



BlueCross BlueShield of Texas



You don't need to be a big shot to have a personal assistant.

Beginning January 1, 2020, you will have one for your health care needs.

Are you ready for health care made easy? We think you are — that's why starting January 1, 2020, you will have a Blue Cross and Blue Shield of Texas (BCBSTX) health advocate* waiting to help with your benefits questions and health care needs.

Health advocates will help you and your covered family members:

- Get personal assistance with your health care matters
- Understand your health benefits
- Talk to your BCBSTX clinician about health questions
- Sort out a new diagnosis and what to do next
- Shop for quality, lower-cost health care

It's easy to reach a health advocate:



Call toll-free
800-343-4709



Download the **BCBSTX App**
to live chat**

So stop trying to do it all on your own, we're here for you.



* Health advocates do not replace the care of a doctor and you should talk to your doctor about any medical questions or concerns.
** Message and data rates may apply. Terms and conditions and privacy policy are available at bcbstx.com/mobile/text-messaging.