

Get healthier and save money with a PCP | view in [Web Browser](#)



# 6 WAYS

A PRIMARY CARE PROVIDER  
can help you  
**GET and STAY HEALTHY**



Having a Primary Care Provider (PCP) helps improve your health and lower your out-of-pocket costs by keeping up with routine exams, screenings and immunizations.

Annual wellness exams are also  
**100% covered**  
by your TRS-ActiveCare health plan.\*

If you don't already have a relationship with a PCP, [choose one](#) and schedule an appointment today!

- 1 See your PCP regularly.**  
Studies show people who see a PCP are healthier and save money on their health care costs.
- 2 Talk to your PCP about your health.**  
A PCP gets to know you, your medical history, treatment preferences, medications and lifestyle.
- 3 Partner with your PCP.**  
A PCP is a dependable partner who can handle your routine medical care to identify early signs of health issues and chronic conditions.
- 4 Collaborate with your PCP on a care plan.**  
A PCP can help manage chronic conditions, such as asthma or diabetes, and develop a care plan.
- 5 Go to your PCP first for routine health issues.**  
You can often schedule a same-day in-person or virtual appointment with your PCP for non-emergency medical issues like colds, flu, rashes or ear infections.
- 6 Get referrals to trusted specialists.**  
A PCP can provide referrals to specialists when necessary.

For more information and details about your plan:

[Visit our website](#)

[Check out the flier](#)

You can also connect with a Personal Health Guide, 24 hours a day, seven days a week at **1-866-355-5999** or through the BCBSTX App, available in the [Apple App Store](#) and [Google Play Store](#).

[www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare)

\*Coverage dependent upon using an in-network provider and the provider submitting the claim as preventive care.

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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).

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