



# BSW PLUS HMO

## 2025 Member Guide



# Hello!

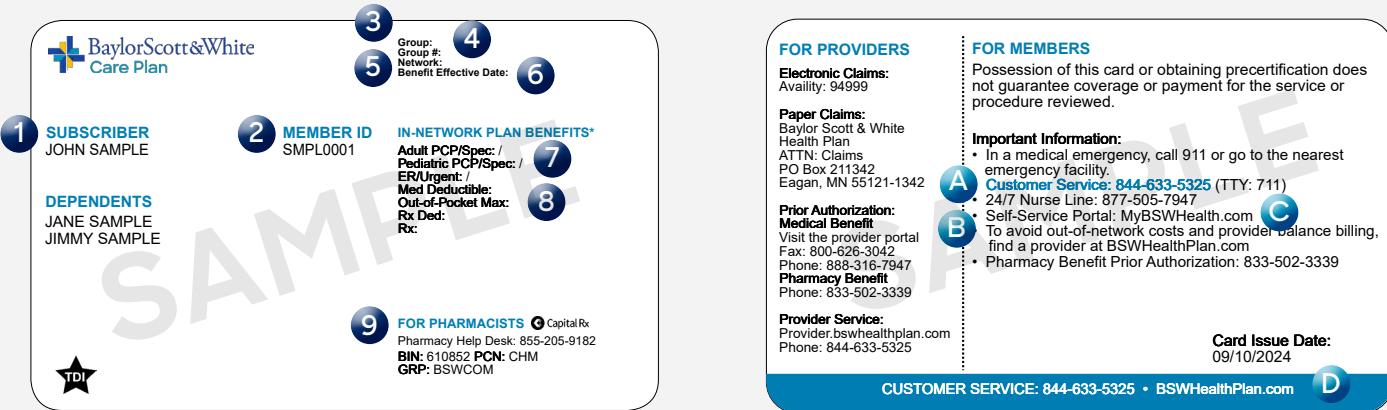


This is your new Baylor Scott & White Health Plan member guide. In it, you'll find information about your healthcare benefits, tips on how to use them and more. If you can't find what you need in these pages, see below for a list of ways you can get in touch with us. Here's to a healthy you!

FOR INFORMATION ABOUT...	CONTACT	AT	WHEN
<ul style="list-style-type: none"><li>• Your benefits</li><li>• A medical bill</li><li>• Finding a provider</li><li>• Anything related to your health plan</li></ul>	Customer Service	<b>Phone:</b> 844.633.5325 <b>Secure Message:</b> through MyBSWHealth member portal or MyBSWHealth app	7 AM – 7 PM, M-F
<ul style="list-style-type: none"><li>• Virtual care</li></ul>	MyBSWHealth	MyBSWHealth.com or MyBSWHealth app	24/7
	Teladoc	800.835.2362	24/7
<ul style="list-style-type: none"><li>• Symptoms you're experiencing</li></ul>	Nurse Line	Number on back of ID card	24/7
<ul style="list-style-type: none"><li>• Prescriptions</li><li>• Your deductible</li><li>• Your out-of-pocket maximum</li><li>• Information from Baylor Scott &amp; White providers</li></ul>	MyBSWHealth	MyBSWHealth.com or MyBSWHealth app	24/7
<ul style="list-style-type: none"><li>• Mail order pharmacy</li></ul>	Costco Mail Order Pharmacy	833.502.3339	7 AM – 9 PM, M-F 11:30 PM – 4 PM Sat
<ul style="list-style-type: none"><li>• Specialty pharmacy</li></ul>	BSW Specialty Pharmacy	844.288.3179	8 AM – 7 PM, M-F 8 AM – 6 PM Sat
	Costco Specialty Pharmacy	833.502.3339	24/7

