

## PRIMARY CARE PHYSICIANS

### Benefits of Selecting a Primary Care Physician (PCP)

HealthSelect of Texas participants are required to select a PCP, while HealthSelect Out-of-State, Consumer Directed HealthSelect, and HealthSelect Secondary participants are not required to. Even if your plan does not require it, having a PCP is important and can be a boost to your health.

#### Your PCP:

- Will get to know you — your health history, your medications and your lifestyle
- Can treat many non-urgent health issues like ear infections, rashes, allergies, fevers, colds, flu and much more
- Will address routine medical care, such as physicals and yearly exams
- Can show you better ways to stay healthier
- Will decide if you need any tests or if you should see a specialist
- Can help you with specialized care for a chronic health issue, such as asthma, diabetes or a heart problem

### How to Select a Primary Care Physician (PCP)

For HealthSelect of Texas participants that must designate a PCP to receive in-network benefits, you can do so within Blue Access for Members<sup>SM</sup> or by calling a Personal Health Assistant toll-free at (800) 252-8039, Monday – Friday 7 a.m. – 7 p.m. and Saturday 7 a.m. – 3 p.m. central time.

1. Log in to [Blue Access for Members](#).
2. Navigate to the “Doctors & Hospitals” tab.
3. Click “Select Primary Care Physician.”
4. Follow the prompts to choose a physician. You’ll get a new ID card within 7 business days.