



# Part 19

## Benefit quick reference guide

We want to help you get the care you need.

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The chart below tells you about the benefits covered by this plan. All services must be medically necessary. This chart is a summary only. For a full list of the benefits and limits of your plan, please see **Part 5: What is covered by BCBSTX.**

BENEFIT	COVERAGE
<b>Ambulance services</b>	<ul style="list-style-type: none"> <li>• A licensed ambulance company</li> <li>• An emergency</li> <li>• An OK from us is not needed for emergency ambulance transport</li> </ul>
<b>Annual adult well exams</b>	Annual well exams for members 21 years of age and older
<b>Audiology services</b>	<ul style="list-style-type: none"> <li>• Hearing aids for members 21 years of age and older when it is medically necessary</li> <li>• The Texas Health Steps program gives audiology services and hearing aids for ages 0 through 20</li> </ul>
<b>Chiropractic services</b>	Covers services that help keep the spine and other body structures straight You do not need an OK from us to see a chiropractor in your network
<b>Diagnostic and therapeutic radiology</b> Some radiology services need an OK from us before you get the service.	<ul style="list-style-type: none"> <li>• X-rays and testing that is not invasive and done to find out what is wrong and is ordered and done by (or under the guidance of) your provider</li> <li>• Mammograms for women 35 years of age or older</li> <li>• CT, MRI, MRA, PET and SPECT need an OK from us</li> </ul>
<b>Doctor services</b>	<ul style="list-style-type: none"> <li>• Visits to doctors, specialists or other providers</li> <li>• Well exams are included</li> </ul>
<b>Durable Medical Equipment (DME) and disposable supplies</b> Needs an OK from us	<ul style="list-style-type: none"> <li>• Medical equipment given for use in the home</li> <li>• Medically necessary</li> <li>• Within the limits of what is covered by Medicaid</li> </ul>
<b>Emergency services</b>	<ul style="list-style-type: none"> <li>• Emergency room</li> <li>• Ambulance services</li> <li>• An OK is not needed</li> </ul>
<b>Family planning</b>	<ul style="list-style-type: none"> <li>• Medical visits for birth control</li> <li>• Marriage and family planning, education and counseling services</li> </ul>
<b>Home health services</b> Needs an OK from us	<ul style="list-style-type: none"> <li>• Nursing services</li> <li>• Personal care services</li> </ul>
<b>Inpatient hospital services</b> Needs an OK from us	<ul style="list-style-type: none"> <li>• Hospital room with two or more beds</li> <li>• Operating room</li> <li>• Anesthesia</li> <li>• Nursing care</li> <li>• Surgery</li> </ul>
<b>Lab services</b>	All authorized lab services

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<b>OB/GYN services</b>	<ul style="list-style-type: none"> <li>• Care that has to do with pregnancy</li> <li>• Care for any female medical condition</li> <li>• One well-woman checkup per year</li> </ul>
<b>Orthotics and prosthetics</b>	<p>Parts needed such as manmade arms or legs and the parts needed to attach them</p> <ul style="list-style-type: none"> <li>• Orthotic braces, splints or ankle and foot supports</li> <li>• Covered when medically necessary</li> </ul>
<b>Outpatient hospital services</b> Needs an OK from us	<ul style="list-style-type: none"> <li>• Dialysis</li> <li>• Giving you someone else's blood</li> </ul>
<b>Physical, Occupational and Speech Therapy</b> Sometimes needs an OK from us	<ul style="list-style-type: none"> <li>• These services are covered when ordered by a doctor and are part of a written plan of care</li> </ul>
<b>Podiatry</b>	<p>Covered services include:</p> <ul style="list-style-type: none"> <li>• Medical problems of the feet</li> <li>• Medical or surgical treatment of disease, injury or defects of the foot</li> </ul> <p>See Part 5 for benefit limits</p>
<b>Pregnancy and maternity care</b>	<ul style="list-style-type: none"> <li>• Pregnancy</li> <li>• After-delivery care when medically necessary</li> <li>• Newborn exams</li> </ul>
<b>Prescription Drugs</b>	<ul style="list-style-type: none"> <li>• BCBSTX uses a preferred drug list</li> <li>• Most generic and over-the-counter drugs are covered</li> <li>• Some drugs including brand name drugs need an OK from BCBSTX</li> </ul>
<b>Prostate and rectal exams</b>	<ul style="list-style-type: none"> <li>• Prostate-specific antigen (PSA) for men</li> <li>• Digital rectal examination (DRE) test for men</li> <li>• Based on guidelines by the American Cancer Society</li> </ul>
<b>Rehab services</b> Sometimes needs an OK from us	<ul style="list-style-type: none"> <li>• Developmental assessments</li> <li>• Physical, occupational or speech therapy</li> </ul>
<b>Texas Health Steps Medical Checkups</b>	<ul style="list-style-type: none"> <li>• Routine shots</li> <li>• Lab tests</li> <li>• CCP services for members until their 20th birthday</li> </ul>
<b>Transplant</b> Needs an OK from us	<ul style="list-style-type: none"> <li>• Human organ and tissue transplants that are not still being tested</li> <li>• All corneal, bone marrow and peripheral stem cell transplants that are not still being tested</li> </ul>
<b>Vision services</b>	An eye exam every 12 months

