



BlueCross BlueShield
of Texas

Women's and Family Health Support for Every Stage



Preventive Care

Timely check-ups can make a difference by catching issues before they become bigger problems. Blue Cross and Blue Shield of Texas helps by sending you reminders for routine screenings.



Customer Service

Our team can direct you to providers and help plan appointments. We also assist with finding equipment, like breast pumps.



Provider Finder®

Find a women's health provider to support your health journey. Women can choose a Women's Principal Health Care Provider instead of a PCP.



Well onTarget®

Well onTarget is a program that includes maternity tracking, helpful tips and more.



Condition Management

We have partnered with Hinge Health to offer care for the needs of women, like pelvic floor issues.*



High Risk? We're here.

We provide guidance and support for high-risk pregnancies. BCBSTX providers also offer health education, treatment plans and give referrals, as needed. If you have a high-risk pregnancy, a maternity specialist may reach out to help you care for yourself and your baby.



Behavioral Health

We support you through your mental health journey with a new digital Mental Health Hub. The Hub includes mental health assessments you can take online. You can then access specialty providers to help with a variety of mental health concerns.



Call the number on your member ID card or visit **bcbstx.com** for more information about our approach to care for women and their families.

*Check your benefits information to see if this program is available to you.

Hinge Health is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide an online musculoskeletal program for members with coverage through BCBSTX. The Mental Health Hub is administered by NovaWell. NovaWell is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide member health platform and tools, mental health administration network and health information content for members with coverage through BCBSTX.

BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

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