

HAVE YOU HAD YOUR ANNUAL CHECKUP?



Have you had your annual check up? Don't put it off.

Check ups are encouraged annually because your health can change from year to year. When it comes to keeping you and your family healthy, routine visits with your primary care provider (PCP) are key.

By getting annual check ups and preventive screenings, you may be able to assess, manage and prevent many health issues. This not only helps you stay healthy, it may also help you save money by avoiding costly health care services in the future.

As a HealthSelectSM medical plan participant, **most preventive screenings and services are covered with no out-of-pocket costs when you visit an in-network provider.** This is true even if you haven't met your deductible, if your plan has one. If you're enrolled in the HealthSelect of Texas[®] plan, **you must have a PCP on file with Blue Cross and Blue Shield of Texas (BCBSTX) before you get your annual check up.**

Not sure if you have a PCP?

You can choose or change your PCP by calling a BCBSTX Personal Health Assistant toll-free at **(800) 252-8039 (TTY: 711)** or by logging in to Blue Access for MembersSM:

1. Log in to [Blue Access for Members](#).
2. Click on the "Find Care" tab. 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 drop-down menu, choose who you would like to choose a PCP for, then click on "Change PCP."
4. Enter your search criteria for a provider by location or provider name. Follow the prompts to choose a new PCP.

You also have the option to get a Catapult Health VirtualCheckup[®]. This option allows all HealthSelectSM medical plan participants 18 and older to complete their annual checkup from the comfort of their own home. Catapult Health can also share your results with your PCP if you choose.

[Learn more.](#)

BONUS TIP: Additionally, you may be eligible to earn a reward for some preventive screenings like mammograms and colonoscopies through the [HealthSelectShoppersSM program](#).

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas[®] and Consumer Directed HealthSelectSM.

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