



Preventive Health Guidelines

2021-2022

What is your plan for better health?

Make this year your best year for wellness. Your health plan may help pay for tests and routine wellness exams that find disease early and help you and your family stay well. Talk with your doctor about the care that is right for you.

Blue Cross and Blue Shield of Texas (BCBSTX) might not pay for all services and treatments in this guide. To learn more about what BCBSTX pays for, call the Customer Service number on the back of your ID card. You can also visit www.bcbstx.com/medicaid for more information.

The content in this guide is based in part on suggestions from these independent groups and state-specific requirements:

- American Academy of Family Physicians – AAFP
- American Academy of Pediatrics – AAP
- Advisory Committee on Immunization Practices – ACIP
- American College of Obstetrics and Gynecology – ACOG
- American Cancer Society – ACS
- Centers for Disease Control and Prevention – CDC
- Texas Health Steps – Texas Health Steps Periodicity Schedule – Texas Health and Human Services Commission, Centers for Medicare and Medicaid Services
- U.S. Preventive Services Task Force – USPSTF

Use this guide to know when to set up visits with your doctor for you and your children. Ask your doctor which exams, tests and vaccines are right for you, when you should get them and how often. How you get certain diseases is not talked about in this guide.

Please see your BCBSTX plan member handbook to check on your plan benefits.

To learn more about your health plan, go to www.bcbstx.com/medicaid.

To learn more about vaccines, go to the CDC at www.cdc.gov/vaccines.

Well Baby and Well Child/Texas Health Steps screenings

Well Baby/Texas Health Steps exam — birth to two years old*: Infants who leave the hospital less than two days (48 hours) after birth need to be seen by a doctor within two to four days after being born. You might talk to the doctor if you are a first-time parent, are having a high-risk pregnancy or want to learn about feeding, circumcision or Well Baby care. At the Well Baby exam, you may get advice on your child's safety, dental exams and care. At these exams, your baby may get the vaccines and screenings below, such as tuberculin and/or sickle cell anemia testing.

| Screenings | Age (in months) | | | | | | | | | | |
|---|---|---|-------------------------|---|---|---|---------------------|----|-------|-------|-------|
| | Birth | 1 | 2 | 4 | 6 | 9 | 12 | 15 | 18 | 24 | |
| Weight, length and head circumference (the length around the head) | At each visit | | | | | | | | | | |
| Development and behavior | At each visit | | | | | | | | | | |
| Mental and behavioral health | At each visit | | | | | | | | | | |
| Hearing | At each visit | | | | | | | | | | |
| Oral/dental health | Dental exams starting at six months old – fluoride varnish on the teeth when your doctor suggests; fluoride prescription based on your drinking water | | | | | | | | | | |
| Hemoglobin or hematocrit (blood count) | | | | | | | at 12 | | | | |
| Lead testing | | | | | | | at 12 | | | | at 24 |
| Tuberculin (testing if needed) | | | | | | | at 12 and each year | | | | |
| Autism | | | | | | | | | at 18 | at 24 | |
| Newborn metabolic, sickle cell and thyroid | | | at 3-5 days after birth | | | | | | | | |
| Newborn blood, behavior assessment, bilirubin (if indicated), heart defects and immunizations | | | at 3-5 days after birth | | | | | | | | |

Sources: Texas Health Steps - Texas Health Steps Periodicity Schedule (07/2018) - Texas Health and Human Services Commission, Centers for Medicare and Medicaid Services; Texas Health Steps - Texas Health Steps Newborn Screening Module (06/2019) - Texas Health and Human Services Commission - Texas Department of State Health Services

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Well Child/Texas Health Steps exam — ages two to 10 years old*: You may get advice about how to keep your child safe, how to prevent injuries, how to reduce the risks of getting skin cancer, good health, diet, physical activity and development. Annual dental referrals start at six months old. At these Well Child exams, your child may get the vaccines and screenings below, such as tuberculin and/or body mass index (BMI) screening.

