

**Benefits that
work for me.
That's my plan.**



Member Guide

BSW Plus HMO



LUBBOCK
CHRISTIAN
UNIVERSITY

Dear Member,

Welcome to the Baylor Scott & White Health Plan family! Whether you've been with us for years or are a brand-new member, we're glad you've chosen us as your plan.

As part of the Baylor Scott & White Health family of companies, we are dedicated to offering high-quality health plans, technology and services to meet the needs of everyone we serve. We're here to help you and your family with your healthcare.

You'll find information about your benefits in this guide—and if you have questions, we're happy to answer them.



Got a question?

Our Customer Advocates are ready to help! Whatever your question or concern may be, they will work with you to resolve it as quickly as possible—often before you hang up the phone.

Call us at 844.633.5325

7 AM - 7 PM, Monday - Friday

MyBSWHealth member portal

Chat live with Customer Service when you see this icon (not available on all screens)



OR send a secure message anytime.

Available at [BSWHealthPlan.com/LCU](https://www.BSWHealthPlan.com/LCU) or in the MyBSWHealth app.

Need advice?

Contact a nurse

If you're not feeling well, nurses are available 24/7 to talk through your symptoms and help you make decisions on next steps, whether that's an appointment or an at-home remedy. The number is on the back of your member ID card.

YOUR MEMBER ID CARD

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.



		Group #: 1 Network: 2 Benefit Effective Date: 3 4
5 SUBSCRIBER John Sample	6 MEMBER ID 000000000000	IN-NETWORK PLAN BENEFITS* Adult PCP/Spec: 7 Pediatric PCP/Spec: 7 ER/Urgent: 8 Med Deductible: 8 Out-of-Pocket Max: 8 Rx Ded: 9 Rx: 9
DEPENDENTS Jane Sample Jack Sample	000000000000 000000000000	*Deductible may apply. Refer to plan document. PHARMACISTS ONLY Pharmacy Help Desk: 855-205-9182 BIN: 610011 PCN: IRX GRP: SWPBSWCP

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

FOR PROVIDERS Electronic Claims: Availity: 94999 Paper Claims: Baylor Scott & White Health Plan ATTN: Claims PO Box 211342 Eagan, MN 55121-1342 Prior Authorization: Visit the provider portal Fax: 800-626-3042 Phone: 888-316-7947 Provider Portal: swpprovider.firstcare.com Card Issue Date: 08/15/2022	FOR MEMBERS Possession of this card or obtaining precertification does not guarantee coverage or payment for the service or procedure reviewed. Important Information: <ul style="list-style-type: none"> In a medical emergency, call 911 or go to the nearest emergency facility. Customer Service: 844-633-5325 (TTY: 711) A Telehealth Options: <ol style="list-style-type: none"> MyBSWHealth app or MyBSWHealth.com MDLIVE app or 800-718-5082 24/7 Nurse Line: 877-505-7947 B Self-Service Portal: MyBSWHealth.com C To avoid out-of-network costs and provider balance billing, find a provider at BSWHealthPlan.com
--	--

CUSTOMER SERVICE: 844-633-5325 • BSWHealthPlan.com D

- A Customer service phone number
- B 24/7 Nurse Line
- C Member portal information
- D BSWHP website

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

Find a Provider: BSW Plus HMO

Choose from a broad range of in-network providers at [BSWHealthPlan.com/LCU](https://www.BSWHealthPlan.com/LCU).

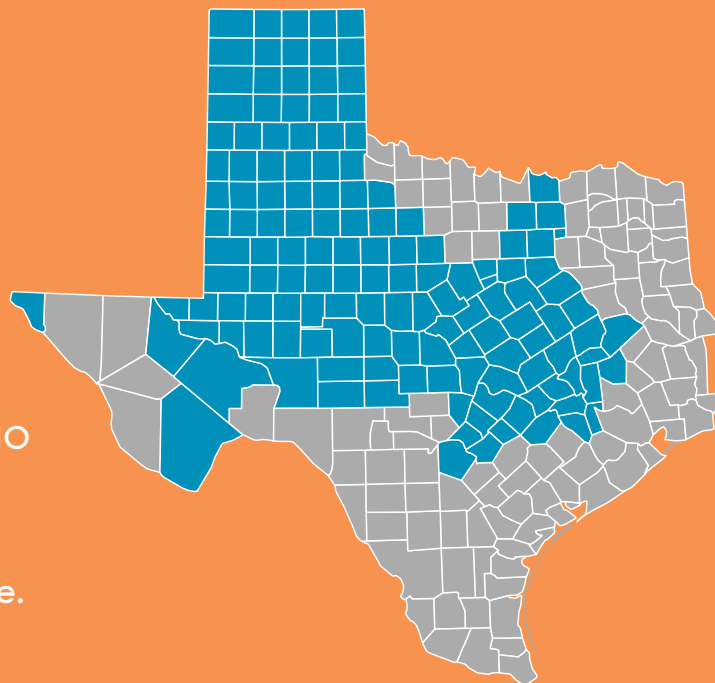
- Search by name, specialty and/or location
- See practice locations, contact information and maps
- Get details, including network participation and hospital affiliations
- Add filters for gender, board certification, accepting new patients and more

Referrals are not required to see network specialists.

