BlueCross BlueShield of Texas

The University of Texas System
Nine Universities. Six Health Institutions. Unlimited Possibilities.

Attention: UT SELECT Plan Participants

Blue Care Connection® Introduces New Features

Blue Cross and Blue Shield of Texas (BCBSTX) has added new program features to Blue Care Connection (BCC) to help improve the health of you and your covered dependents. These new additions to BCC can help you prevent or slow the onset of chronic disease and provide you with information on caring for your health and making healthy decisions about your care and treatment.

Improve Your Health

A care advisor may call you if you are at high risk for getting a chronic condition like diabetes, having a heart attack or needing spinal surgery. The care advisor will help by giving you important information about your condition. He or she will also suggest actions to help lower your health risks. Early attention to health risks can help you take control and improve your health.

Care Coordination

If you are in the hospital, a care advisor may call you to talk about your health. He or she will help plan for any special care you might need when you get home from the hospital so you won't need to go back.

Provide Education and Support

You may receive a letter that recommends actions you can take to help you better manage your condition. Online tutorials are available to help make sense of your condition and all treatment options. There are online tutorials for:

- Diabetes
- Coronary Artery Disease
- Depression
- Metabolic Syndrome
- Low Back Pain

To view these tutorials, visit Blue Access for Members℠ (BAM) at bcbstx.com/ut or ask your care advisor to send you a link. Learning more about your condition will help you make healthy choices and better health care decisions.

You can also receive secure one-way text message* reminders and tips on such topics as:

- Diabetes
- Coronary Artery Disease
- Exercise
- Diet

To sign up for these text features you must be a registered BAM user and select to participate through the "Preferences" tab in the upper right corner of the screen.

**Data charges may apply for use of text messaging features.*

Please remember, BCC and its programs are not a substitute for the independent opinion of your doctor. The final decision about your treatment is one that is made between you and your doctor. You should discuss any health questions or concerns with your doctor.

If you have questions, please call UT SELECT Customer Service at 1-866-882-2034 for assistance with the online tutorials available through BAM or call BCBSTX condition management at 1-800-462-3275 to speak with a care advisor. Both phone numbers also appear on the back of your medical plan ID card.

UT SELECT is administered by Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association.