



New hours, same great service!

Personal Health Guides have new hours starting May 28, 2026. You'll still get the same excellent service you get now but during the hours you need it most.

Call or chat with a PHG from 6 a.m. to 11 p.m. CT, seven days a week

Go Digital After Hours

When you can't talk directly to a PHG, use [Blue Access for MembersSM](#) or the [BCBSTX App](#) to:

- get a digital ID card
- find providers and compare costs
- check on a claim
- track spending
- send secure messages
- and more

The 24/7 Nurseline will still be available day or night to help you know where to go for care for minor health issues. Call [1-833-968-1770](tel:1-833-968-1770) anytime.

[Get Help](#)

www.bcbstx.com/trsactivecare



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