| Screenings | Age (in years) | | | | | | | | | |
|--------------------------------|-----------------------------------|---|---|---|---|---|---|---|----|--|
| | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| Height and weight** | At each visit | | | | | | | | | |
| Body mass index (BMI)** | Each year starting at 2 years old | | | | | | | | | |
| Development and behavior | At each visit | | | | | | | | | |
| Mental and behavioral health | At each visit | | | | | | | | | |
| Vision | Each year | | | | | | | | | |
| Hearing | Each year | | | | | | | | | |
| Oral/dental health | Each year | | | | | | | | | |
| Blood pressure | Each year | | | | | | | | | |
| Tuberculin (testing if needed) | Each year | | | | | | | | | |

Sources: Texas Health Steps - Texas Health Steps Periodicity Schedule (07/2018) - Texas Health and Human Services Commission, Centers for Medicare and Medicaid Services

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**Height and weight are used to find BMI. BMI is used to see if a person has the right weight for height, or is under or over weight for height.

Well Child/Texas Health Steps exam — ages 11 to 18 years old*: The doctor might talk to you about health and wellness issues. These include: diet and physical activity, healthy weight, dental health, dentist referral each year, mental health, sexual behavior and screening for sexually transmitted infections or high-risk behaviors. You might also get counseling on: how to prevent injuries, how to reduce your risk of getting skin cancer, what special risks you might have for cancer (such as family history) and steps to reduce those risks, information on secondhand smoke and avoiding tobacco and misuse of alcohol and drugs.

At these exams, your child can get the vaccines and screenings below, such as tuberculin and/or body mass index (BMI) screening.

| Screenings | Age (in years) | | | | | | | |
|--|----------------|----|----|----|-----------|----|----|---|
| | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Height, weight, body mass index BMI % yearly | | | | | Each year | | | |
| Development and behavior | | | | | Each year | | | |
| Mental and behavioral health | | | | | Each year | | | |
| Blood pressure | | | | | Each year | | | |
| Vision | | | | | Each year | | | |
| Hearing | | | | | Each year | | | |
| Oral/dental health | | | | | Each year | | | |
| Chlamydia | | | | | | | | For sexually active women ages 24 years old and younger |
| Tuberculin (testing if needed) | | | | | Each year | | | |

Sources: Texas Health Steps - Texas Health Steps Periodicity Schedule (07/2018) - Texas Health and Human Services Commission, Centers for Medicare and Medicaid Services

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Adult screenings — women*

Wellness exam: The doctor might talk with you about health and wellness issues. These include:

- Diet and physical activity for all women including those diagnosed with heart disease
- Family planning for ages 19 to 39
- Folic acid for women who are of the age to get pregnant
- Sexual behavior and screening for sexually transmitted infections
- Screening for HIV
- Screening for hepatitis B (HBV) if high risk
- Screening for hepatitis C (HCV) if high risk
- Intimate partner violence
- How to prevent injuries
- Counseling to reduce your risk of getting skin cancer, special risks you might have for cancer (such as family history) and steps you can take to reduce those risks
- Misuse of drugs and alcohol
- Secondhand smoke
- How to stop using tobacco
- Dental health
- Mental health
- Cervical cancer screening
- Breast cancer screening
- Metformin should be considered for pre-diabetic therapy to prevent Type 2 diabetes.

At this visit, you can get these vaccines and screenings:

| Screenings | Age (in years) | | | | | | | | | | |
|-----------------------------|--|----|----|----|----|----|----|----|----|----|--------------|
| | 19 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 and older |
| Height, weight | Each year or as your doctor suggests | | | | | | | | | | |
| Behavior | Screening for high risk behaviors such as use of drugs or alcohol is recommended for adults ages 18 or older | | | | | | | | | | |
| Body Mass Index (BMI) | Each year or as your doctor suggests | | | | | | | | | | |
| Blood pressure | Each year or as your doctor suggests | | | | | | | | | | |
| Breast cancer: doctor exam | Doctor exam every one to three years | | | | | | | | | | |
| Breast cancer: mammogram | Each year from ages 40 to 65+ | | | | | | | | | | |
| Cervical cancer: ages 21-29 | Every three years | | | | | | | | | | |
| Cervical cancer: ages 30-65 | Should have a Pap test plus an HPV test (called co-testing) every five years. This is the preferred approach, but it is OK to have a Pap test alone every three years. | | | | | | | | | | |

