

Why do you need a PCP? | view in [Web Browser](#)



If you don't have a relationship with a Primary Care Provider (PCP), now is a great time to establish one!

A [study](#) published last year in *The Journal of the American Medical Association* shows that people who see a **PCP** tend to **get higher value care** and have **better health outcomes**.

A PCP can help you meet your health care goals.

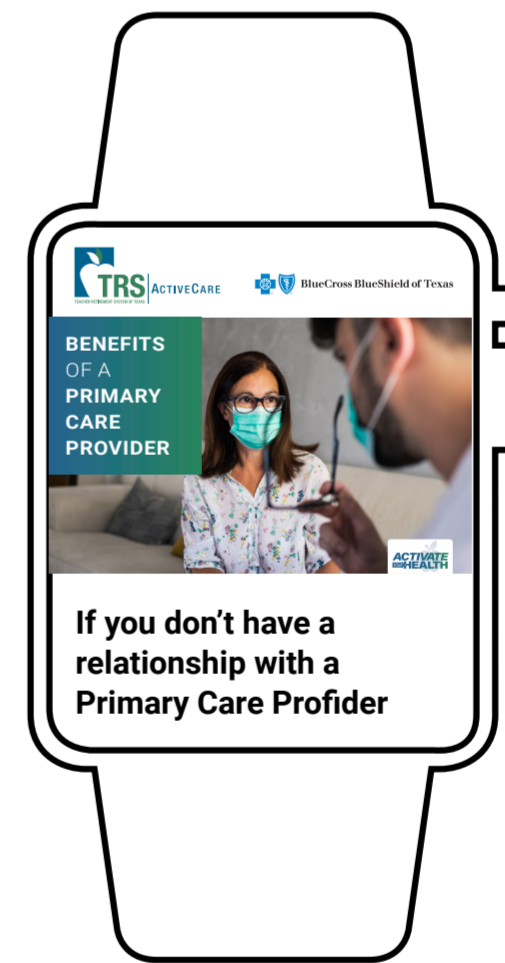
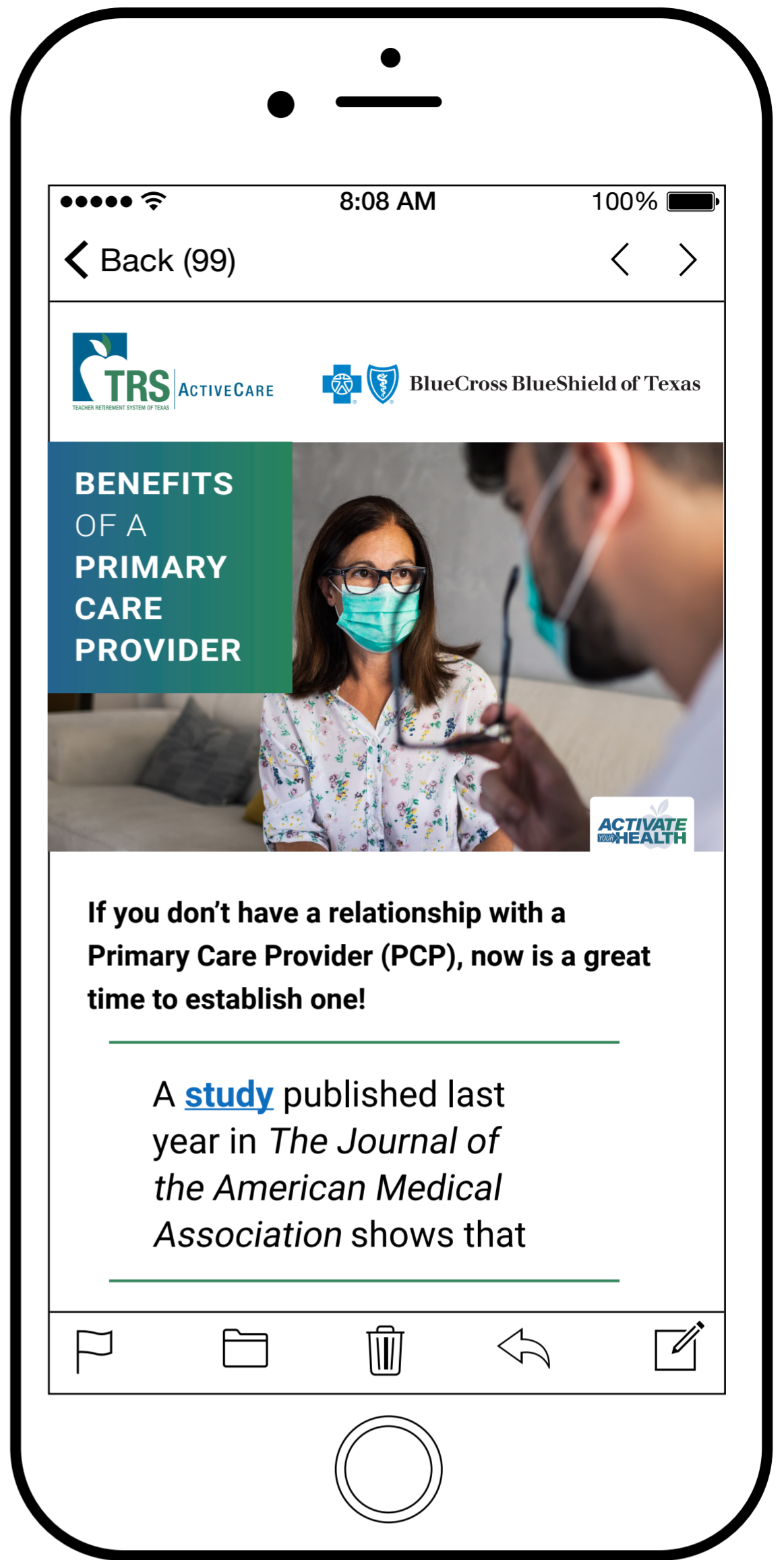
We all need health care at some point. If you're currently healthy and don't have extensive medical needs, your annual wellness check-up is a great time to start building a new relationship. If you have a chronic condition, a PCP can help guide your care.

PCPs:

- Help you make sense of all the health information available today and advise you on the best course of action
- Coordinate your care with other health care professionals and refer you to specialists
- Get to know your health history
 - As your PCP sees you over time and learns about your health habits, personality, and lifestyle, it's easier to spot changes in your health.
- Can be easier to talk to about things that concern you
 - Once you have a PCP you trust, you'll feel more comfortable asking questions, which can be good for your health in the long run.
- Focus on your preventive care needs
 - When you go in for routine screenings, your PCP can help you learn more about how to protect yourself from developing conditions like high blood pressure or stress.
- Help you monitor and manage your chronic conditions.

To find an in-network PCP, log in to [Blue Access for MembersSM](#). Next, go to the Doctors and Hospitals tab. You can also call a Personal Health Guide at **1-866-355-5999**, 24 hours a day, seven days a week, for help.

If you have a TRS-ActiveCare Primary or TRS-ActiveCare Primary+ plan and need to change your PCP, watch the [How to Find, Choose, and Change your Primary Care Provider](#) video for step-by-step instructions.



www.bcbstx.com/trsactivecare

Blue Cross and Blue Shield of Texas complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex, gender identity, age, sexual orientation, health status or disability. See our full [non-discrimination notice and contacts](#).

To get help and information in your language at no cost, call the customer service number on the back of your member card, or see our [Language Assistance page](#) for more information.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-710-6984 (TTY: 711).

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 2020 Health Care Service Corporation. All Rights Reserved.

[Legal and Privacy](#) | [Unsubscribe](#) | [Update your preferences](#)