



BlueCross BlueShield of Texas

Ask us Anything, Anytime, from Anywhere



Connect With Us on Secure Message Center

Blue Cross and Blue Shield of Texas (BCBSTX) gives you the tools you need to keep track of your health care, prescriptions and overall wellbeing. When you have questions, our nurses, pharmacists and mental health clinicians are ready to help.

Log in to Blue Access for MembersSM (BAMSM) 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 Pharmacist

Get answers to questions about your medications including medication alternatives, side effects and interactions.

Ask a Mental Health Clinician

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



Got BAM?

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

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

- Find information about the cost of procedures
- Review your coverage, benefits and claims
- Find in-network doctors, hospitals and other health care providers
- Request new or replacement member ID cards

Go Mobile

Access your message inbox when you're on the go. Download our mobile app from The App Store or Google Play.

Let's get started

Log into (or create) a BAM account at bcbstx.com.



Scan this QR code to visit bcbstx.com.

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