



Get Ready to Make Health Care Easier



Want to leave frustration behind? We hear you! You have a Personal Health Guide from Blue Cross and Blue Shield of Texas who can help you at every step – from transition of care to finding a provider.

Personal Health Guides are only a phone call away at 1-866-355-5999.

During Annual Enrollment, you can call a Personal Health Guide for help with benefits questions such as:

- selecting a benefits plan
- how to find or choose a primary care provider (PCP)
- general benefits questions
- and more!

Throughout your health care journey, you can call a Personal Health Guide to make the most of your new benefits such as:

- transition of care
- claims questions
- registering for Blue Access for MembersSM
- scheduling appointments
- finding in-network providers
- cost estimates
- preauthorization
- and more!



Call a dedicated Personal Health Guide at 1-866-355-5999.

- Beginning June 1, the hours are 7 a.m. - 6 p.m. Monday through Friday.
- Beginning September 1, the hours are 24/7/365.

www.bcbstx.com/trsactivecare



BlueCross BlueShield of Texas