

# How to TALK TO YOUR PCP

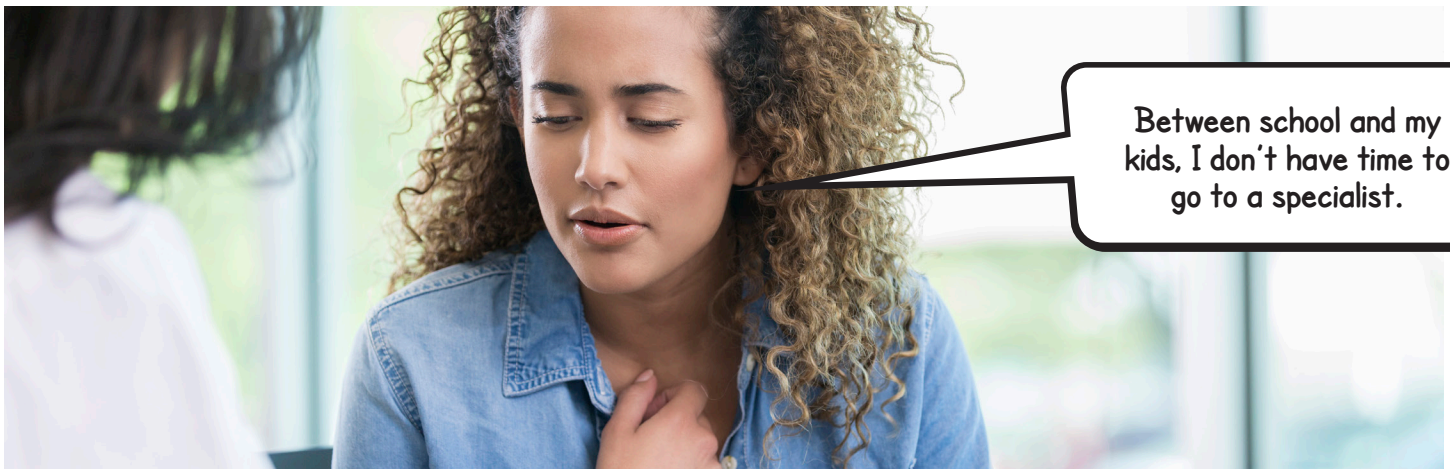


Think of your Primary Care Provider (PCP) as the team captain for your health care. Many times, they can even handle things you think you'd need a specialist for.

Below is an interaction with a TRS-ActiveCare participant, Joanna, whose plan requires her to have a PCP manage her care. **Read how Joanna navigates her appointment with her PCP**, Dr. Anderson, when she thought she may need a specialist.



Joanna notices a rash on her arm she thinks is eczema. Joanna calls her PCP to get the rash checked.



At her appointment, Joanna says she's concerned she'll need a specialist to treat her eczema. She's a 7th grade teacher, mom of two young children, and doesn't have time to see another doctor.



BlueCross BlueShield of Texas

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I can treat this as your PCP.



That's great!

After looking over Joanna's arm, Dr. Anderson determines she can treat the eczema without a specialist.



Copays\*  
PCP - \$30  
Specialist - \$70

Dr. Anderson and Joanna talk about her treatment plan. Joanna is relieved she doesn't have to see another doctor and can get help from her PCP!

\* For TRS-ActiveCare Primary and TRS-ActiveCare Primary+ plans

Not all medical concerns need a visit to a specialist. Your PCP may be able to help you, like Joanna's did.

If you don't have a relationship with a PCP or want a new one, use Provider Finder® to find an in-network provider near you by going to [www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare). If you have questions or need help, connect with a Personal Health Guide at **1-866-355-5999** or through the BCBSTX App 24/7.