



BlueCross BlueShield of Texas

You and Your Doctor: Working Together to Keep You Healthy

Blue Advantage HMOSM

When You choose a Blue Advantage HMO plan, you'll also choose a Primary Care Physician (PCP) to be your personal doctor and guide your care. Whether you're maintaining wellness, or managing health risks or medical conditions, your PCP and your health plan will be with you at every step.

The PCP Advantage

Your PCP-patient relationship is at the center of your health plan. These are some ways your PCP helps you stay your healthiest:

- Keeps track of your health history, medical concerns and medicines — so you can make more informed decisions about your health care.
- Provides routine medical care for physicals, colds, flu and other health concerns.
- They're your health coach, working with you to find better ways to stay healthy. Provides early diagnosis and treatment to help keep many common illnesses from getting worse.
- Helps you manage medical conditions like asthma, diabetes or high blood pressure, and makes sure you have access to specialized care if you need more help to keep the condition from getting worse.
- Helps you find the right specialist if you need more focused care.



Things You Can do to Get the Most from Your PCP-Guided Care

- **Know your options:** Use Provider Finder® to find the right PCP for you.
- **Call ahead:** Make sure the PCP you choose is taking new patients.
- **Plan ahead:** Schedule a checkup to establish yourself as a patient before you get sick.
- **Time your changes:** If you need to change your PCP, request changes at least 30 days before your first office visit.

Any of these doctors can be a PCP:

- Family Medicine
- General Pediatric Care
- Internal Medicine
- OB/GYN



Need Help?

Call us at **877-299-2377** if you need help finding or changing your PCP.