



**BlueCross BlueShield**  
of Texas

**THE TEXAS A&M**  
UNIVERSITY SYSTEM

Our  
focus is  
**YOU.**

**YOU GET  
THE VIP  
TREATMENT...**

## **Because you have a Health Advocate.**

This is a special service from your Blue Cross and Blue Shield of Texas health plan. It's like having your own personal health assistant who can answer your questions, cut through red tape and get you the help you need.

### **Health Advocates are here to help you figure things out, like:**

- Where to go for care
- Prior authorization requirements
- How to better handle heart disease, diabetes, cancer or other health issues
- How to get help for depression, stress, addiction and more
- How to save money on tests
- Fitness and wellness benefits to stay healthy

**And so much more.**

PEOPLE RATE THEIR EXPERIENCES  
WITH HEALTH ADVOCATES AS  
"EXCELLENT"

A personal Health Advocate  
is a new part of your plan!

Contact them 24/7 for your health  
and benefit needs:



Call 866-295-1212



Live Chat - Log in to  
[bcbstx.com/tamus](https://bcbstx.com/tamus)

Call 911 for medical emergencies. Health Advocates 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.

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