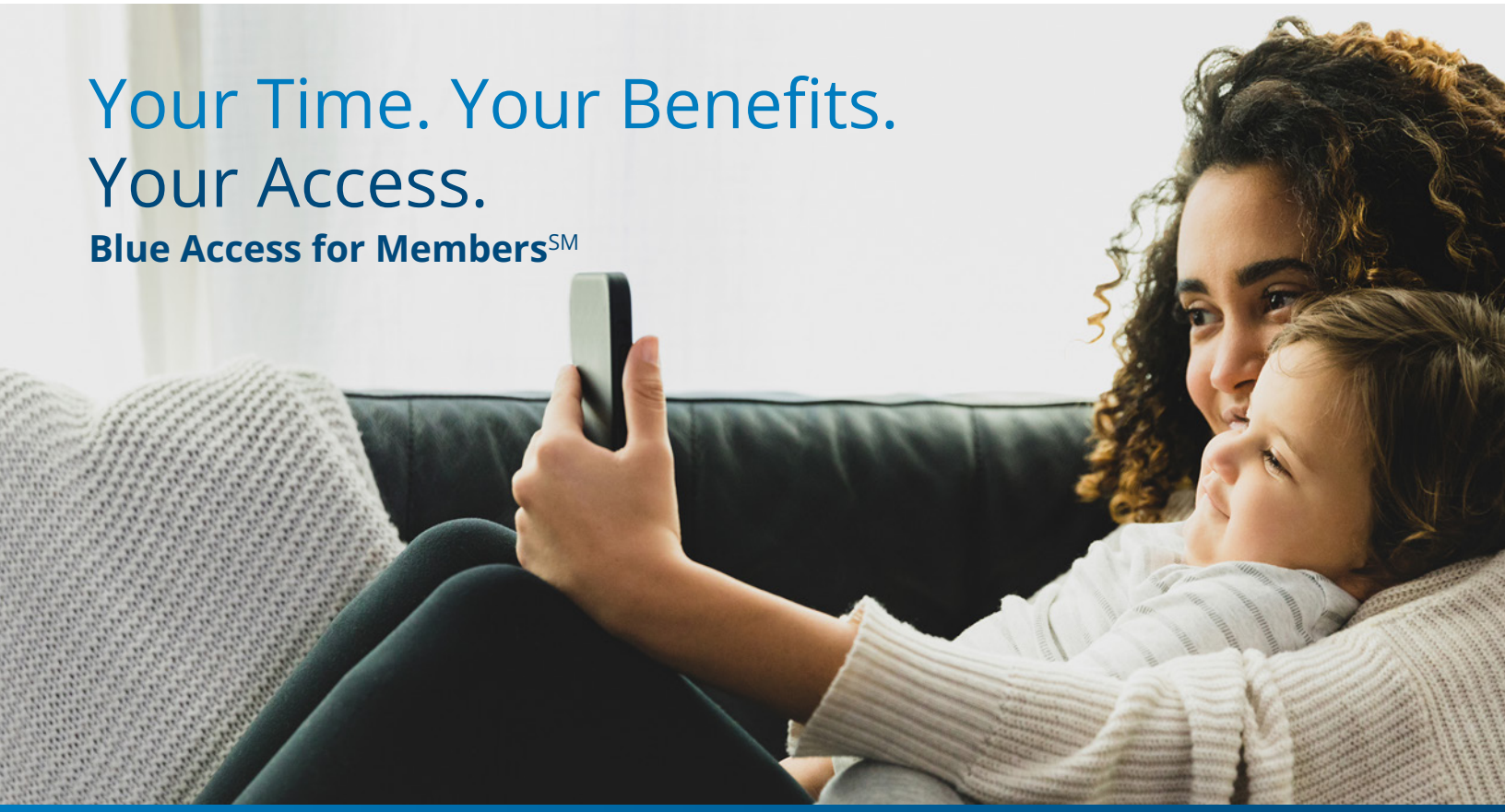
BlueCross BlueShield of Texas

Your Time. Your Benefits. Your Access.

Blue Access for Members℠



Connect With Us on Secure Message Center

Life doesn't only happen during business hours. BAM℠ lets you take care of your health on your time. And when you have questions, Blue Cross and Blue Shield of Texas nurses, pharmacists and mental health clinicians are just a click away.

Log in to BAM to send secure messages to our trained clinicians.