Sources: U.S. Preventive Service Task Force (USPSTF); Centers for Disease Control and Prevention (CDC); Texas Health and Human Services Commission - Texas Department of State Health Services

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| Screenings | 19 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 and older |
|----------------------------------|----|---|----|----|----|----|----|----|----|----|---|
| Cervical cancer: ages 65+ | | | | | | | | | | | Stop screening at age 65 if last three Pap tests or last two co-tests (Pap plus HPV) within the previous 10 years were normal. If there is a history of an abnormal Pap test within the past 20 years, discuss continued screening with your doctor. |
| Colorectal cancer | | | | | | | | | | | Ages 45-49, your doctor may suggest one of these options: <ul style="list-style-type: none"> • Fecal immunochemical testing (FIT) each year • Fecal occult blood test (FOBT) each year • Flexible sigmoidoscopy every five years • Double-contrast barium enema every five years • Colonoscopy every 10 years • CT colonography can take the place of colonoscopy in some cases |
| Chlamydia | | Sexually active women ages 24 and younger | | | | | | | | | |
| Cholesterol | | | | | | | | | | | Every five years starting at age 45 with more screenings as your doctor suggests or for women ages 20 to 45 if they are at increased risk for coronary heart disease |
| Diabetes | | | | | | | | | | | Begin testing at age 45 or earlier (regardless of weight) if recommended by your doctor. For adult diabetics, perform lipid profile test each year. If low-risk, perform lipid profile every two years. Pre-diabetics should test yearly. Testing should also be done for diabetes or pre-diabetes in adults with no symptoms who have the following health risks: <ul style="list-style-type: none"> • High-risk ethnicity (African American, Latino, Native American, Asian American Pacific Islander); history of cardiovascular disease; high blood pressure; low HDL cholesterol or high triglyceride level; women with polycystic ovary syndrome; physical inactivity or other clinical conditions associated with insulin resistance such as severe obesity or acanthosis nigricans. |
| Lung Cancer | | | | | | | | | | | Screen for lung cancer annually in adults ages 50-80 who have a 20 pack a year smoking history and currently smoke or have quit smoking within the past 15 years. |
| Osteoporosis | | | | | | | | | | | The test to check how dense your bones are should start no later than age 65; women at menopause should talk to their doctor about osteoporosis and have the test when at risk |
| Hepatitis C | | | | | | | | | | | Most adults need to be screened only once. |

Sources: U.S. Preventive Service Task Force (USPSTF); Centers for Disease Control and Prevention (CDC); Texas Health and Human Services Commission - Texas Department of State Health Services

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Pregnant women*

Pregnant women should see the doctor or OB/GYN in the first three months of pregnancy for a first visit and to set up a prenatal care plan. At this visit your doctor will check your health and the health of your baby.

Based on your past health, your doctor might want you to have these tests, screenings or vaccines:

- **Diabetes:** during pregnancy
- **Hematocrit/hemoglobin** (blood count)
- **Hepatitis B:** at first prenatal visit
- **Hepatitis C:** during each pregnancy
- **HIV**
- **Preexposure prophylaxis (PrEP):** with effective anti-retroviral therapy for those at high-risk of HIV
- **Rubella immunity:** to find out which women need the rubella vaccine after giving birth
- **Rh(D) blood type and antibody testing:** if Rh(D) negative, repeat test at 26 to 28 weeks
- **Syphilis**
- **Urinalysis:** when your doctor wants it

The doctor might talk to you about what to eat and how to be active when pregnant as well as staying away from tobacco, drugs, alcohol and other substances. You can also discuss breastfeeding support, supplies and counseling.

Other tests and screenings:

Some tests given alone or with other tests can be used to check the baby for health concerns. These tests are done at certain times while you are pregnant. The best test to use and the best time to do it depends on many things. These include your age as well as your medical and family history. Talk to your doctor about what these tests can tell you about your baby, the risks of the tests and which tests might be best for you.