# Your member ID card

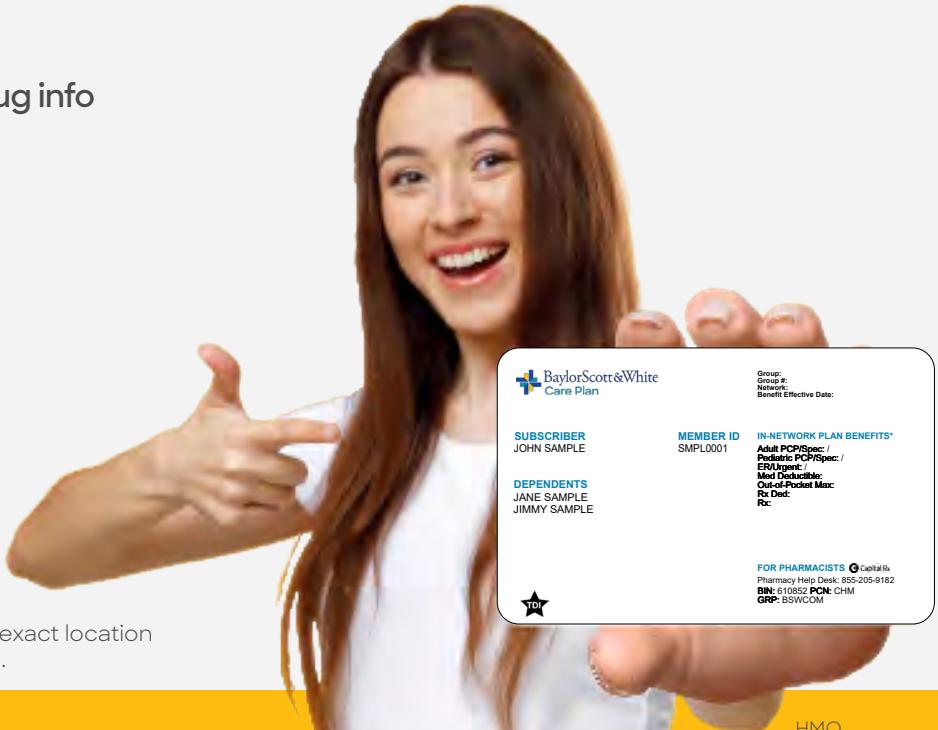
**Important: Show your new card to your providers – even if you were a Baylor Scott & White Health Plan member last year. Your ID number or other information may have changed, and your provider needs your current information to check your coverage and bill the correct amount.**



- 1 Member name
- 2 Member ID number
- 3 Group name
- 4 Group ID number
- 5 Network name
- 6 Benefit effective date
- 7 Copays/coinsurance
- 8 Deductible
- 9 Pharmacy/prescription drug info

Your member ID card will be mailed to your home. You can view your card on the MyBSWHealth app and download/print a copy or request a replacement through the member portal at [MyBSWHealth.com](http://MyBSWHealth.com).

The ID card shown above is a sample. The exact location of certain elements may vary on your card.



# Get the care you need

## Choose from a broad range of BSW Plus HMO in-network providers

Or you can go to [BSWHealthPlan.com/FindProvider](http://BSWHealthPlan.com/FindProvider) and:

1. Click on the “Employer Group Networks” tab
2. Choose “BSW Plus HMO” from the chart
3. Start your search
  - Search by name, specialty and/or location
  - See practice locations, contact information and maps
  - Get details, including network participation and hospital affiliations
  - Add filters for gender, board certification, accepting new patients and more

*Referrals are not required to see network specialists.*



## BSW Plus HMO

### Service Area

You have access to in-network providers in the counties listed below.

Andrews	Dawson	Irion	Randall
Armstrong	Deaf Smith	Johnson	Reagan
Austin	Denton	Jones	Reeves
Bailey	Dickens	Kent	Roberts
Bastrop	Donley	Kimble	Robertson
Bell	Eastland	King	Rockwall
Bexar	Ector	Knox	Runnels
Blanco	El Paso	Lamb	San Saba
Borden	Ellis	Lampasas	Schleicher
Bosque	Erath	Lee	Scurry
Brazos	Falls	Leon	Shackelford
Brewster	Fayette	Limestone	Sherman
Briscoe	Fisher	Lipscomb	Somervell
Brown	Floyd	Llano	Stephens
Burleson	Freestone	Loving	Sterling
Burnet	Gaines	Lubbock	Stonewall
Caldwell	Garza	Lynn	Sutton
Callahan	Glasscock	Madison	Swisher
Carson	Gray	Martin	Tarrant
Castro	Grayson	Mason	Taylor
Childress	Grimes	McCulloch	Terry
Cochran	Guadalupe	McLennan	Throckmorton
Coke	Hale	Menard	Tom Green
Coleman	Hall	Midland	Travis
Collin	Hamilton	Milam	Upton
Collingsworth	Hansford	Mills	Walker
Comal	Hartley	Mitchell	Waller
Comanche	Haskell	Moore	Ward
Concho	Hays	Motley	Washington
Coryell	Hemphill	Navarro	Wheeler
Cottle	Hill	Nolan	Williamson
Crane	Hockley	Ochiltree	Winkler
Crockett	Hood	Oldham	Yoakum
Crosby	Houston	Parmer	
Dallam	Howard	Pecos	
Dallas	Hutchinson	Potter	

# Healthcare on the go

Baylor Scott & White Health Plan members have two options for virtual care: BSWHealth and Teladoc.



If you need care but it's not an emergency, virtual care could be just what the doctor ordered. You can get care from the comfort of home or wherever you are. If you need a prescription, it will be sent to the pharmacy you choose. (If it is an emergency, call 911 or go to the nearest Emergency Room.)