- Message one-on-one
- Send messages at your convenience 24/7*
- Get information privately and securely

Ask a Nurse

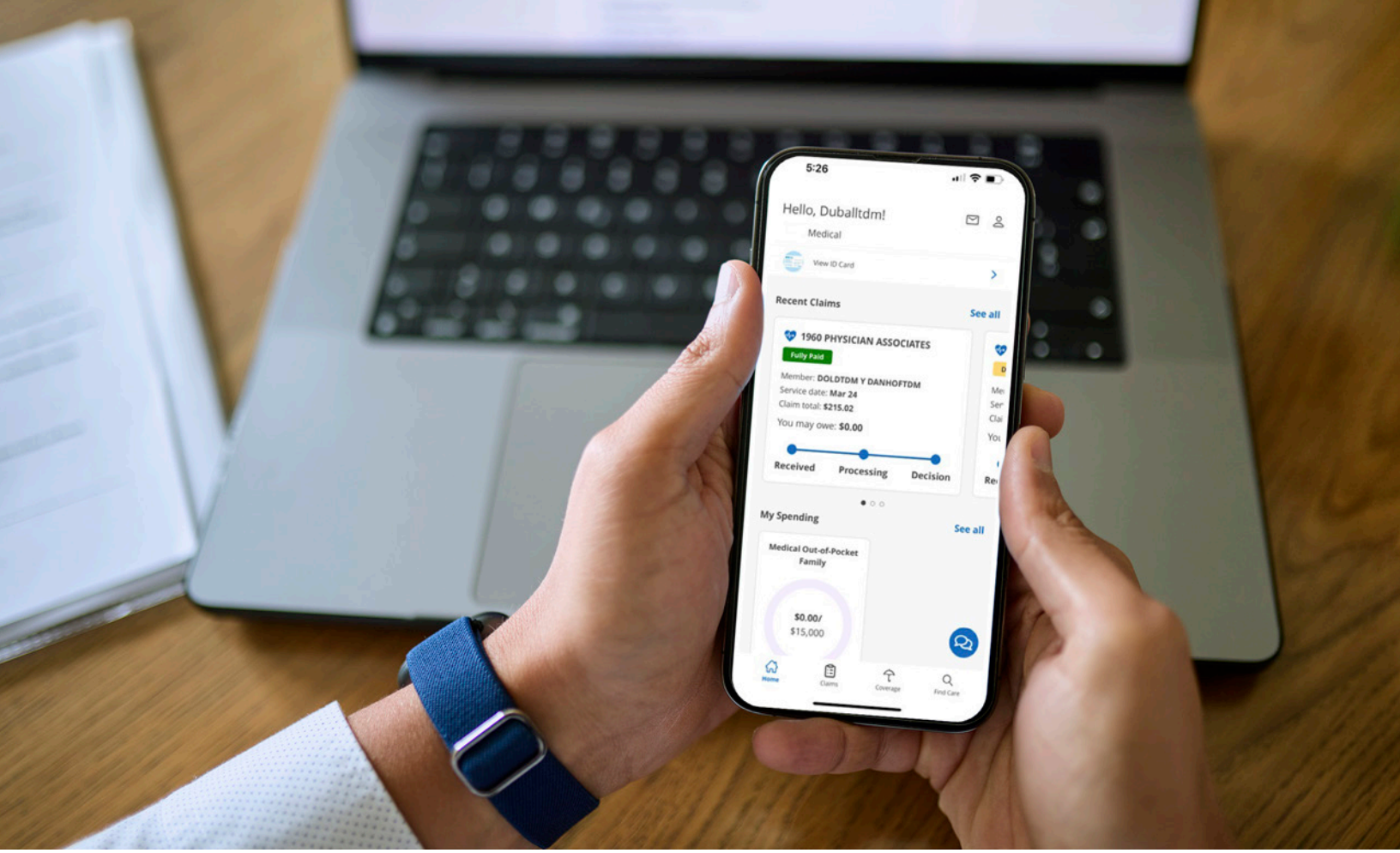
Get the answers you need to help manage your health concerns.

Ask a Mental Health Clinician

We can help you make decisions about where to start if you need care.

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Save Time With BAM

If you're already registered for BAM, log in today to start messaging our clinical experts.

BAM gives you access to Secure Message Center plus lets you:

- View, download and share your member ID with your doctor's office
- Find information about the cost of procedures
- Review your coverage, benefits and claims
- Find in-network doctors, hospitals and other health care providers

Use BAM Your Way

Online: Go to mybam.bcbstx.com to log in or create an account – **OR**

Get the App: Scan the QR code or text BCBSTXAPP to 33633** for a download link.

Get started today.
You can do it all – simply and securely – with BAM.

*Clinicians respond during business hours. Please allow at least two business days for replies. You can send and read messages anytime.

**Message and data rates may apply. Terms and conditions and privacy policy are available at bcbstx.com/mobile/text-messaging.