- **Amniocentesis**
- **Chorionic villus sampling**
- **Special blood tests**

- **Ultrasound tests** including special tests (used with blood tests during the first three months for chromosomal abnormality risk) and routine two-dimensional tests to check on the baby

Medication:

If you are high risk for a condition called preeclampsia, your doctor can recommend the use of low-dose aspirin as preventive medication.

Vaccines:

If you are pregnant in flu season (October to March) your doctor may want you to have the inactivated flu vaccine. You might need the tetanus, diphtheria, pertussis (Tdap) vaccine if you have not had it before. While other vaccines may be given in special cases, it is best to get the vaccines you need before you get pregnant. Women should always check with their doctor about their own needs.

You should NOT get these vaccines while you are pregnant:

- **Measles, mumps, rubella (MMR)**
- **Varicella**

Mental Health:

If you are pregnant or recently had a baby, your doctor can provide treatment options or refer you to another provider if you are showing signs or symptoms of depression.

Postpartum Followup:

All women should complete a comprehensive postpartum visit within 12 weeks after delivery.

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Adult screenings — men*

The doctor might talk with you about health and wellness issues. These include:

- Diet and physical activity for all men including those diagnosed with heart disease
- Family planning for ages 19 to 39
- How to prevent injuries
- Misuse of drugs and alcohol
- How to stop using tobacco
- Secondhand smoke
- Sexual behavior and screening for sexually transmitted infections
- Screening for HIV
- Preexposure Prophylaxis (PrEP) with effective anti-retroviral therapy to those at high risk of HIV
- Screening for hepatitis B (HBV) if high risk
- Screening for hepatitis C (HCV) if high risk
- Counseling to reduce your risk of getting skin cancer, special risks you might have for cancer (such as family history) and steps you can take to reduce those risks
- Dental health
- Mental health
- Metformin should be considered for pre-diabetics therapy to prevent Type 2 diabetes

At this visit, you may get vaccines and these screenings:

| Screenings | Age (in years) | | | | | | | | | | | |
|---------------------------|--------------------------------------|--|----|----|----|----|----|----|----|----|--------------|---|
| | 19 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 and older | |
| Height, weight | Each year or as your doctor suggests | | | | | | | | | | | |
| Body Mass Index (BMI) | Each year or as your doctor suggests | | | | | | | | | | | |
| Blood pressure | Each year or as your doctor suggests | | | | | | | | | | | |
| Cholesterol | | Every five years starting at age 20 with more screenings as your doctor suggests | | | | | | | | | | |
| Colorectal cancer | | | | | | | | | | | | Ages 45-49, your doctor may suggest one of these options: <ul style="list-style-type: none"> • Fecal immunochemical testing (FIT) each year • Fecal occult blood test (FOBT) each year • Flexible sigmoidoscopy every five years • Double-contrast barium enema every five years • Colonoscopy every 10 years • CT colonography can take the place of colonoscopy in some cases |
| Prostate cancer | | | | | | | | | | | | If you are age 50 or older, discuss the risks and benefits of the prostate cancer tests with your doctor. |
| Abdominal aortic aneurysm | | | | | | | | | | | | One time for ages 65 to 75 for those who have ever smoked |

Sources: U.S. Preventive Service Task Force (USPSTF); Centers for Disease Control and Prevention (CDC); Texas Health and Human Services Commission - Texas Department of State Health Services

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| Screenings | 19 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 and older |
|-------------|----|----|----|----|----|----|---|----|----|----|--------------|
| Hepatitis C | | | | | | | Most adults need screening only once | | | | |
| Lung Cancer | | | | | | | Screen for lung cancer annually in adults ages 50-80 who have a 20 pack a year smoking history and currently smoke or have quit smoking within the past 15 years. | | | | |
| Diabetes | | | | | | | <p>At age 45 or earlier (regardless of weight) if recommended by your doctor. Pre-diabetics should test yearly.</p> <p>Begin testing at age 45 or earlier (regardless of weight) if recommended by your doctor. For adult diabetics, perform a lipid profile test each year. If low risk, perform lipid profile every two years. Pre-diabetics should test yearly.</p> <p>Testing should also be done for diabetes or pre-diabetes in adults with no symptoms who have the following health risks:</p> <ul style="list-style-type: none"> High-risk ethnicity (African American, Latino, Native American, Asian American Pacific Islander); history of cardiovascular disease; high blood pressure; low HDL cholesterol or high triglyceride level; physical inactivity or other clinical conditions associated with insulin resistance such as severe obesity or acanthosis nigricans | | | | |