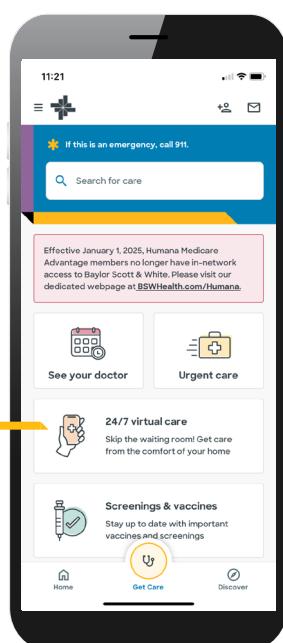
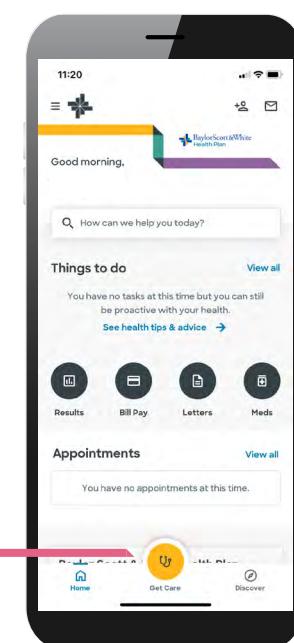
## MyBSWHealth

You can get care through MyBSWHealth anywhere in Texas for things like seasonal allergies, cold and flu, bladder infection (UTI), stomach issues, and more. Make sure your Baylor Scott & White Health Plan account is linked: [My.BSWHealth.com/LinkedAccounts](http://My.BSWHealth.com/LinkedAccounts).

- Online: [My.BSWHealth.com](http://My.BSWHealth.com)
- App: Download at [My.BSWHealth.com/download](http://My.BSWHealth.com/download) or text "BETTER" to 88408

### How to access care:

1. Open the MyBSWHealth app or website
2. Select "Get Care" at the bottom of the home screen
3. Choose 24/7 virtual care
  - Start an eVisit right away **OR**
  - Make an appointment for a 24/7 Care Video Visit with an on-call provider.



More options next page.

## Teladoc

You can access urgent care and behavioral health services through Teladoc anywhere in the US (including Texas).

### **Feeling crummy?**

With a same-day virtual visit you can talk to a licensed provider by phone or video for common conditions like sinus problems, allergies, flu symptoms and much more.

### **Overwhelmed? Anxious? Depressed?**

Private therapy is available. You can choose a therapist or psychiatrist who fits your needs. You can also select a time that works best for you. Therapists and psychiatrists are available seven days a week from 7:00 AM to 9:00 PM.\*

**To register, call 1.800.TELADOC (1.800.835.2362).**

Be sure to have your member ID card handy when you call.

### **After registration, you can access care:**

- By phone: 1.800.835.2362
- Online: TeladocHealth.com
- In the Teladoc app

\*Mental health care is available for members ages 13-plus.



