


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 handle things you think you'd need a specialist for.

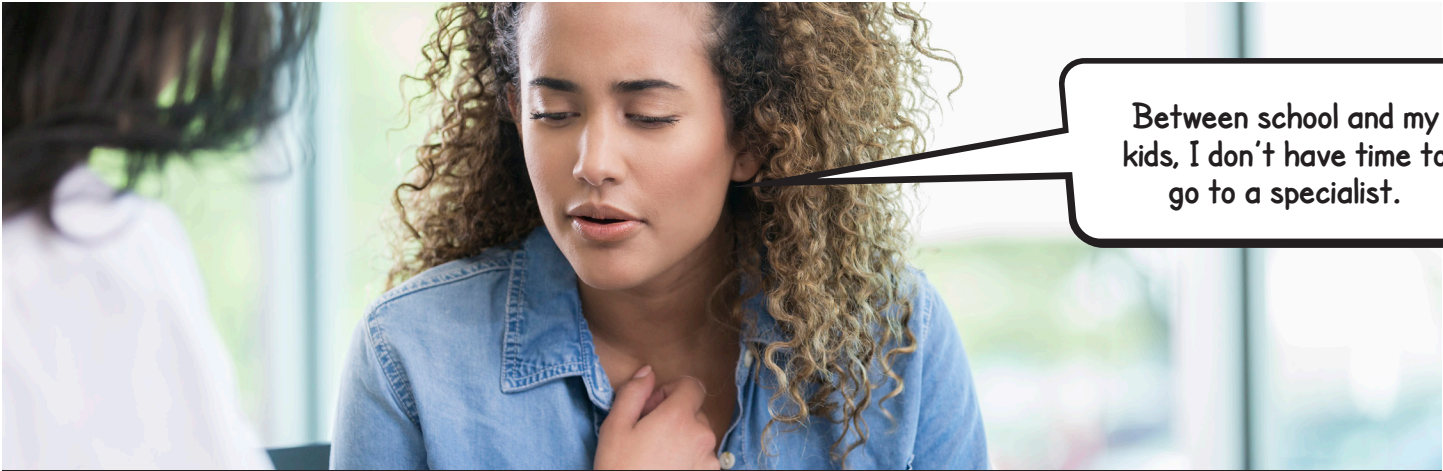
Below is an interaction with a TRS-ActiveCare participant, Joanna, whose plan requires her to have a PCP manage her care. **Read how Joanna navigates her appointment with her PCP, Dr. Anderson,** when she thought she may need a specialist.



I'm nervous to wait and have this get worse.

I can get you in tomorrow.

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



Between school and my kids, I don't have time to go to a specialist.

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 - \$15/\$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!

* TRS-ActiveCare Primary+ participants pay a \$15 copay for a PCP visit. TRS-ActiveCare Primary participants pay a \$30 copay for a PCP visit. Both plans pay a \$70 copay for a specialist visit.

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. 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.