

Partners for Health

Wherever you are in your journey, your BlueCross BlueShield of Texas plans can support you at no extra cost. Check out all the programs included at no added cost by logging into your Blue Access for Members portal at mybam.bcbstx.com.



Digital Mental Health

More than half of people will struggle with a mental health concern at some point in their lives. But you can learn new skills to break old patterns that may be holding you back. Digital mental health programs from Learn to live can help you get your mental health on track so you can feel better and enjoy life more.

- Learn to adjust unhelpful thoughts and control your moods
- An expert coach can guide you
- Your personal details are private

[Click here to watch a video about mental health.](#)



Diabetes and Hypertension Management

At no additional cost, members with diabetes or hypertension claims will receive an outreach call from a professional at Livongo, a digital health platform determined to empower you to take control of your condition.

If you choose to participate, you will receive digitally connected glucose monitors, scales, and/or blood pressure cuffs that will monitor and transmit your data in real time to your own personal Livongo coach, who will help you manage your condition.

Get started today. Download the Teladoc Health app, call 800-835-2362, visit the website, or text Go Well-BCBSTX to 85240 to learn more and join.



Women's and Family Health

Get support from Ovia Health's complete app suite to provide support from pre-pregnancy to delivery all the way through parenting and menopause. On top of being great tracking apps for every step of the parenting journey, Ovia Health helps manage both the children's and the mother's health, including support for postpartum depression.

Download the Ovia Health apps from the Apple App Store or Google Play. Make sure to choose "I have Ovia Health as a benefit," then select BCBSTX as your health plan.



Virtual Visits with MD Live

Remotely connect with a board-certified doctor via online video, mobile app, or phone, anytime, anywhere Address a variety of non-emergency care issues, ranging from the cold and flu to pink eye. It's a great tool for behavioral health concerns as well. MD Live doctors can also send prescriptions to nearby pharmacies for many common medical conditions. Download the app and register today.

It is important that you access and register for MD Live benefits through the Blue Access for Members on the BCBSTX website to access appropriate prices associated with your plans.