# MyBSWHealth member portal

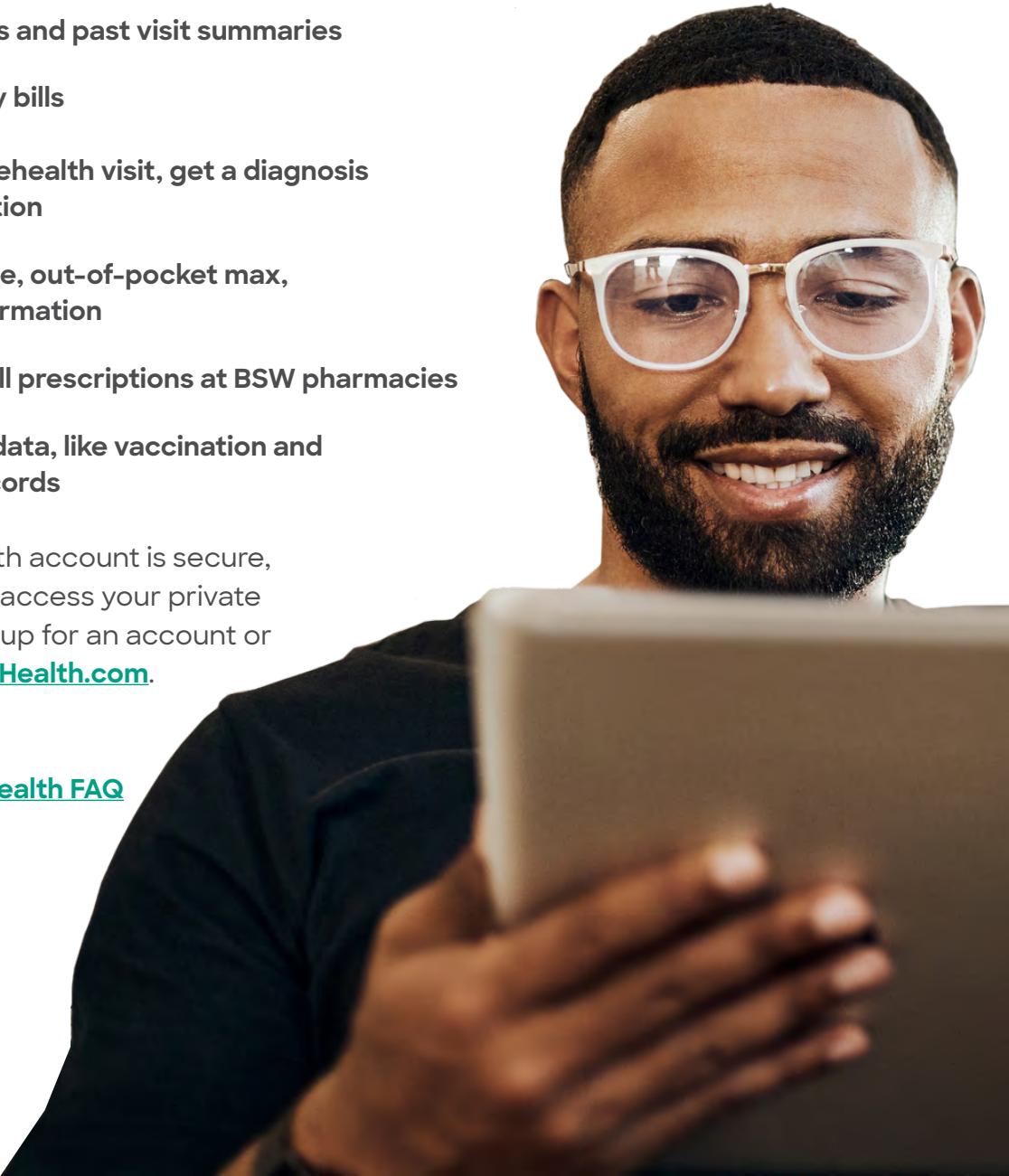
Whether you need care now, need a prescription refilled or want to see test results, you can use MyBSWHealth to connect with the resources you need to stay well—24 hours a day, 7 days a week. Inside the portal, you can:

- **Get help finding care**
- **View or print your ID card**
- **See benefit plan documents**
- **Communicate with your care team**
- **View lab results and past visit summaries**
- **Review and pay bills**
- **Complete a telehealth visit, get a diagnosis and a prescription**
- **View deductible, out-of-pocket max, and claims information**
- **Transfer or refill prescriptions at BSW pharmacies**
- **Upload health data, like vaccination and medication records**

Your MyBSWHealth account is secure, and only you can access your private information. Sign up for an account or sign in at [MyBSWHealth.com](https://MyBSWHealth.com).

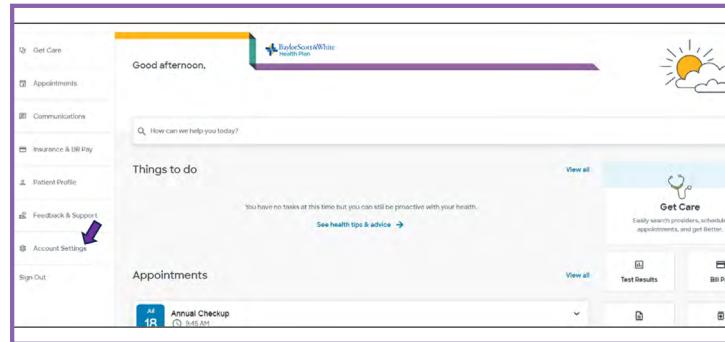
## Questions?

See the [MyBSWHealth FAQ](#) for answers.

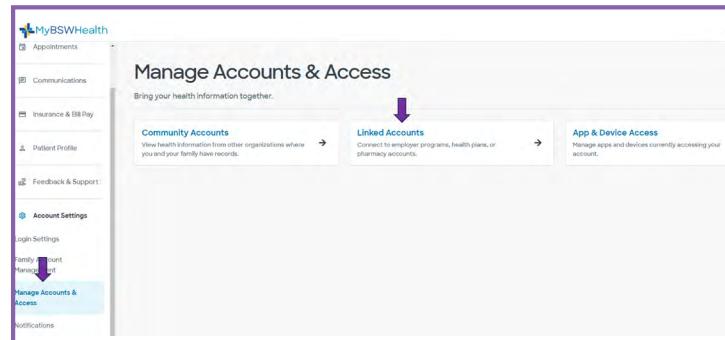


# Link your health plan account to your member portal

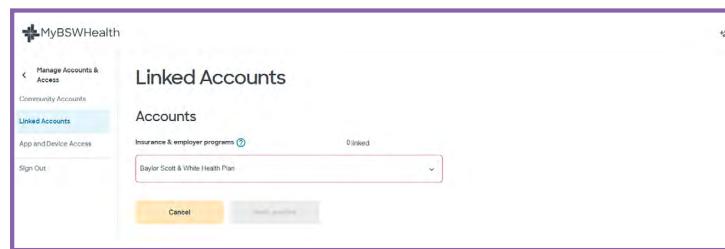
**Step 1.** Click **ACCOUNT SETTINGS** in the left menu



