



BlueCross BlueShield  
of Texas



## As a HealthSelect Participant, What Can YOU do to Prevent Heart Disease and Stroke?

- Maintain or achieve a healthy weight
- Be physically active
- Don't smoke
- Reduce high blood pressure or high blood cholesterol
- Control your diabetes
- Get a yearly checkup to discuss potential risk factors with your doctor and what tests should be performed to determine if you are at risk for heart disease or stroke.

## What Preventive Care is Covered under HealthSelect\* to Identify, Prevent or Control Heart Disease and Stroke?

- One routine physical exam each calendar year for participants 18 years of age and older;
- One annual well-woman exam, for women; (no referral needed if performed by a gynecologist)
- One routine eye exam per calendar year; (no referral needed)

If all services you receive are performed in your Primary Care Physician's (PCP) office and billed by your PCP, you will be responsible for a \$20 office visit copayment. If you are being treated by a Specialist and you have a referral, services you receive in your Specialist's office will be provided to you for a \$30 office visit copayment.

Any covered services or supplies that are not performed in your doctor's office (e.g., laboratory, x-rays, diagnostic testing) will be available to you for your network 20% coinsurance amount.

### ***Non-Network Benefits***

As a HealthSelect participant, you also have the option to seek care with any valid provider, even outside of the network. You will receive non-network benefits for these services, which means your out-of-pocket costs are more.

### ***For More Information***

For more information about network and non-network benefits refer to your Benefits Book\*, that is found on the HealthSelect Web site at [www.bcbstx.com/hs](http://www.bcbstx.com/hs) or call Blue Cross and Blue Shield of Texas Customer Service at (800) 252-8039.

*\*The HealthSelect Benefits Book is a summary of the Master Benefit Plan Document, statutes, and administrative rules governing HealthSelect of Texas (HealthSelect). In case of conflict between the provisions of this book and the plan document, statutes, or administrative rules, the plan document provision, statute, or administrative rule will control. Although ERS intends to continue this health care plan into the future, ERS reserves the right, at all times, to change, suspend, or end the plan.*

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

## Online Resources for a Healthier Life through Blue Access for Members

Blue Access for Members is found through the HealthSelect Web site at [www.bcbstx.com/hs](http://www.bcbstx.com/hs) and provides you with immediate secure information about your claims and membership information. It is also your gateway to the **Mayo Clinic\* Online** and other useful tools you can use in managing your health care such as:

- Health management programs
- Diseases and conditions, A to Z – Learn about symptoms and treatment options
- Health risk assessment tool – evaluate your health status and get confidential feedback
- Ask a Specialist – your access to a **Mayo Clinic** expert for your health-related questions
- Self-care health improvement programs – set goals and track your progress
- Quizzes to test your health knowledge – evaluate your health status and get confidential personalized feedback
- Information on timely health topics

### Check it out today!

#### *It's easy to get started*

1. Have your group and subscriber number ready - you can find these on your HealthSelect ID card
2. Go to [www.bcbstx.com/hs](http://www.bcbstx.com/hs)
3. Log in to Blue Access for Members
4. Create a user ID name and password, then you'll have secure access to your personal information.

*\*The relationship between Blue Cross and Blue Shield of Texas and Mayo Clinic is solely that of independent contractors.*

### **COMING September 1, 2005**

On September 1, 2005, Blue Cross and Blue Shield of Texas will introduce its integrated disease management program, Blue Care Connection, to HealthSelect participants. Blue Care Connection gives you access to the Mayo Clinic Online, a resource of online tools and information designed to help you better manage your health. Programs available through Blue Care Connection will include:

- Disease management programs
- Blue Care Advisor – your personalized contact for disease management
- Wellness programs
- CareWise – 24 Hour Nurse Line
- Special Beginnings – mother and baby program for expectant mothers.

More information on Blue Care Connection will be provided during Summer Enrollment. Be sure to visit a BCBSTX representative, or refer to the [HealthSelect Web site](http://www.bcbstx.com/hs).



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*HealthSelect is administered by Blue Cross and Blue Shield of Texas*

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