



Part 19

Benefit quick reference guide

We want to help you get the care you need.

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The chart below tells you about the benefits covered by this plan. All services must be medically necessary. This chart is a summary only. For a full list of the benefits and limits of your plan, please see

Part 5: What is covered by BCBSTX.

BENEFIT	COVERAGE
Ambulance services	<ul style="list-style-type: none"> • A licensed ambulance company • An emergency • An OK from us is not needed for emergency ambulance transport
Annual adult well exams	Annual well exams for members 21 years of age and older
Audiology services	<ul style="list-style-type: none"> • Hearing aids for members 21 years of age and older when it is medically necessary • The Texas Health Steps program gives audiology services and hearing aids for ages 0 through 20
Chiropractic services	Covers services that help keep the spine and other body structures straight You do not need an OK from us to see a chiropractor in your network
Diagnostic and therapeutic radiology Some radiology services need an OK from us before you get the service.	<ul style="list-style-type: none"> • X-rays and testing that is not invasive and done to find out what is wrong and is ordered and done by (or under the guidance of) your provider • Mammograms for women 35 years of age or older • CT, MRI, MRA, PET and SPECT need an OK from us
Doctor services	<ul style="list-style-type: none"> • Visits to doctors, specialists or other providers • Well exams are included
Durable Medical Equipment (DME) and disposable supplies Needs an OK from us	<ul style="list-style-type: none"> • Medical equipment given for use in the home • Medically necessary • Within the limits of what is covered by Medicaid
Emergency services	<ul style="list-style-type: none"> • Emergency room • Ambulance services • An OK is not needed
Family planning	<ul style="list-style-type: none"> • Medical visits for birth control • Marriage and family planning, education and counseling services
Home health services Needs an OK from us	<ul style="list-style-type: none"> • Nursing services • Personal care services
Inpatient hospital services Needs an OK from us	<ul style="list-style-type: none"> • Hospital room with two or more beds • Operating room • Anesthesia • Nursing care • Surgery
Lab services	All authorized lab services

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BENEFIT	COVERAGE
OB/GYN services	<ul style="list-style-type: none"> • Care that has to do with pregnancy • Care for any female medical condition • One well-woman checkup per year
Orthotics and prosthetics	<p>Parts needed such as manmade arms or legs and the parts needed to attach them</p> <ul style="list-style-type: none"> • Orthotic braces, splints or ankle and foot supports • Covered when medically necessary
Outpatient hospital services Needs an OK from us	<ul style="list-style-type: none"> • Dialysis • Giving you someone else's blood
Physical, Occupational and Speech Therapy Sometimes needs an OK from us	<ul style="list-style-type: none"> • These services are covered when ordered by a doctor and are part of a written plan of care
Podiatry	<p>Covered services include:</p> <ul style="list-style-type: none"> • Medical problems of the feet • Medical or surgical treatment of disease, injury or defects of the foot <p>See Part 5 for benefit limits</p>
Pregnancy and maternity care	<ul style="list-style-type: none"> • Pregnancy • After-delivery care when medically necessary • Newborn exams
Prescription Drugs	<ul style="list-style-type: none"> • BCBSTX uses a preferred drug list • Most generic and over-the-counter drugs are covered • Some drugs including brand name drugs need an OK from BCBSTX
Prostate and rectal exams	<ul style="list-style-type: none"> • Prostate-specific antigen (PSA) for men • Digital rectal examination (DRE) test for men • Based on guidelines by the American Cancer Society
Rehab services Sometimes needs an OK from us	<ul style="list-style-type: none"> • Developmental assessments • Physical, occupational or speech therapy
Texas Health Steps Medical Checkups	<ul style="list-style-type: none"> • Routine shots • Lab tests • CCP services for members until their 20th birthday
Transplant Needs an OK from us	<ul style="list-style-type: none"> • Human organ and tissue transplants that are not still being tested • All corneal, bone marrow and peripheral stem cell transplants that are not still being tested
Vision services	An eye exam every 12 months

