

A relationship with a PCP keeps employees healthier | View in [Web Browser](#)



VALUE OF A PRIMARY CARE PROVIDER

Did you know that having a relationship with a Primary Care Provider (PCP) may lead to a healthier life? If participants get to know their PCP and schedule an annual wellness exam, it could prevent sick days.

We're sending participants the first email in our new Value of a PCP campaign this week. It will highlight the importance of having a relationship with a PCP and how to find one.

FIND A PCP

If participants don't already have a relationship with a PCP, they should **choose one** and schedule an appointment today for an annual wellness exam. A PCP is someone to call when they need care, have general health questions, and more.

VALUE OF A PCP

We want to let participants know why a PCP is valuable to their overall health. A PCP will:

- Get to know them, their medical history, treatment preferences, medications, and lifestyle
- Manage chronic conditions such as asthma or diabetes
- Ensure vaccines and screenings are up to date
- Treat health problems that pop up, such as an infection, virus, or rash
- Refer them to a specialist, if needed
- And much more

HEALTH PLAN REQUIREMENTS

TRS-ActiveCare Primary and TRS-ActiveCare Primary+ plans require a PCP. Participants can change their PCP anytime through [Blue Access for MembersSM](#) or by calling a Personal Health Guide (PHG) at **1-866-355-5999**, 24 hours a day, seven days a week.

TRS-ActiveCare 2 and TRS-ActiveCare HD participants are strongly encouraged to have a PCP. They can use [Provider Finder[®]](#) to search for an in-network provider.

[Learn More](#)

www.bcbstx.com/trsactivecareba



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

1001 E. Lookout Drive, Richardson, TX 75082
 © Copyright 2022 Health Care Service Corporation. All Rights Reserved.
[Legal and Privacy](#) | [Non-Discrimination Notice](#) | [Language Assistance](#) | [Update Your Preferences](#) | [Unsubscribe](#)