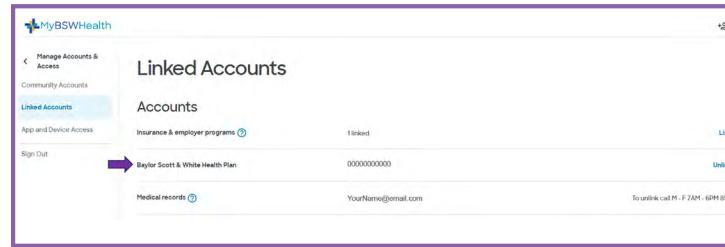
**Step 2.** Click **MANAGE ACCOUNTS & ACCESS** in the dropdown menu, then click **LINK ACCOUNT** in the middle box on the screen



**Step 3.** Select **BAYLOR SCOTT & WHITE HEALTH PLAN** from the dropdown list, then click **VERIFY AND LINK**



**Step 4. YOU'RE ALL DONE!** You should see 1 linked, Baylor Scott & White Health Plan and your member ID.



Your MyBSWHealth account is secure, and only you can access your private information.

# The power to manage your whole family's healthcare.

MyBSWHealth makes it easy to schedule and keep track of appointments, prescriptions, bills and more for every member of the family—from young children to elderly parents. It's called proxy access.

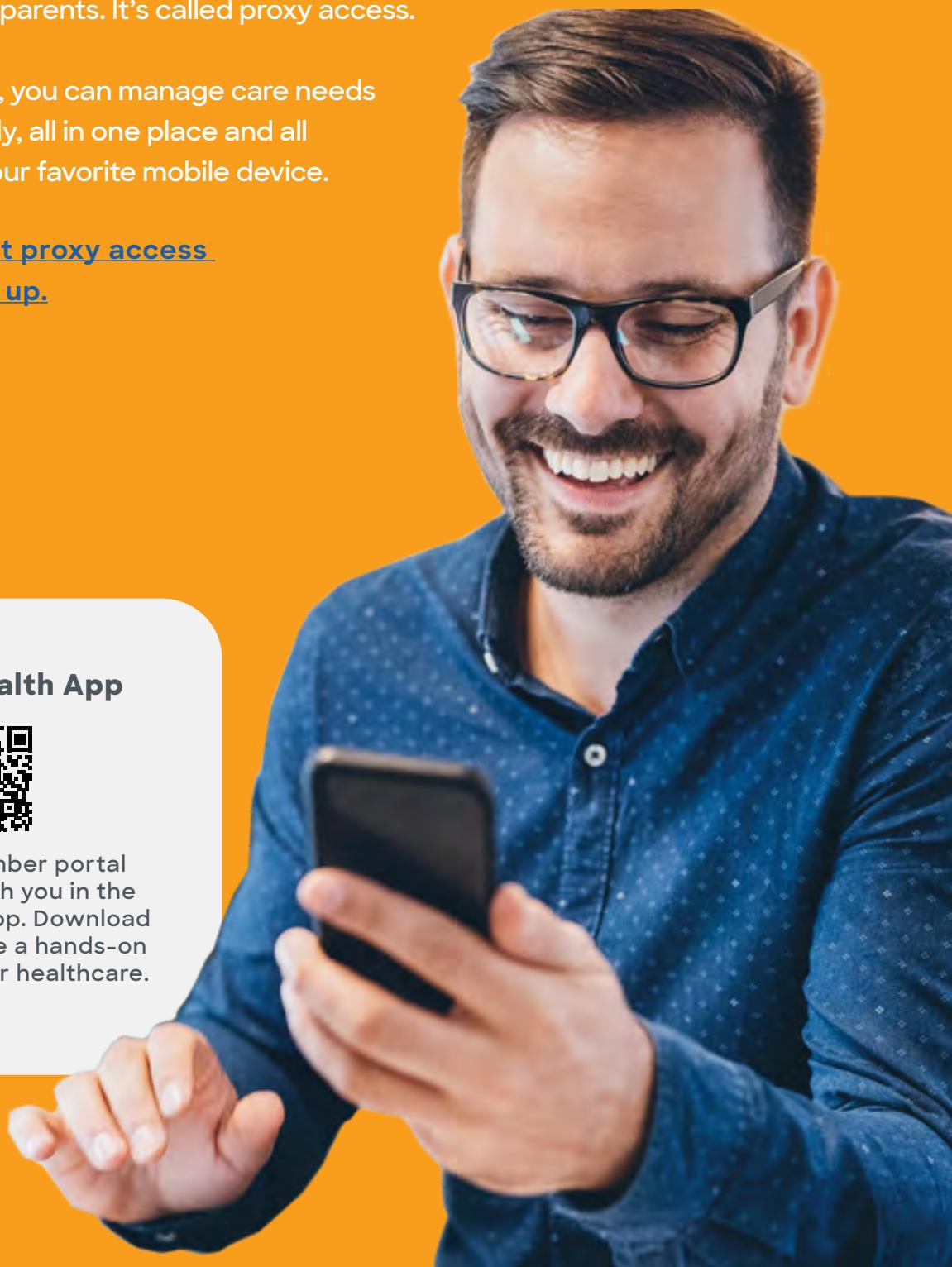
With proxy access, you can manage care needs for the whole family, all in one place and all conveniently on your favorite mobile device.

