

Your Primary Care Provider Can Help You Stay Healthy and Save Money

Your primary care provider (PCP) is an important partner in helping you stay healthy and keeping your health care costs down. **If you are enrolled in the HealthSelect of Texas® plan, you must have a PCP on record with Blue Cross and Blue Shield of Texas (BCBSTX) to get the highest level of benefits**, which saves you the most money. But everyone can benefit from having a PCP to oversee their care.

More benefits of having a PCP coordinate your care:

- You have a doctor that knows you and your medical history.
- If you're sick, it's easier to schedule an appointment as an established patient.
- Visits to your in-network PCP are less expensive than visits to urgent care centers or specialists.
- HealthSelect of Texas participants are required to get a referral from their PCP in order to receive in-network benefits for some services from in-network specialists. If you see a specialist without a valid referral on file with BCBSTX, out-of-network benefits will apply even if the specialist is in-network.

Don't wait!

Take a few minutes today and select a PCP by calling a BCBSTX Personal Health Assistant or by logging in to your Blue Access for MembersSM account. You can change your PCP at any time.

If you've already chosen a PCP and haven't scheduled your annual wellness exam this year, do that today too! It's a great way to establish a relationship with your PCP and get the most from your benefits.

How do I select a PCP?

Use your Blue Access for Members account to choose your PCP.

1. Log in to Blue Access for Members by clicking on "Log In" in the upper right-hand corner at healthselectoftexas.com.
2. Click on "My Health" and then click on "Find Care" on the dropdown menu. On the Find Care page, see your current PCP on the right-hand side for each covered family member, if you already have one.
3. From the dropdown menu, select who you would like to choose a PCP for, then click "Change PCP."
4. Enter your search criteria for a provider by location or provider name. Follow the prompts to choose a new PCP.

If you need help choosing a PCP or have questions about your benefits, call a BCBSTX Personal Health Assistant toll-free at **(800) 252-8039 (TTY: 711)**, Monday-Friday, 7 a.m. – 7 p.m. and Saturday, 7 a.m. – 3 p.m., or live chat Monday – Friday, 8 a.m. – 5 p.m. CT. Secure messaging is available 24 hours a day, and you will receive an email response in one to two days. Secure chat and secure messaging are available once you are logged in to Blue Access for MembersSM.