



September, 2022

## Care Management

Did you know your Blue Cross and Blue Shield of Kansas City (Blue KC) health plan benefits include support from a care management team made up of real nurses and health workers? These services can help you effectively navigate your healthcare needs so you can find the highest quality, most convenient, and cost effective care. Services are available for chronic conditions like Diabetes, Coronary Artery Disease, Congestive Heart Failure, Chronic Obstructive Pulmonary Disease and Asthma, Wellbeing and Stress Management, Maternal Care, Oncology, Pediatric Care and Care Transitions.

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### The Blue KC Care Management App can help you:



Set appointment and medication reminders



Chat with a Blue KC Nurse



Get ideas for daily tasks to help you reach your health goals



**Access clinically approved articles and videos**



**Track individual progress and milestones**



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**Care Management App: Learn more and download the app**

[Click here](#)

## **How To Video**

Watch this video to learn how to get set up with the BlueKC Care Management App.



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**Benefits Quick Access**



### LOST ID CARD

Lost your ID card or HSA/HRA/FSA debit card? [Replace your lost ID Card or debit card.](#)



### FIND A PROVIDER

Need to find a Dentist? Doctor? Hospital? [Access the provider search tools.](#)



### LEARN MORE

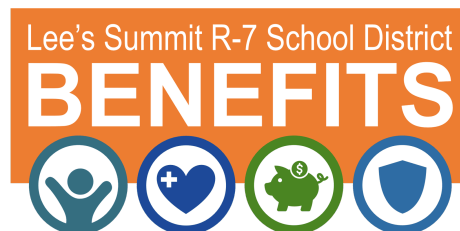
[Watch videos](#) from the LSR7 Benefits team and our carrier partners to learn more about your benefits.



### EMPLOYEE CLINIC

Enrolled in a district medical plan? Visit the [Complete Health & Wellness Center](#) for quality, affordable health care.

[Share your Story! Click here to tell us about your great benefit experience.](#)



Email the Benefits Team at [benefits@lsr7.net](mailto:benefits@lsr7.net).



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