[Learn more about proxy access and how to set it up.](#)

## MyBSWHealth App



Take your member portal information with you in the MyBSWHealth app. Download it today and take a hands-on approach to your healthcare.



# Pharmacy Benefits

When you need a prescription filled, you can use your pharmacy benefits at pharmacies nationwide, including most national chains and many local pharmacies.

## Find an in-network pharmacy near you:

Log in to [MyBSWHealth.com](http://MyBSWHealth.com) and click Find Care

OR

Use the Find a Provider link on [BSWHealthPlan.com](http://BSWHealthPlan.com)

## Prescription drug benefit questions:

**844.633.5325** 7:00 AM - 7:00 PM, M - F

View your list of covered prescription drugs (formulary), access all pharmacy resources and learn more about your drug plan at [BSWHealthPlan.com/Pharmacy](http://BSWHealthPlan.com/Pharmacy)

## To have your prescriptions delivered to your home:

Costco Mail Order Pharmacy

- 833.502.3339 and select the prompts for mail order.
- [pharmacy.costco.com](http://pharmacy.costco.com)

## To fill your specialty prescriptions:

BSW Specialty Pharmacy:

844.288.3179

Costco Specialty Pharmacy:

- 833.502.3339 and select the prompts for specialty pharmacy.
- [lumicera.com/costco-specialty-pharmacy/](http://lumicera.com/costco-specialty-pharmacy/)

**Costco membership is NOT required to use these services.**

## Prescription Drug Tools and Cost Calculator

Log in to your MyBSWHealth member portal at [MyBSWHealth.com](http://MyBSWHealth.com) and select “**Pharmacy Benefits**” under the Baylor Scott & White Health Plan menu.

In the prescription drug tools you can:

- View your pharmacy claims history
- Check the costs of your medications
- Look up drug coverage (formulary)
- Find in-network pharmacies
- Get started with Costco Home Delivery and Costco Specialty pharmacy



# Do generic drugs really work as well as name brands?

**Yes.** Even though they may look different, generics have the same key ingredients as their brand-name counterparts, and often cost less. Many generic drugs are even made in the same manufacturing plants as the brand-name version. The FDA's Office of Generic Drugs follows a rigorous review process to make sure that a brand-name medication and its proposed generic equivalent:

- Contain the same active/key ingredient;
- Have the same strength;
- Use the same dosage form (for instance, a tablet, capsule, or liquid); and
- Use the same route of administration (for instance, oral, topical, or injectable).

*Talk to your doctor about whether a generic medication is right for you.*





## #WebinarWednesdays

Join the BSW Be Well team at 11 AM CT on the first Wednesday of every month for a free online session. Each month brings a new topic to help you live healthier and happier. Come to one or all—and if you miss one, they're available on demand for a limited time.

Learn more on the [Webinars page](#) at BSWHealthPlan.com.

## Be Well newsletter

This newsletter is packed with information and helpful tips about how to get and stay well. It's emailed four times a year, and you'll always find the current issue on the [Wellness page](#).



## WebMD: Wellness at Your Side

Get personalized support to live well through our digital wellness platform. With Wellness at Your Side, WebMD's standalone app, a healthier lifestyle is always at your fingertips. Check out features like:

- Well-being assessment. A simple, digital survey to help explain your current health status and offer personalized recommendations for how to improve it.
- Wellness media library. Podcasts, videos—including yoga and other exercise videos—healthy recipes and more!
- Wellness challenges. Join an individual or team challenge to boost your well-being in areas like physical activity, nutrition, sleep and more.

