



More
Splash Time,
Less Swimming
Upstream

Meet your guide to better health.

As a special benefit, you have access to a Blue Cross and Blue Shield of Texas (BCBSTX) health advocate* – at no added cost to you.

Your advocate works with and for you – to remove barriers and cut through red tape in the health care system, so you and your family can get the care you need. Our goal is to make your health care journey a smooth trip.



You can talk to a health advocate 24/7, just call **866-882-2034**.



Download the BCBSTX App to live chat**

Health advocates can help:

- Guide you through a new diagnosis
- Find a doctor or specialist and get you an appointment
- Connect with mental health experts to manage stress, depression, autism, substance misuse or other mental health issues
- Answer benefit questions or solve a problem with a claim or a bill



Scan this QR code to visit bcbstx.com/ut.

*For medical emergencies, call 911. Health advocates and nurses do not give medical advice or take the place of a doctor's care. Talk to your doctor or health care professional about any health questions or concerns.

**Message and data rates may apply. Terms and conditions and our privacy policy are available at bcbstx.com/mobile/text-messaging.