Sources: U.S. Preventive Service Task Force (USPSTF); Centers for Disease Control and Prevention (CDC); Texas Health and Human Services Commission - Texas Department of State Health Services

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Suggested vaccine schedule*

✓ Shows when vaccines are suggested

| Vaccine | Birth | 1 to 2 months | 2 months | 4 months | 6 months | 6 to 18 months | 12 to 15 months | 16 to 18 months | 19 to 23 months |
|--|-------|---------------|---|----------|----------|--|-------------------|-----------------|-----------------|
| Hepatitis B | ✓ | ✓ | | | | ✓ | | | |
| Rotavirus (RV) | | | ✓ Two-dose or three-dose series | | | | | | |
| Diphtheria, tetanus, pertussis (DTaP) | | | ✓ | ✓ | ✓ | | | ✓ | |
| Haemophilus influenza type b (Hib) | | | ✓ Three-dose or four-dose series | | | | | | |
| Inactivated Polio Virus (IPV) | | | ✓ | ✓ | | ✓ | | | |
| Influenza (flu) | | | | | | ✓ Suggested each year from 6 months to 2 years old | | | |
| Measles, mumps, rubella (MMR) | | | | | | | ✓ | | |
| Varicella (chicken pox) | | | | | | | ✓ | | |
| Hepatitis A | | | | | | | ✓ Two-dose series | | |
| Meningococcal | | | Your doctor may suggest at 2 to 23 months old based on where you have traveled. | | | | | | |
| Pneumococcal polysaccharide (PPSV23) | | | Your doctor may suggest one dose in special conditions between 2-18 years old | | | | | | |
| Pneumococcal 13-valent conjugate (PCV13) | | | ✓ | ✓ | ✓ | | One dose | | |

Source: Centers for Disease Control and Prevention (CDC), Recommended Child and Adolescent Immunization Schedule for ages 18 years or younger, United States, 02/2021

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Suggested vaccine schedule*

✓ Shows when vaccines are suggested

| Vaccine | 4 to 6 years | 11 to 12 years | 13 to 18 years | 19 to 60 years | 60 to 64 years | 65+ years |
|--|--|---|----------------|--|----------------|-----------|
| Diphtheria, tetanus, pertussis (DTaP) | ✓ | | | | | |
| Tetanus, diphtheria, pertussis (Td/Tdap) | | ✓ Tdap | | ✓ Td booster every 10 years after the initial Tdap vaccine | | |
| Inactivated Polio Virus (IPV) | ✓ | | | | | |
| Influenza (flu) | ✓ Suggested each year | | | | | |
| Measles, mumps, rubella (MMR) | ✓ | | | ✓ 1 or 2 doses of MMR depending on indication (if born in 1957 or later) | | |
| Varicella (chicken pox) | ✓ | | | ✓ 2 doses (if born in 1980 or later) depending on indication | | |
| Human papillomavirus (HPV) | | ✓ 2-3 dose series ages 11-12 years (can start at age 9) | | | | |
| Meningitis B | | | ✓ | | | |
| Meningococcal (Serogroup A, C, W, Y) | | ✓ | ✓ 16 years | | | |
| Pneumococcal polysaccharide (PPSV23) | ✓ All adults 65 years and older, those 2-64 years old depending on indication and adults 19-64 years old who smoke | | | | | |
| Zoster | | | | ✓ 2 doses for ages 50+ | | |
| Pneumococcal 13-valent conjugate (PCV13) | ✓ All adults 65 years and older, those 2-64 years old depending on indication and adults 19-64 years old who smoke | | | | | |
| COVID-19 | Ages 12+ (or younger as recommended by the CDC) | | | | | |

Sources: Centers for Disease Control and Prevention (CDC), Recommended Child and Adolescent Immunization Schedule for ages 18 years or younger, United States, 02/2020; 21; CDC, Recommended Adult Immunization Schedule for ages 19 years or older, United States, 02/2020

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Hepatitis B - You can get an extra dose (four-dose series) at four months old if the combination vaccine is used after the birth dose.

