

Tips and Benefit Reminders

1. Participants may check their medical claim status, view claims processing, and print Explanations of Benefits online through [Blue Access® for Members](#).
2. Participants may order replacement ID Cards and print temporary ID Cards online. Simply log in to www.bcbstx.com/hs sign on to [Blue Access for Members](#), from the "Home" page, click on the "I need to" drop down box and select the activity you want to complete.
3. Women have direct access to network OB/GYNS without referrals from their Primary Care Physicians (PCP).
4. In order to receive network benefits for behavioral health participants should contact INROADS® Behavioral Health Services directly at (972) 766-5201 in Dallas, or at (800) 528-7264 outside Dallas. You do not have to notify your PCP.
5. If you are admitted to the hospital from the emergency room, the emergency room copayment of \$100 will be waived but any inpatient copayments will apply. *You must call your PCP within 48 hours of your admission to obtain proper referrals to receive network benefits.*
6. Acupuncture *is not* a covered benefit under the HealthSelectSM of Texas medical benefit plan; however, Blue Cross and Blue Shield of Texas (BCBSTX) does offer HealthSelect participants access to discounts for services such as acupuncture, vitamins, nutritional counseling and more, through the BCBSTX [BlueExtrasSM](#) program.
7. Gastric Bypass and Vertical Banding *are not* covered for any conditions under the HealthSelect of Texas medical benefit plan.
8. HealthSelect excludes drugs used to stop smoking.

A complete list of covered services and exclusions under the HealthSelect plan may be found online at www.bcbstx.com/hs under "My Coverage" in the current edition of the [HealthSelect of Texas benefit book](#).

9. In addition to the Disease Management and wellness programs provided through [Blue Care® Connection](#), BCBSTX now offers participants access to online self-management programs through the [Personal Health Manager](#) tool in [Blue Access for Members](#), that are designed with the individual in mind. This program approaches weight management and smoking health risks through engaging, personalized, and motivating health messages.

For more information on the BCBSTX Weight Management and Smoking Cessation programs visit [Blue Access for Members](#) and log in to the [Personal Health Manager](#).

Thank You.