

Schedule your annual wellness exam



Did you know that having a relationship with a Primary Care Provider (PCP) may lead to a healthier life?

Getting to know your PCP and scheduling an annual wellness exam could prevent sickness and the need to take time off work.

The Value of a PCP

A PCP knows you and your lifestyle best! They understand your medical history, medications, treatment preferences and provide care centered around **YOU**. A PCP will:

- ✓ manage chronic conditions like 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 you to a specialist, if needed
- ✓ and more

Health Plan Requirements

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

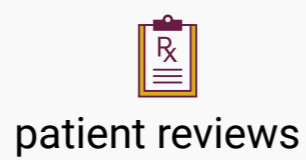
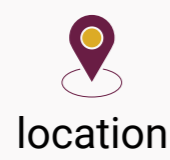
TRS-ActiveCare 2 and TRS-ActiveCare HD participants are strongly encouraged to have a PCP.



What are you waiting for?

Schedule an annual checkup with your PCP – your body and wallet will thank you later!

Don't have a relationship with a PCP? Our [Provider Finder[®]](#) lets you search for providers by:



[Find a PCP](#)

www.bcbstx.com/trsactivecare



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1001 E. Lookout Drive, Richardson, TX 75082

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