

Predictable out-of-pocket costs

# Access+ HMO Plan®

With this plan, your primary care physician (PCP) coordinates all your care and refers you to specialists and hospitals within their medical group or Independent Practice Association (IPA). You may also be able to self-refer to specialists.





# Plan highlights

- A PCP must be selected for you and for each of your covered dependents from our broad HMO network. Each member of your family may choose a different physician and medical group/IPA, and you may change these selections throughout the plan year.
- No deductible; only fixed copayments for most covered services like doctor visits, urgent care, and emergency care.
- Self-referral to specialists may be possible within your medical group no need to see your primary care physician first. (Available to members of participating medical groups.)
- Mental health benefits for help with depression, mental illness, and alcohol or substance use disorder. Some services are also available virtually.
- Convenient access to an extensive pharmacy network, including Safeway/Vons, Costco, and CVS (including CVS Pharmacy® in Target stores).
- Personal assistance from Shield Concierge, our team of healthcare experts, to find doctors, transfer medical records and prescriptions, and answer healthcare questions.



#### Learn more online

To explore this plan in more detail and search for doctors and other providers in this plan's network, visit **blueshieldca.com/calpers** or scan the QR code.



# Get more with this plan



## Access care away from home



## Jump-start your well-being



## Urgent care center

Ideal when your doctor is not available, saving you time and money compared to an ER visit.



## Preventive Care

Annual exams, screenings, and immunizations at no additional cost.



Coverage for urgent and emergency care anywhere in the world.

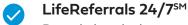


#### Wellness discounts

Savings on vision exams, fitness club memberships, massage services, and more. For details, visit blueshieldca.com/wellnessdiscounts.



#### Get care at home



Round-the-clock support from experts for personal, family, and work issues – at no extra cost.



#### Wellvolution<sup>®</sup>

Personalized digital programs to support weight loss, mental health, diabetes management, and more – at no extra cost.



Routine medications to treat certain chronic or long-term conditions (such as asthma or diabetes) delivered right to your door — no additional cost for standard shipping.



## Manage your condition



#### **Shield Support**

A dedicated healthcare team to help explain treatments and coordinate care for issues like chronic pain or diabetes at no additional cost.



### NurseHelp 24/7<sup>SM</sup>

Health advice from registered nurses at any time – at no extra cost.



#### **Maternity support**

Virtual pregnancy, postpartum, and return-to-work support from specialists and coaches – at no extra cost.



#### Teladoc

Doctors available by phone or video 24/7.



We're here to help. If you have any questions, please call us at **(800) 334-5847 (TTY: 711)**, 7 a.m. to 8 p.m., seven days a week.

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NurseHelp 24/7 is a service mark of Blue Shield of California.

LifeReferrals 24/7 is a service mark of Blue Shield of California.

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