Distinction** and choose **Blue Distinction Total Care** and click **Select**.

4
Complete the search form and select **Go**.

*Your member ID card contains your network name, be sure your healthcare providers participate in your network to ensure you maximize your Blue KC benefits.