



BlueCross BlueShield of Texas



Be Your Healthiest Self...We'll Help

Online...on the phone...on the go. However you choose to fit good health into your daily life, you've got tools to help you. Follow these simple steps to sign up for Blue Access for MembersSM (BAMSM) — where you can access all the health and wellness programs included with your plan.



Go to bcbstx.com.



Sign up for BAM.



Click the My Health tab.



A Path to Wellness

Reach your goals with the Well onTarget® online portal or mobile app. Complete self-paced programs to help improve long-term health issues and your overall wellbeing. Plus, get rewards for healthy activities.¹

Fitness at Home and on the Road

Choose gyms from a large, national network, so you can exercise wherever life takes you. Plus, enjoy savings on acupuncture, massage and personal training.²

Quick Answers to Health Questions

Should you go to the emergency room? Urgent care? Wait to see your doctor? 24/7 Nurseline can help you decide — any day, any time.³

Behavioral Health Support

Your mental health is vital to your wellbeing. Your plan gives you access to treatment options to help with anxiety, depression, substance use and more. Click the **Doctors & Hospitals** tab in BAM to find a behavioral health provider.

Guidance for Your Growing Family

The Special Beginnings® maternity program is available to you from early pregnancy until six weeks after delivery. Get personal phone calls with a maternity specialist who can help you understand and manage pregnancy risks, and access online resources that provide week-by-week pregnancy information and a video library.

Take a step toward better health. Register at bcbstx.com today!

1. Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at wellontarget.com for further information. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.

2. Individuals must be at least 18 years old to purchase a membership. The Fitness Program is provided by Tivity Health™, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers.

3. For medical emergencies, call 911. This program is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns.