



BlueCross BlueShield
of Texas



Did You Know?

You have access
to family planning
benefits.

Family planning helps you decide how many children you would like to plan for and allows you to choose a time of life that is right for you. Unplanned pregnancies can increase maternal health risks. Family planning and prevention can help lower these risks and pregnancy-related deaths.

You do not need an OK from your primary care provider to get family planning help. The provider does not need to be part of the network. Find locations of family planning providers near you online at www.healthytexaswomen.org/find-doctor.

Family Planning Benefits Cover:

- Medical visits for birth control
- Marriage/family planning, education and counseling
- Pregnancy tests
- Lab tests
- Tests for sexually transmitted diseases
- Sterilization
- Birth control

Not covered:

- Surgery to reverse sterilization
- Fertility treatments, including artificial insemination or in vitro fertilization

What to do next:

- ☐ Call your doctor to schedule an annual wellness visit.
 - You can find your doctor's information on your member ID card
 - You can also find your doctor's information by logging into **Blue Access for Members™** at <http://mybam.bcbstx.com>
- ☐ Call the Customer Advocate Department on the back of your member ID card if you have questions or need help finding a provider.

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, age, disability, or sex.

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).