Rotavirus (RV) - Get a two-dose or three-dose series (depends on brand of vaccine used).

Tdap (teens) - If you are 13 to 18 years old and have not had this vaccine before, talk to your doctor about a catch-up vaccine.

Tdap (adults) - If you are 19 years old or older and have not gotten a dose of Tdap before, you should get a single dose.

Haemophilus influenzae type b (Hib) - Get a three-dose or four-dose series (depends on brand of vaccine used).

Influenza (flu) - Refer to www.cdc.gov/flu to learn more about this vaccine. (Note: Children six months to eight years old having the vaccine for the first time should have two doses separated by four weeks.)

Measles, mumps, rubella (MMR) and varicella (chicken pox) - If you were born after 1957, you should have records of one or more doses of MMR vaccine unless you have a medical reason not to have the vaccine or laboratory records of immunity to these three diseases.

Human papillomavirus (HPV) - This vaccine is for girls (HPV2, HPV4, or 9vHPV) and boys (HPV4 or 9vHPV) 11 to 12 years old, but it can be given as early as nine years old. This vaccine can be given up to age 26. Administer second dose one to two months after first dose; administer third dose 24 weeks after the first dose and 16 weeks after the second dose.

Meningococcal (A,C, W, Y) - Two doses of this routine vaccine are given (excludes Meningococcal B). Administer the first dose at 11 or 12 years old and the next dose at 16 years old.

Meningococcal B - Teens should also get this vaccine from 16 through 18 years old

Pneumococcal Conjugate (PCV-13) - Children two through 15 months old should get a series of four doses.

Pneumococcal polysaccharide (PPSV23) - All adults 65 years or older and ages two through 64 with certain medical conditions as well as adults 19 through 64 years old who smoke.

To get auxiliary aids and services, or to get written or oral interpretation to understand the information given to you, including materials in alternative formats such as large print, braille or other languages, please call BCBSTX STAR/CHIP Customer Service at **1-888-657-6061** (TTY: **711**).

Blue Cross and Blue Shield of Texas complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Blue Cross and Blue Shield of Texas does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Blue Cross and Blue Shield of Texas:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Civil Rights Coordinator.

If you believe that Blue Cross and Blue Shield of Texas has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Civil Rights Coordinator, Office of Civil Rights Coordinator, 300 E. Randolph St., 35th floor, Chicago, Illinois 60601, **1-855-664-7270**, TTY/TDD: **1-855-661-6965**, Fax: **1-855-661-6960**, **Civilrightscoordinator@hsc.net**. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at **<http://www.hhs.gov/ocr/office/file/index.html>**.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-855-710-6984 (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-710-6984 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-710-6984 (TTY: 711)。

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-710-6984 (TTY: 711) 번으로 전화해 주십시오.

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-855-710-6984 (رقم هاتف الصم والبكم: 711).

خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں 1-855-710-6984 (TTY: 711).

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-710-6984 (TTY: 711).

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-710-6984 (ATS: 711).

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-855-710-6984 (TTY: 711) पर कॉल करें।

اب دشاب یم مهارف امش یارب ناگیار تروص هب ینابز تلایهست، دینک یم وگتفگ یسراف نابز هب رگا: هجوت 1-855-710-6984 (TTY: 711) دیریگب سامت.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-710-6984 (TTY: 711).

સુચના: જો તમે ગુજરાતી બોલતા હો, તો ન:શુલક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-855-710-6984 (TTY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-855-710-6984 (телетайп: 711).

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-855-710-6984 (TTY: 711) まで、お電話にてご連絡ください。

ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັງຄ່າ, ຄຸ່ມມີພ້ອມໃຫ້ທ່ານ. ໂທສ 1-855-710-6984 (TTY: 711).