



Your Primary Care Provider and You: Working Together to Keep You Healthy

Having a relationship with a Primary Care Provider (PCP) can save you money while protecting your health and well-being.

Having a PCP means you'll have someone in your corner, ensuring you get the care you need. **If you don't already have a relationship with a PCP, find one today and schedule a wellness exam.** A PCP can help you in several ways:

- People who see a PCP tend to live longer, healthier lives.
- Your PCP will know you, your medical history, treatment preferences, medications and lifestyle.
- Your PCP will handle routine medical care, such as annual exams.
- During routine wellness exams, your PCP may identify early signs of chronic conditions, such as high blood pressure or stress. Together, you can develop a care plan.
- If you have a chronic condition, such as asthma or diabetes, you can find a PCP who has experience managing it with a comprehensive treatment plan.
- You can often schedule a same-day or virtual appointment with your PCP for non-emergency medical issues like colds, flu, rashes, or ear infections. Options other than your PCP may cost you more, and you'll also see a provider who doesn't know you.
- Your PCP can refer you to a trusted, in-network specialist, when needed, making sure your treatment plans work together and are manageable for you.

In addition to improving your physical health, having a relationship with a PCP may benefit your everyday life in a few critical ways:

- **Fewer sick days.** Staying on top of your preventive care and getting regular checkups keeps you healthy now and in the long run, so you're less likely to miss work.
- **Lower medical expenses.** Annual wellness exams are 100% covered by your health plan. Lower your out-of-pocket costs by keeping up with routine exams, screenings, and immunizations.
- **Peace of mind.** It can be worrisome when you're sick and not sure what's wrong. Your PCP knows you and may be able to see you the same day, have a virtual visit, or call in a prescription.
- **Convenience.** As an existing patient, you won't have to re-verify your medical insurance for every appointment. Your coverage information is on file and managed by your PCP's staff. You also may not have to repeat any medical history forms because it's already in your PCP's records.



Does your plan require you to have a PCP?

TRS-ActiveCare Primary and TRS-ActiveCare Primary+

TRS-ActiveCare Primary and TRS-ActiveCare Primary+ plans require a PCP. A PCP is also required if you need a referral to a specialist. This referral process helps your PCP keep track of your treatment plans and make sure they're easy for you to manage. You can change your PCP anytime. If you want to select or change your PCP, get started now.

- Go to www.bcbstx.com/trsactivecare and log in to your **Blue Access for MembersSM (BAMSM)** account.
- Click on the **Doctors and Hospitals** tab then **Find a Doctor or Hospital** link.
- If you know the name of the PCP you want, search by **Name and Specialties**.
- If you don't have a PCP in mind, **Browse by Category** and select **Medical Care** from the drop-down menu.
- Next, select **Primary Care**.
- Choose **Family Practice, General Medicine, Internal Medicine, Obstetrics & Gynecology, or Pediatrics** to narrow your search.
- Pick a PCP from the providers listed and click on **View Profile**.
- Locate the **10-digit provider ID number** at the very top of the page under **Provider Highlights**.

PCP changes will be effective the first day of the following month. If you need the change take effect sooner, call a Personal Health Guide at **1-866-355-5999**, 24 hours a day, seven days a week.

TRS-ActiveCare 2 and TRS-ActiveCare HD

TRS-ActiveCare 2 and TRS-ActiveCare HD participants are strongly encouraged to have a PCP. If you don't have a PCP or want to find a new PCP, you can use **Provider Finder[®]** to search for providers in the network.

- Go to www.bcbstx.com/trsactivecare and log in to your **BAM** account.
- Click on the **Doctors and Hospitals** tab then **Find a Doctor or Hospital** link.
- **Browse by Category** and select **Medical Care** from the drop-down menu.
- Next, select **Primary Care**.
- Choose **Family Practice, General Medicine, Internal Medicine, Obstetrics & Gynecology, or Pediatrics** to narrow your search.
- Here you will be able to see where providers are located, patient reviews, certifications and more.

A PCP plays a huge role in keeping you healthy and lowering your out-of-pocket costs. If you don't already have a relationship with a PCP, choose one and schedule an appointment with them today!



Need help choosing or changing your PCP?

Call a Personal Health Guide at **1-866-355-5999**, 24 hours a day, seven days a week.