Network Map

With the BSW Plus HMO network, you have access to in-network providers in the 141 counties shown in blue.

 Service Area



Care at your fingertips 24/7

Our members have access to board-certified doctors, pediatricians, licensed therapists and more using your smartphone, tablet or computer.

MyBSWHealth

eVisits are online interviews that take about 5-10 minutes; you'll receive a response within one hour. Behavioral Health eVisits are available 8:00AM-4:30PM and offer referrals for care options.

Same-Day Video Visits are scheduled, live conversations with a provider.

Prescriptions: After your visit, any prescriptions needed will be sent directly to pharmacy of your choice.

MDLIVE

Access board-certified doctors and mental health professionals for common conditions from allergies to addictions. To learn more and register, visit MDLIVE.com, call 800.718.5082 or download the MDLIVE app.

Be sure to tell them you're a Baylor Scott & White Health Plan member and have your member ID card available.



Where to go for care

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, Quit tobacco, sinus infection, stomach problems or yeast infections.



PRIMARY CARE DOCTOR

Your best 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 \$

MyBSWHealth member portal

With the MyBSWHealth member portal, you can manage your health-care needs in one place, 24/7. Inside the portal, you can:

- Find doctors and locations in your network and schedule appointments with ease
- View or print your ID card and benefit plan documents
- Securely communicate with your care team
- View lab results and past visit summaries
- Review and pay bills
- Complete a telehealth visit and get a diagnosis and prescription on your smart phone without leaving home
- View deductible, out-of-pocket max, and claims information
- Transfer or refill prescriptions at BSW pharmacies
- Upload health and fitness data
- Manage your family's healthcare needs from a single place

MyBSWHealth is just one way Baylor Scott & White is helping to make healthcare the way it should be. Create an account or log in at [MyBSWHealth.com](https://www.MyBSWHealth.com).




HEALTHCARE TO GO

Virtually all of the information in the member portal is available on your phone through the highly rated MyBSWHealth app. For example, you can view a digital copy of your ID card, see plan details, and track your deductible and out-of-pocket maximum for yourself and your dependents. Use the same user name and password you set up for the member portal to log in to the app. To learn more, visit our website:

BSWHealthPlan.com/LCU.

Be sure to link your account in the app:

1. Tap the gear icon 
(top right corner of app welcome screen)
2. Tap “Manage Linked Accounts”
3. Tap “Link Account”
4. Enter member information



Manage your whole family's healthcare

MyBSWHealth makes it easy to 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.](#)



Pharmacy benefits

When you need a prescription filled, you can use your pharmacy benefits at more than 68,000 pharmacies nationwide, including most national chains and many local pharmacies.

Find an in-network pharmacy near you:

- Log in to MyBSWHealth.com and go to Find Care OR
- Use the Find a Provider button on BSWHealthPlan.com/LCU

Fill your prescriptions through the mail:

- Call toll-free 855.388.3090,
Monday – Friday, 7 AM – 7 PM; Saturday 9 AM – 1 PM

Learn more about your prescription drug plan at BSWHealthPlan.com/LCU

Click on the Pharmacy link at the top of the page or scroll down for pharmacy/prescription resources.

Questions?

Specialty pharmacy benefit questions: Call **844.288.3179** or **855.427.4682** or visit specialty.optumrx.com.

Prescription drug/benefit questions: **844.633.5325**.

Did you know?

FDA-approved generic medications are the same as the brand-name version when it comes to dosage, safety, effectiveness, strength, stability, and quality, as well as in the way it is taken. Generic medications generally cost about 85% less than brand-name medications.*

Ask your doctor, pharmacist or other healthcare provider about cost-saving generic options.

* U.S. Food & Drug Administration Generic Drug Facts; content updated as of 11/01/2021.

Take charge of your own well-being

Our digital wellness platform, powered by WebMD, provides personalized support for various health conditions and health risks. Log in to MyBSWHealth and click on Wellness to get started today!

WELL-BEING ASSESSMENT

Start with a simple digital health survey that helps you take steps toward a healthier and more vibrant life.

The well-being assessment:

- Provides individualized health scores
- Assigns a level of health risk
- Customizes next steps based upon your responses and level of risk

WELLNESS CHALLENGE

Join a wellness challenge for the motivation to go the extra mile. Challenges encourage sustainable, healthy habits through activities that challenge and boost your well-being, such as:

- **Physical Activity:** Ready! Set! Move!
- **Nutrition:** Five to Thrive
- **Stress:** Stressless
- **Sleep:** Seize the Zzzz
- **Water:** Rethink Your Drink

DAILY HABITS DIGITAL HEALTH COACHING

Stay engaged, track progress and accomplish your well-being goals. Daily Habits offers you a personalized set of activities based on your health information and personal interests. Topics include:

- Nutrition
- Physical Activity
- Stress
- Sleep
- Tobacco

DIGITAL HEALTH LIBRARY

Support a healthier life with:

- Articles
- Videos
- Recipes
- Motivational apps

You can search for condition-specific information or explore other health topics of interest.