SELECT TRAVIS SERVICE AREA FAMILY PLANNING PROVIDERS

PROVIDER NAME	AGENCY NAME	ADDRESS	PHONE	HOURS OF OPERATION	
				DAY	TIME
CommUnityCare A.K. Black	Central Texas Community Health Centers dba CommUnityCare	928 Blackson Ave. Austin, Texas 78752	(512) 978-9740	Mon –Thur Fri	7:45-4:45 9-5
CommUnityCare Del Valle	Central Texas Community Health Centers dba CommUnityCare	3518 FM 973 Del Valle, Texas 78617	(512) 978-9760	Mon –Thur Fri	7:45-4:45 9-5
CommUnityCare Manor	Central Texas Community Health Centers dba CommUnityCare	600 W. Carrie Manor St. Manor, Texas 78653	(512) 978-9780	Mon-Thur Fri	7:45-4:45 9-5
CommUnityCare Montopolis	Central Texas Community Health Centers dba CommUnityCare	1200 B Montopolis Dr. Austin, Texas 78741	(512) 978-9800	Mon – Thur Fri	7:45-4:45 7:45-5
CommUnityCare Northeast Austin	Central Texas Community Health Centers dba CommUnityCare	7-1-12 Ed Bluestein Blvd., Ste 155 Austin , Texas 78723	(512) 978-9300	Mon Tue, Wed, Thur Fri	7:45-4:45 7:45-6 9-6
CommUnityCare Oak Hill	Central Texas Community Health Centers dba CommUnityCare	8656 A Hwy 71 West, Suite C Austin, Texas 78735	(512) 978-9820	Mon-Thur Fri	8-5 9-5
CommUnityCare Pflugerville	Central Texas Community Health Centers dba CommUnityCare	15822 Foothill Farms Loop Pflugerville, Texas 78660	(512) 978-9840	Mon-Thur Fri	7:45-4:45 9-5
CommUnityCare Rosewood-Zaragosa	Central Texas Community Health Centers dba CommUnityCare	2802 Webberville Rd Austin, Texas 78660	(512) 978-9840	Mon Tue, Thur Wed Fri	7:45-4:45 7:45-5 7:45-8 9-5
CommUnityCare South Austin	Central Texas Community Health Centers dba CommUnityCare	2529 S. First St. Austin, Texas 78704	(512) 978-9500	Mon Tue, Thur Wed Fri Sat	7-7 7:45-7 7-7 9-5 9-5
CommUnityCare Family Wellness Center UT School of Nursing	Central Texas Community Health Centers dba CommUnityCare	2901 North IH 35 Suite 101 Austin, Texas 78722	(512) 232-3900	Mon, Wed, Thur Tue	8-5 9-4:45
CommUnityCare East Austin	Central Texas Community Health Centers dba CommUnityCare	2-1-1 Comal St. Austin, Texas 78702	(512) 978-9200	Mon-Fri	8-4:45
Downtown Austin Clinic Teen Clinic	Planned Parenthood of Austin Family Planning Inc.	1823 East Seventh St. Austin, Texas 78702	(512) 477-5846	Mon-Fri Sat	1-6:30 9-1

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Look at the boxes below and find the one for your child's age. They will tell you when to take your child to each Texas Health Steps checkup.

Birth to 9 Months

- Babies need checkups when they are three to five days old, two weeks old, then at 2, 4, 6, and 9 months old.
- Doctors make sure babies are healthy and growing as they should.
- During a checkup, the doctor will look at your baby from head to toe, checking for health problems you may not know about.
- During a checkup, the doctor may do tests to check for other problems.
- Babies can also get free vaccines at a checkup to protect them from disease.
- Dental checkups start at the age of six months and then every three to six months.
- The dentist or doctor might put fluoride on your child's teeth during a dental or medical checkup.

1 to 4 Years

- Children need medical checkups at 12, 15, and 18 months old, and at 2, 2 1/2, 3, and 4 years old.
- During a checkup, the doctor may do tests to check for other problems.
- Toddlers can also get free vaccines at a checkup to protect them from disease.
- During the checkup, the doctor will ask you questions about what your child is learning to do and how they are getting along with others.
- Children need dental checkups every three to six months unless the dentist needs to see them more often.

5 to 10 Years

- Children need medical checkups at 5, 6, 7, 8, 9, and 10 years old.
- Children will get vaccines to help protect them from disease.
- During a checkup, the doctor may do tests to check for other problems.
- Finding and treating health problems can help your child do better in school.
- Children need dental checkups every six months.
- Dentists can put special coatings on children's teeth (called "sealants") that help protect their teeth.

11 to 20 Years

- Teens and young adults need to have a checkup each year.
- During a checkup, the doctor may do tests to check for other problems.
- During checkups, doctors talk to teens about eating habits, exercise, ways to prevent injury, and how to have a healthy lifestyle.
- During a medical checkup, the doctor will ask if your teen has any worries that may cause problems with their mental or physical health. This medical checkup is not the same as a sports physical exam.
- Your teen will need to see the dentist every six months.

If the doctor or dentist finds a health problem during a checkup, your child can get the care he or she needs, such as:

- Eye tests and eyeglasses
- Hearing tests and hearing aids
- Other health and dental care
- Treatment for other medical conditions