

## Preventive care is an important step in your wellness journey

Even if you feel well, you need to get your, annual check-ups . Preventive care visits are an important part of maintaining your overall health and wellness and can help diagnose health conditions before they become serious concerns. If you are enrolled in a HealthSelect of Texas® medical plan, including Consumer Directed HealthSelect<sup>SM</sup>, 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 on the HealthSelect website.

If you need help scheduling your annual preventive check-up, 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.

### READ ABOUT GAIL'S JOURNEY TO WELLNESS:



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

**30 miles**

**99%**

*of HealthSelect participants live within 30 miles of a PCP.*



**More than 15,000 PCPs** are in the HealthSelect network.

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



**Preventive care is covered at 100%,**

so Gail won't pay anything out of pocket for her annual check-up.



**An in-network preventive care visit costs**

**\$0**



**2,500 Blue Points<sup>SM</sup> for completing the Health Assessment!**

Gail's annual check-up helps her stay informed about her health. She uses the results of her check-up to complete her Health Assessment in Well onTarget®. The Health Assessment helps her track her overall health and offers resources to help her stay healthy.