Download the WebMD Wellness At Your Side (WAYS) app and get started today!



[Google Play](#)



[Apple Store](#)

Making positive change for your health can be difficult, but you don't have to do it alone.



Our **BSW Be Well Coaching** program offers a meaningful, one-on-one experience tailored to fit your needs and help you to achieve your personal best. Choose from Nutrition Management, Stress Management or Tobacco Cessation programs. Learn more at [BSWHealthPlan.com/Be Well-Coaching](http://BSWHealthPlan.com/Be Well-Coaching).



If you have Type 2 Diabetes, you should be aware of the risks and take it seriously. Without proper management, diabetes can lead to other serious health issues. In fact, this “silent killer” is the eighth leading cause of death in adults in the United States.\*

But you can be well, even with diabetes.

That's what this program is all about. **BSW Be Well with Diabetes** provides support to help improve your health, better manage your diabetes, and save you money. Learn more at [BSWHealthPlan.com/Be Well-Diabetes](http://BSWHealthPlan.com/Be Well-Diabetes).

\*Centers for Disease Control and Prevention, Leading Causes of Death, 2023

## Things to do:

- Sign up for Wondr™
- Drop the diet mindset
- Focus on fun

With Baylor Scott & White Health Plan, you have access to Wondr, a digital weight-loss program available at no cost to you.\* Wondr goes beyond diet fads to teach you science-based skills so you can enjoy your favorite foods and activities while improving your overall health.

Get started today.

Learn more at [wondrhealth.com/BSWHealthPlan](http://wondrhealth.com/BSWHealthPlan)



wondr™

\*Members, spouses, and adult dependents (ages 18 and older) are eligible to apply.

# Maternity Care Management

Helpful tips and assistance during pregnancy and for one year after birth. Benefits include:

- Access to a nurse 24/7 during pregnancy
- In-home support for high-risk conditions (such as diabetes, hypertension and severe nausea)
- Depression screening following delivery
- Parental education for newborn health during the first year
- Immunization reminders
- Planning for returning to work



To learn more or sign up for Maternity Care Management, send an email to [HPMaternityCaseManagement@BSWHealth.org](mailto:HPMaternityCaseManagement@BSWHealth.org) or call the number on the back of your ID card.



# Disease Management

Disease management empowers you, working with your healthcare providers, to manage chronic conditions and prevent complications. Programs are available for members with asthma, breathing trouble (such as bronchitis, emphysema), diabetes, heart problems and many other conditions.

Our health coaches may contact you to invite you to participate in one of these programs when we see an insurance claim with one of these conditions. You can opt in or opt out of the program by calling 888.360.1555.

# Case Management

If you or one of your dependents is diagnosed with complicated health problems, case managers are available to help. A nurse case manager will work with you, your family and the physician to create a plan to meet your ongoing complex care needs.