SELECT TRAVIS SERVICE AREA FAMILY PLANNING PROVIDERS

PROVIDER NAME	AGENCY NAME	ADDRESS	PHONE	HOURS OF OPERATION	
				DAY	TIME
<b>CommUnityCare A.K. Black</b>	Central Texas Community Health Centers dba CommUnityCare	928 Blackson Ave. Austin, Texas 78752	(512) 978-9740	Mon –Thur Fri	7:45-4:45 9-5
<b>CommUnityCare Del Valle</b>	Central Texas Community Health Centers dba CommUnityCare	3518 FM 973 Del Valle, Texas 78617	(512) 978-9760	Mon –Thur Fri	7:45-4:45 9-5
<b>CommUnityCare Manor</b>	Central Texas Community Health Centers dba CommUnityCare	600 W. Carrie Manor St. Manor, Texas 78653	(512) 978-9780	Mon-Thur Fri	7:45-4:45 9-5
<b>CommUnityCare Montopolis</b>	Central Texas Community Health Centers dba CommUnityCare	1200 B Montopolis Dr. Austin, Texas 78741	(512) 978-9800	Mon – Thur Fri	7:45-4:45 7:45-5
<b>CommUnityCare Northeast Austin</b>	Central Texas Community Health Centers dba CommUnityCare	7-1-12 Ed Bluestein Blvd., Ste 155 Austin , Texas 78723	(512) 978-9300	Mon Tue, Wed, Thur Fri	7:45-4:45 7:45-6 9-6
<b>CommUnityCare Oak Hill</b>	Central Texas Community Health Centers dba CommUnityCare	8656 A Hwy 71 West, Suite C Austin, Texas 78735	(512) 978-9820	Mon-Thur Fri	8-5 9-5
<b>CommUnityCare Pflugerville</b>	Central Texas Community Health Centers dba CommUnityCare	15822 Foothill Farms Loop Pflugerville, Texas 78660	(512) 978-9840	Mon-Thur Fri	7:45-4:45 9-5
<b>CommUnityCare Rosewood-Zaragosa</b>	Central Texas Community Health Centers dba CommUnityCare	2802 Webberville Rd Austin, Texas 78660	(512) 978-9840	Mon Tue, Thur Wed Fri	7:45-4:45 7:45-5 7:45-8 9-5
<b>CommUnityCare South Austin</b>	Central Texas Community Health Centers dba CommUnityCare	2529 S. First St. Austin, Texas 78704	(512) 978-9500	Mon Tue, Thur Wed Fri Sat	7-7 7:45-7 7-7 9-5 9-5
<b>CommUnityCare Family Wellness Center UT School of Nursing</b>	Central Texas Community Health Centers dba CommUnityCare	2901 North IH 35 Suite 101 Austin, Texas 78722	(512) 232-3900	Mon, Wed, Thur Tue	8-5 9-4:45
<b>CommUnityCare East Austin</b>	Central Texas Community Health Centers dba CommUnityCare	2-1-1 Comal St. Austin, Texas 78702	(512) 978-9200	Mon-Fri	8-4:45
<b>Downtown Austin Clinic Teen Clinic</b>	Planned Parenthood of Austin Family Planning Inc.	1823 East Seventh St. Austin, Texas 78702	(512) 477-5846	Mon-Fri Sat	1-6:30 9-1

## Part 19

Look at the boxes below and find the one for your child's age. They will tell you when to take your child to each Texas Health Steps checkup.

### Birth to 9 Months

- Babies need checkups when they are three to five days old, two weeks old, then at 2, 4, 6, and 9 months old.
- Doctors make sure babies are healthy and growing as they should.
- During a checkup, the doctor will look at your baby from head to toe, checking for health problems you may not know about.
- During a checkup, the doctor may do tests to check for other problems.
- Babies can also get free vaccines at a checkup to protect them from disease.
- Dental checkups start at the age of six months and then every three to six months.
- The dentist or doctor might put fluoride on your child's teeth during a dental or medical checkup.

### 1 to 4 Years

- Children need medical checkups at 12, 15, and 18 months old, and at 2, 2 1/2, 3, and 4 years old.
- During a checkup, the doctor may do tests to check for other problems.
- Toddlers can also get free vaccines at a checkup to protect them from disease.
- During the checkup, the doctor will ask you questions about what your child is learning to do and how they are getting along with others.
- Children need dental checkups every three to six months unless the dentist needs to see them more often.

## 5 to 10 Years

- Children need medical checkups at 5, 6, 7, 8, 9, and 10 years old.
- Children will get vaccines to help protect them from disease.
- During a checkup, the doctor may do tests to check for other problems.
- Finding and treating health problems can help your child do better in school.
- Children need dental checkups every six months.
- Dentists can put special coatings on children's teeth (called "sealants") that help protect their teeth.

## 11 to 20 Years

- Teens and young adults need to have a checkup each year.
- During a checkup, the doctor may do tests to check for other problems.
- During checkups, doctors talk to teens about eating habits, exercise, ways to prevent injury, and how to have a healthy lifestyle.
- During a medical checkup, the doctor will ask if your teen has any worries that may cause problems with their mental or physical health. This medical checkup is not the same as a sports physical exam.
- Your teen will need to see the dentist every six months.

If the doctor or dentist finds a health problem during a checkup, your child can get the care he or she needs, such as:

- Eye tests and eyeglasses
- Hearing tests and hearing aids
- Other health and dental care
- Treatment for other medical conditions