



**Not a kid anymore? It may be time for a new PCP behavioral health provider.**

It's important for you to get the right care from your providers. As an adult, you can choose to change from a provider who specializes in care for children or teens to a provider who focuses on treating adults. This includes providers for physical and behavioral health. We can help if you want to change. We can also help you transfer your medical records.

Start by asking your current PCP or behavioral health provider for a recommendation for a new adult PCP or behavioral health provider. We're here to help, too. You can change your PCP or behavioral health provider at any time. It's easy with our [Find a Doctor tool](#). Or call Member Services at 1-844-521-6941 (TTY 711).

**Do you need help with your healthcare, talking with us, or reading what we send you? Call us toll free at 1-844-521-6941 (TTY 711) to get this for free in other languages or formats.**

¿Necesita ayuda con su atención médica? ¿Necesita ayuda para leer lo que le enviamos o para hablar con nosotros? Llámenos al número gratuito 1-844-521-6941 (TTY 711) para conseguir esta información sin costo en otros idiomas o formatos.

Healthy Blue is the trade name of Community Care Health Plan of Louisiana, Inc., an independent licensee of the Blue Cross and Blue Shield Association.