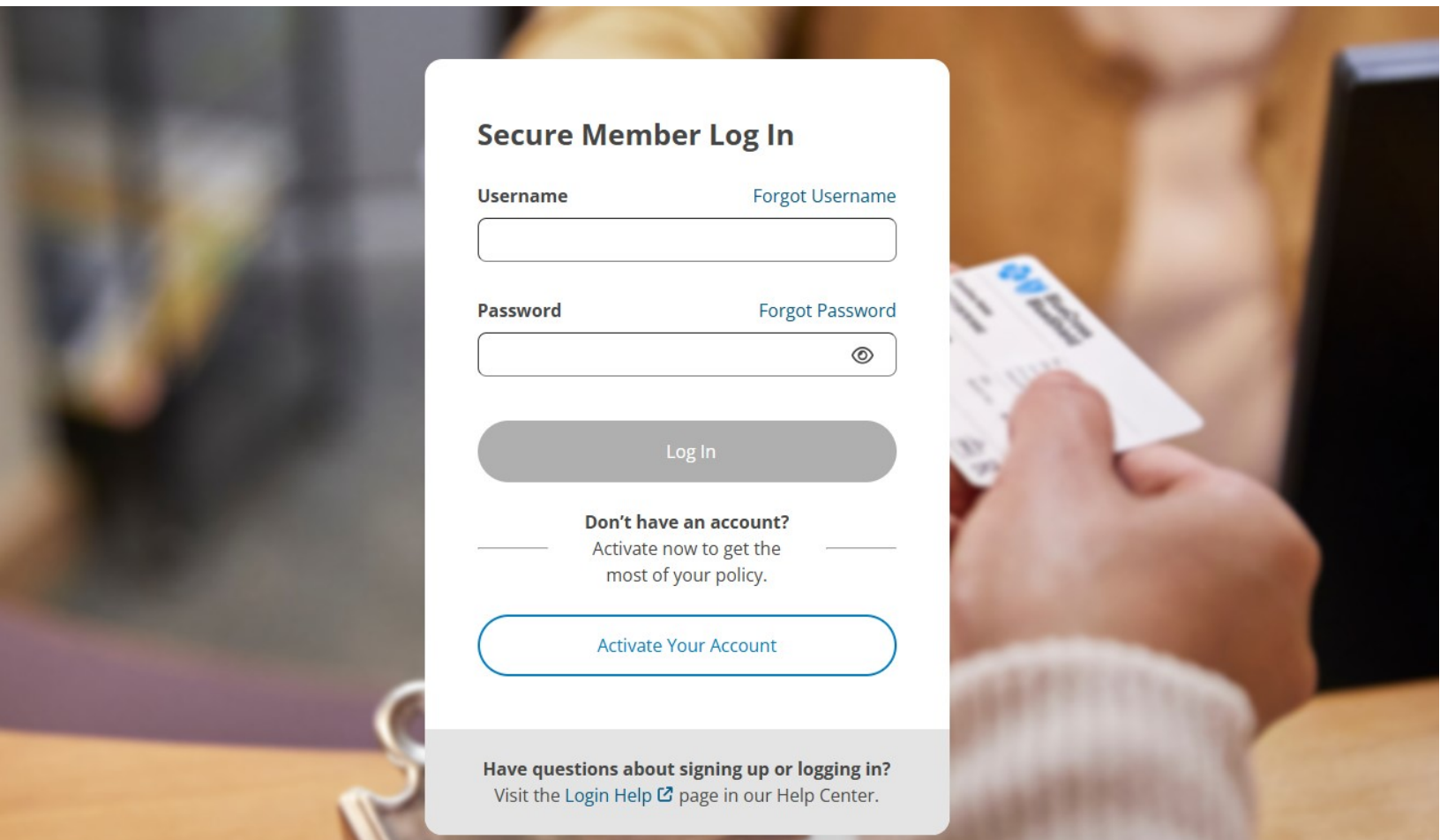


Your Health Your Way

Blue Access for MembersSM



Secure Member Log In

Username [Forgot Username](#)

Password [Forgot Password](#)

Log In

Don't have an account?
Activate now to get the most of your policy.

Activate Your Account

Have questions about signing up or logging in?
Visit the [Login Help](#) page in our Help Center.

Life doesn't only happen during business hours. Blue Cross and Blue Shield of Texas has you covered. BAMSM gives you the tools you need to get the most from your benefits whenever and wherever you need them.

Your Access, Your Way

You choose how to access your benefits

Use BAM from your desktop, mobile device or download the free BCBSTX App from The App Store or Google Play. Whether you're at your desk or on the go, BAM is there for you with tools and features that give you the freedom to manage your health care your way.

This benefit is available if you are enrolled in a Sysco-sponsored national medical plan.
Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation,
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association



Digital Member ID

- Share your digital ID card with your doctor's office to stay ahead of check-in.
- You can also view, download, print or reorder it. **Find Care**
- Find nearby care providers whether you're at home or traveling.
- Schedule a virtual visit when you're traveling, need after-hours care or just want to skip the waiting room.

Secure Messaging

- Send messages to our trained clinicians.
- Message customer service with questions about your claims.
- All messages are private and secure.
- Send messages* on your schedule.

Use Account Settings to set Your Preferences

- Get your notifications by text, email or mail.
- Choose your language.
- Go paperless to get your explanation of benefits more quickly and securely.

Claims, Coverage and Wellness

- Review your benefit highlights, claims or download your EOB.
- View your dependent coverage.
- Opt in to healthy programs, get preventive guidelines, wellness tips and other topics that you choose.

Register Now to Start Getting the Most from Your Benefits

Register online for BAM with your BCBSTX Member ID card. Use the same login for the app. No matter how you choose to connect, BAM gives you 24/7 access to your benefits so you can live your life and manage your health your way. You can do it all. With your BAM.



Get Started

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.

This benefit is available if you are enrolled in a Sysco-sponsored national medical plan.

*Clinicians respond during business hours. Please allow 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.

This material is only for illustration purposes. Your group's coverage types and benefits may be different.