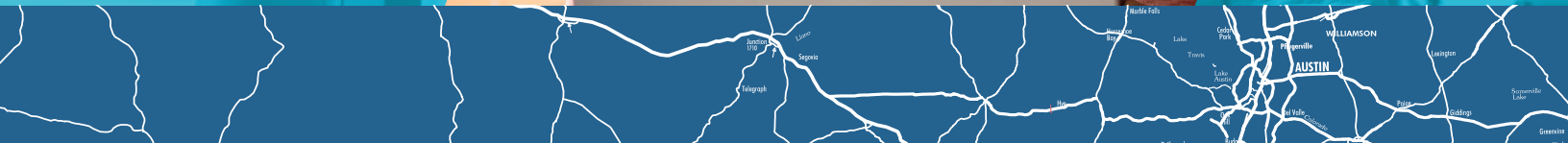


TRS-ActiveCare CHOOSING A DOCTOR



BlueResourceSM – Protecting Your Health – Choosing a Doctor

Is Your Inner Circle Missing Someone?

Strong bonds with significant others, parents, kids and friends enhance our wellbeing. If a Primary Care Provider (PCP) is missing from your inner circle, here are a few tips to find one that's right for you!

List your must-haves. What's high on your wish list? Chances are you want a doctor who treats you with respect, listens, welcomes your questions and explains things clearly.

Ask friends and family for suggestions. Tap into your connections. Recommendations from people you trust can provide a great starting point and save you time during your search.

Check with us. Use **Provider Finder**[®] to find an in-network doctor. You can search by location, gender, specialty, and patient reviews.

Call the doctor's office. Ask if they're accepting new patients and about what's important to you, like whether they have weekend appointments, extended hours or virtual appointments.

Make an appointment. During your first appointment, make sure you feel comfortable and the doctor meets your "must-haves" list.

Source: *Choosing a Doctor: Quick Tips*. U.S. Department of Health and Human Services. 2020.

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