

Have fun and be safe this summer! | [view in Web Browser](#)



Dear HealthSelectSM plan participants, including those enrolled in Consumer Directed HealthSelectSM:

Texas summers are full of outdoor adventures, so whether you're gardening, hiking or camping, remember to be safe.

The following tips can help you stay safe as you plan your next outdoor adventure.



Make sure to hydrate

Drink plenty of water even if you don't feel thirsty. Soaring temperatures may cause you to sweat more than usual. Dehydration can lead to problems ranging from headaches to life-threatening illnesses such as heat stroke.



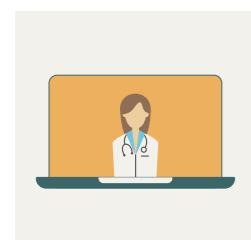
Have fun in the sun with sunscreen

The sun's rays are strongest between 10 a.m. and 2 p.m., so limit your sun exposure during these peak hours and protect your skin with sunscreen of SPF 30 or higher. Stay in the shade, wear a hat and sunglasses and keep covered with long sleeves and pants when possible.



Prevent bug bites

There are up to 275 human cases of Lyme disease each year in Texas. Lyme disease is a tick-borne illness that can cause rash and fever. To prevent coming in contact with the infected ticks that cause Lyme disease, avoid walking through leaves and bushes and use insect repellent while camping or hiking. Learn more about [Lyme disease prevention](#) from the Centers for Disease Control and Prevention.



Connect with care, anywhere, with Virtual Visits.

If, for any reason, your summer fun results in a minor illness –like a cold or rash—remember you have access to care with Virtual Visits wherever you have phone service or Wi-Fi. Medical Virtual Visits give you 24/7 phone and video access to a licensed board-certified doctor, including weekends and holidays. You have two options for medical and mental health Virtual Visits, [Doctor On Demand](#)[®] and [MDLIVE](#)[®]. Visit the [Virtual Visits](#) page and register with one of these providers now so you're ready when you need care.

Questions?

Call a Blue Cross and Blue Shield of Texas Personal Health Assistant toll-free at **(800) 252-8039 (TTY 711)**, Monday—Friday, 7 a.m. - 7 p.m. and Saturday, 7 a.m. - 3 p.m. CT.

www.healthselectoftexas.com

In the event of an emergency, this service should not take the place of an emergency room or urgent care center. MDLIVE and Doctor On Demand doctors do not take the place of your primary care doctor. Internet/Wi-Fi connection is needed for computer access. Data charges may apply. Check your cellular data or internet service provider's plan for details. Non-emergency medical service in Idaho, Montana and New Mexico is limited to interactive audio/video (video only). Non-emergency medical service in Arkansas is limited to interactive audio/video (video only) for initial consultation. Service availability depends on location at the time of consultation. Medical virtual visits are subject to the terms and conditions of your benefit plan, including benefits, limitations, and exclusions. Mental health virtual visits are subject to the terms and conditions of your mental health office visit benefit of your plan, including benefits, limitations and exclusions. Claims for medications prescribed as part of mental health virtual visits are treated the same as those prescribed during a mental health office visit. The telemedicine services made available through Doctor On Demand are provided by licensed physicians practicing within a group of independently owned professional practices collectively known as "Doctor On Demand Professionals." These professional practices provide services via the Doctor On Demand telehealth platform. Doctor On Demand, Inc. does not itself provide any physician, mental health or other healthcare provider services.

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