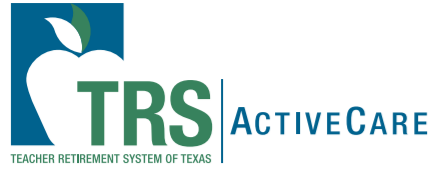


Skipping annual exams puts your health at risk | View in [Web Browser](#)



# MAKE PREVENTIVE CARE A PRIORITY

**Do you know about the many advantages of having a Primary Care Provider (PCP)?** With a PCP, you have someone in your corner who knows you, your medical history, treatment preferences, and lifestyle.

They're there for you when you're sick, but they also perform your yearly wellness exam to check on your overall health and well-being and ensure you're up to date on all screenings and immunizations.

[Find a PCP](#)

**If you don't have a relationship with a PCP, choose one, and schedule your annual exam today!**

Once you've made an appointment for your wellness exam, you may be wondering what to expect. During your exam, your PCP will:

- Document your general health information, medications, and family health history
- Perform a physical exam, including measuring weight, height, and blood pressure
- Discuss your chronic health conditions and coordination of care, if applicable
- Recommend routine screenings and immunizations based on factors such as medical history, gender, and age
- Develop a plan to achieve your health goals

## Health Plan Requirements

**TRS-ActiveCare Primary and TRS-ActiveCare Primary+ plans require a PCP.** Your PCP will coordinate your care and if you need a specialist, they'll refer you to one.

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

You can use [Provider Finder](#)® to search for an in-network provider. If you need help, call or chat with a Personal Health Guide at **1-866-355-5999**, 24 hours a day, seven days a week.

[Learn More](#)

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



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