

A LITTLE CARE NOW.

LESS WORRY LATER.

Your preventive care journey shouldn't be an overwhelming one. Taking your health into your hands only requires one small step at a time. Refer back to this guide to find the right providers and resources at any point along your path.



Preventive care resources*

PLAN RESOURCES	PURPOSE	CONTACT
Find a Doctor	Choosing a primary care physician (PCP) is your first step toward consistent, proactive care. Your PCP acts as the quarterback of your wellness, helping coordinate care with specialists as well as making sure you're current on preventive care measures like annual physicals, vaccines and more.	BlueCrossNC.com/Select-PCP
Preventive screenings and vaccination schedules	Stay up-to-date on recommended screenings and vaccinations for yourself and your family.	BlueCrossNC.com/Preventive-Health
Telehealth	Convenient, remote access to providers for help with acute medical care and behavioral health needs.	BlueCrossNC.com/Telehealth-Care
Behavioral Health	Find an in-network mental health provider or treatment facility. Plus, learn about ways to stay healthy in body and mind.	BlueCrossNC.com/Behavioral-Health-Care
Wellness Portal	Tools to further your healthy lifestyle including nutrition counseling, lifestyle coaching and more.	BlueCrossNC.com/Wellness-Health

* Talk to your HR team for other resources that may be available to you.

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