BeWell 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 at [BSWHealthPlan.com/LCU](https://www.bswhealthplan.com/LCU).

Wellness webinars

Did you know BSWHP has health education opportunities at no additional cost that you can access from the comfort of home? There's a whole series of topics, from nutrition to happiness, and you can come to one or all. Learn more in the Wellness section at [BSWHealthPlan.com/LCU](https://www.bswhealthplan.com/LCU).



Finding help just got easier. Findhelp is a Texas-based platform created to connect all people in need with programs that serve them. You can search for local resources like medical care, food, job training, transportation and more. Organizations in your community are ready to help.

Findhelp is free, private, and easy to use. Search and connect at [BSWHealthPlan.findhelp.com](https://www.bswhealthplan.com/findhelp.com).



Nacho ordinary weight loss plan

Wondr is a weight loss program that is clinically proven to help you lose weight, sleep better, stress less, and so much more.

As a Baylor Scott & White Health Plan member, you have access to Wondr – a digital weight loss program that teaches the science of health and nutrition, so you can enjoy the foods you love. No counting calories.

No restrictions. No guilt.

Learn more [here](#) or at BSWHealthPlan.com/LCU.

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

 **wondr**[™]

COMPLEX CASE MANAGEMENT

If you have chronic conditions or complex care needs, our nurse case managers will work with you, your family, and your physician to create and manage your care plan.

Case managers advocate for you and can help you navigate the healthcare system and arrange the services you need. They can also answer questions and help you understand your condition and care plan. If you are enrolled in a Disease Management program, they'll incorporate that program into your care.

MANAGE YOUR HEALTH



DISEASE MANAGEMENT

Six in 10 Americans live with at least one chronic disease, like diabetes, heart disease or cancer.* If you're one of them, our disease management program will empower you to manage your condition and help prevent complications.

We work with your healthcare providers to identify chronic conditions quickly and treat them effectively. We can also identify self-care activities to help you manage your condition at home. Together, we'll work to slow down the progression of your disease and help you maintain or improve your quality of life.

NOTE: There is no additional cost to you for these voluntary programs. It's all part of our goal to help you get the best possible results and the greatest value from your health plan. You can opt-in or opt-out of either Disease Management or Complex Case Management by calling **844.279.7589**.

*Centers for Disease Control and Prevention [cdc.gov/chronicdisease](https://www.cdc.gov/chronicdisease)



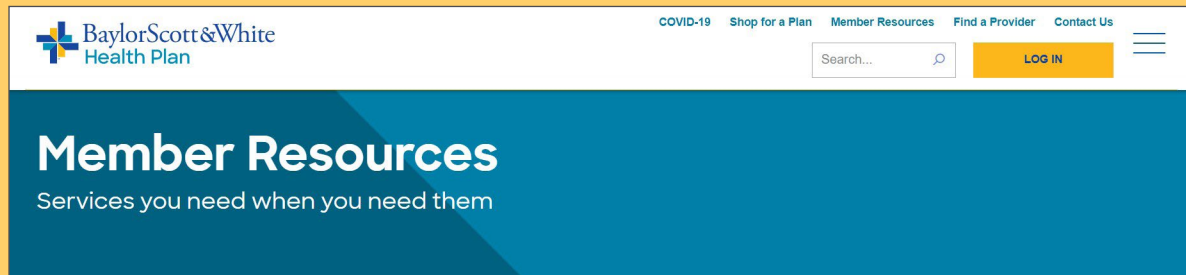
Maternity Care Management

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

Sign up by calling the customer service number on the back of your ID card.

Looking for something? Start here.



Frequently requested documents and forms can be found in the Tools and Resources section at 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.

BSWHealthPlan.com/LCU



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.

As one of the top-rated* private health insurers in Texas, Baylor Scott & White Health Plan is proud to serve members across North, Central and West Texas as a trusted leader in value-based care.

844.633.5325

7 AM – 7 PM, Monday – Friday

[BSWHealthPlan.com/LCU](https://www.BSWHealthPlan.com/LCU)

Health Maintenance Organization (HMO) products are offered through Scott and White Health Plan dba Baylor Scott & White Health Plan and Scott & White Care Plans dba Baylor Scott & White Care Plan. PPO and EPO products are offered through Baylor Scott & White Insurance Company. Baylor Scott & White Health Plan serves as a third-party administrator for self-funded employer-sponsored plans. Baylor Scott & White Care Plan and Baylor Scott & White Insurance Company are wholly owned subsidiaries of Baylor Scott & White Health Plan and are referred to collectively in this document as Baylor Scott & White Health Plan.



*According to the National Committee for Quality Assurance NCQA rating for accredited commercial HMO products (2020-2021).