

Designed to be affordable

## Trio HMO Plan

This plan offers a quality network of local doctors, specialists, and hospitals working closely together to deliver a better care experience. To enroll, you must live or work within the Trio HMO service area. To explore the service area, see the "Learn more online" section below.



### Plan highlights

- ✓ A primary care physician from the Trio HMO network who will coordinate your care with specialists and hospitals within the same medical group.
- ✓ Designed to be affordable with fixed or \$0 copayments.
- ✓ Self-referral to specialists 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.



### 2023 service area expansion

Butte\*, Kern, Kings, Monterey, Riverside, San Bernardino, and Tulare.



### 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](https://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

- ✓ **LifeReferrals 24/7<sup>SM</sup>**  
Round-the-clock support from experts for personal, family, and work issues – at no extra cost.
- ✓ **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<sup>SM</sup>**  
Health advice from registered nurses at any time – at no extra cost.
- ✓ **Teladoc**  
Doctors and mental health professionals available by phone or video.



### 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](https://blueshieldca.com/wellnessdiscounts).
- ✓ **Wellvolution<sup>®</sup>**  
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.

\*Pending regulatory approval

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

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