

Preventive care is an important part of your overall health

Even if you feel well, preventive care visits are an important part of maintaining your overall health. Screenings like mammograms and colonoscopies can help diagnose health conditions before they become serious concerns. If you are enrolled in a HealthSelect of Texas[®] medical plan, including Consumer Directed HealthSelectSM, you can get preventive care at no out-of-pocket cost as long as you visit an in-network provider.

HealthSelect of Texas participants must have an in-network primary care provider (PCP) on record with Blue Cross and Blue Shield of Texas (BCBSTX) to get the highest level of benefits and have preventive care covered at 100%.

For more information, visit the [Preventive Care page](#) under the Medical Plans and Benefits menu on the HealthSelect website.

READ GAIL'S PREVENTIVE CARE JOURNEY:



Gail needs to find a new in-network PCP so she can get her annual preventive checkup. She calls a BCBSTX Personal Health Assistant at the phone number on the back of her medical ID card.

99% of HealthSelect participants live within 30 miles of a PCP.



More than

24,000 PCPs

are in the HealthSelect network.

Susan, the BCBSTX Personal Health Assistant, helps Gail choose a PCP and even helps her schedule her annual checkup.



Preventive care is covered at 100%, so Gail won't pay anything out of pocket for her annual checkup.

If Gail isn't able to get to her PCP's office for her annual checkup, she also has the option to get a **VirtualCheckup[®] by Catapult Health**.



An in-network preventive care visit costs \$0

If you need help scheduling your annual preventive checkup, 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. CT.

Catapult Health is an independently contracted provider that conducts health and wellness screenings for Blue Cross and Blue Shield of Texas.

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

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