

Get started on your PPO plan health journey

WELCOME

Get to know your PPO plan

Set up your account at blueshieldca.com/register.
Access your Blue Shield member ID card via your online account or app.

Your Health — wellbeing highlights

- ✓ **Wellness discounts[†]**
Save on gym memberships; chiropractic, acupuncture, and massage therapy services; and more.
blueshieldca.com/wellnessdiscounts
- ✓ **Wellvolution[®]**
Access wellness tools and programs to help you reach your health goals.
wellvolution.com
- ✓ **Identity theft protection**
Eligible members[†] can get identity protection and credit monitoring services from Experian[®] at no additional cost. Visit experianidworks.com/blueshieldca.

Your Care — the doctor is in



Access to care

As a PPO member, you have the option to see any doctor in your plan's network without a referral. You can access other providers as well, but you will save money when you stay in your plan's network. Learn more at blueshieldca.com/ppopcp.



Urgent care

When your doctor isn't available, you can get non-emergency care at an urgent care center near you.



Find a doctor

Use our Find a Doctor tool at blueshieldca.com/find-a-doctor to help you find urgent care centers, hospitals, dentists, vision specialists, and more.

[†] Federal regulations prohibit Blue Shield of California from making this offer available to members enrolled in the Federal Employee Program (FEP), Medicare Part D, and Medicare Advantage Plans.

Resources — tools to stay healthy

Teladoc²

(800) TELADOC (835-2362)
(TTY: 711)

Visit with a board-certified physician or licensed mental health provider from the comfort and safety of your own home.
blueshieldca.com/teladoc

Online member account

BLUESHIELDCA.COM/REGISTER

Access your plan information anytime, anywhere.

NurseHelp 24/7SM

(877) 304-0504 (TTY: 711)

Get advice from a registered nurse 24/7. Call or chat online at **blueshieldca.com/nursehelp**

Next Steps — the journey continues

1

GET REGISTERED

Go to **blueshieldca.com/register** to set up your online account, update your communication settings, view your benefits, and more.

2

ENJOY OUR APP

Visit **blueshieldca.com/mobile** to download our mobile app,¹ so your ID card, plan benefits, network doctors, and billing information will always be on hand.

3

EXPLORE OUR WEBSITE

Take a trip to **blueshieldca.com/gettingstarted** to learn how to get care when you need it, read tips on how to use your plan, pay your bill, and get quick links to other tools and resources.

¹ Available for both Android™ and Apple® devices. Android is a trademark of Google LLC. Apple is a trademark of Apple Inc.

² IFP grandfathered plans are not eligible for Teladoc general medical or mental health services.

† Discount programs are administered by or arranged through the following independent companies:

Alternative Care Discounts – services provided by the ChooseHealthy program, made available through ChooseHealthy, Inc., a subsidiary of American Specialty Health Incorporated (ASH). ChooseHealthy is a federal registered trademark of ASH and used with permission herein. All rights are hereby reserved.

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

Wellvolution is a registered trademark of Blue Shield of California. Wellvolution and all associated digital and in-person health programs, services, and offerings are managed by Solera, Inc.

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