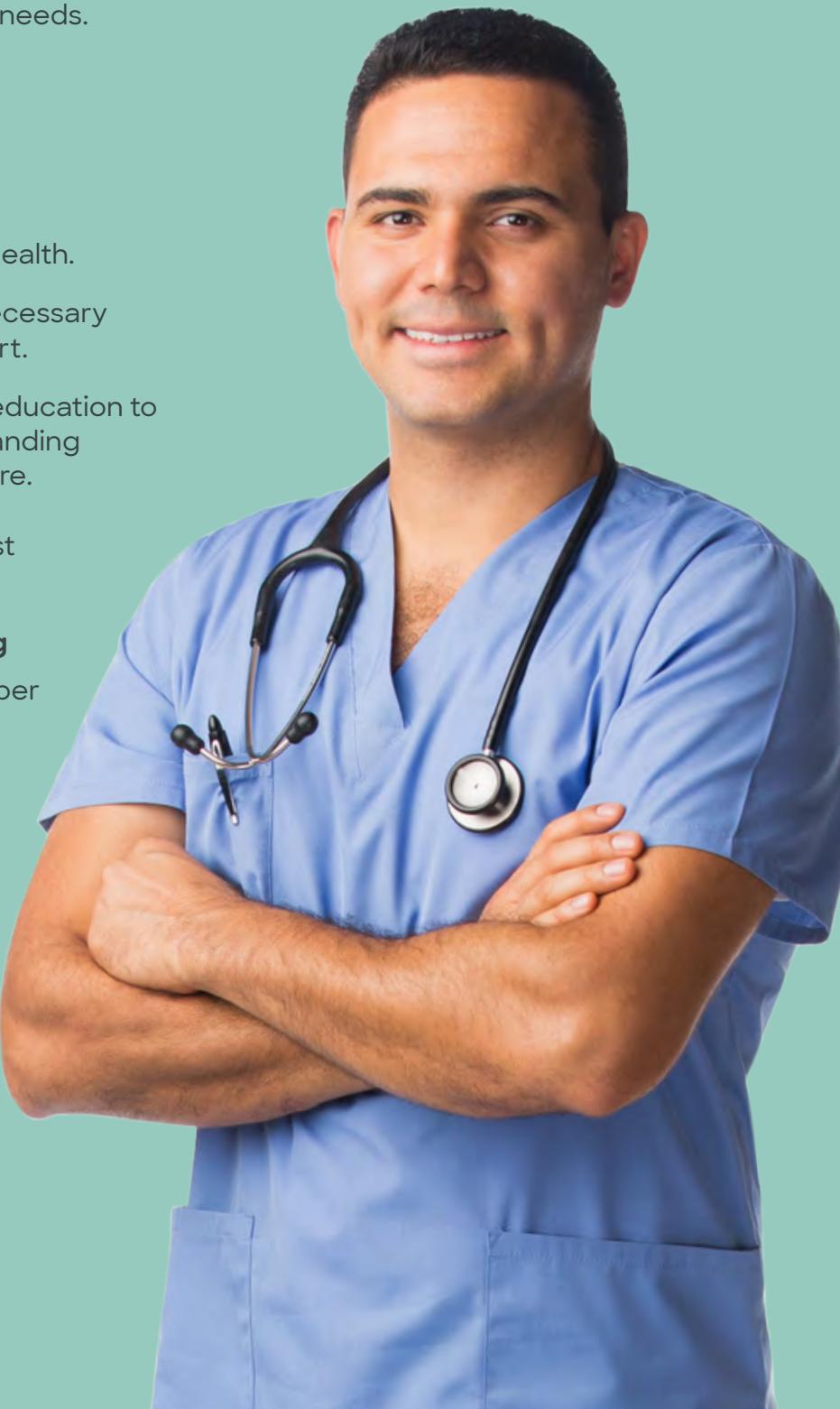
## **Case managers:**

- Advocate for you.
- Help you set goals and make a personal plan to improve their health.
- Assist with arrangements for necessary services and community support.
- Answer questions and provide education to help you have a better understanding of your condition and plan of care.

For more information, or to request a Case Manager, please email

**[CaseManagement@BSWHealth.org](mailto:CaseManagement@BSWHealth.org)**

or call the Customer Service number on the back of your member ID card and ask for a Case Manager.





# The power to choose

Choosing the right option for your condition can save you time and money.

Less \$



## VIRTUAL CARE - \$0 COPAY

Using your mobile device or computer

For conditions like acne, allergies, bladder infection, cold, flu, pink eye, quitting tobacco, sinus infection, stomach problems or yeast infections.



## PRIMARY CARE DOCTOR

Another choice for care when it's not an emergency

For conditions like asthma, diabetes management, earache, high blood pressure, headaches, preventive health, sprains, etc.



## WALK-IN CLINICS

Same-day appointments when your doctor is not available; includes select primary care clinics and some pharmacy locations

For conditions like asthma, bladder infection, ear or sinus pain, flu, sore throat or sprains.



## URGENT CARE

Needs immediate attention but is not life-threatening, or an appointment is not available with your doctor

For conditions like back pain, bladder infection, earache, minor burns, minor eye injuries, minor cuts that may need stitches, sore throat or sprains



## EMERGENCY ROOM

Any condition you believe to be life-threatening

For conditions like chest pain, deep cuts or wounds, difficulty breathing, poisoning, overdoses and suicidal behavior, abdominal pain, coughing or vomiting blood, severe burns, severe head injuries, sudden loss of balance, vision change, facial droop, arm or leg weakness.

More \$



## Need more information? **BSWHealthPlan.com/Resources**

Frequently requested documents and forms can be found in the Tools and Resources section at [BSWHealthPlan.com](http://BSWHealthPlan.com).

Plus, you'll find information on transition of care (for new members who are in active treatment for medical conditions with non-BSWHP network providers), claims, appeals and grievances, and more.



Founded as a Christian ministry of healing more than 100 years ago, Baylor Scott & White Health promotes the well-being of all individuals, families and communities.

Baylor Scott & White Health Plan is proud to serve members across North, Central and West Texas as a trusted leader in value-based care.

**BSWHealthPlan.com**

**844.633.5325**

**7 AM – 7 PM, Monday – Friday**

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-844-633-5325 (TTY: 711).

Baylor Scott & White Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-633-5325 (TTY: 711).

Baylor Scott & White Health Plan cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-844-633-5325 (TTY: 711).

Baylor Scott & White Health Plan tuân thủ luật dân quyền hiện hành của Liên bang và không phân biệt đối xử dựa trên chủng tộc, màu da, nguồn gốc quốc gia, độ tuổi, khuyết tật, hoặc giới tính.

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