

Broad access and predictable costs

Blue Shield EPO Plan

Our exclusive provider organization – or EPO – plan allows you the flexibility to see any doctors in Blue Shield's preferred provider network while enjoying lower out-of-pocket costs.



Plan highlights

Access to doctors and specialists within the nationwide preferred provider network.

Low, fixed copayments - just like an HMO plan - with no coinsurance or deductible.



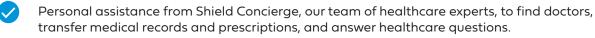
Self-referral to specialists – no need to see your primary care physician first.



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).



2023 service area expansion

Alpine, Calaveras, Inyo, Lake, Modoc, Mono, Plumas, Siskiyou, Tehama, Trinity, and Tuolumne.



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

Urgent care center

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



Care while traveling

Coverage for urgent and emergency care anywhere in the world.



Get care at home

- at no extra cost.

LifeReferrals 24/7sM Round-the-clock support from experts for personal, family, and work issues



Mail service pharmacy

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.



NurseHelp 24/7[™]

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



Teladoc

Doctors available by phone or video 24/7.

Jump-start your well-being



Preventive Care

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



Wellness discounts

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



Wellvolution®

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

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.



Maternity support

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



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.

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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