

EVERYDAY RESOURCES FOR A HEALTHY LIFE



Living a healthy life goes beyond basic health care; it's having the tools and support you need to reach your goals and improve all areas of your life. Blue Shield is committed to providing you with valuable resources, member discounts, convenient access and personal support to meet your unique needs. Start your journey to better health with these valuable Blue Shield tools.

BSCA MEMBER PORTAL

Your member portal at www.blueshieldca.com is packed with useful tools and information. You can access your benefits, view claims, get more information about conditions and drug side effects, locate a nearby pharmacy and compare medication costs to find the best deal. You can also view the many wellness and discount programs available to you.

BLUE SHIELD MOBILE APP

Manage your health care anytime, anywhere from your phone or tablet with the Blue Shield Mobile App. You can find a doctor, print an extra ID card, view your claims, review your benefits information and check your deductible total all in one convenient location!

TELADOC

Illness and injury do not always happen at the most convenient time or place. With Teladoc, you can skip the waiting room and have 24/7 access to U.S. board-certified doctors, whether you're at home, work or on the go. Receive medical advice on many non-emergency issues via your phone or with a video consult. Save yourself time and money with Teladoc. [Click here](#) to get started.

NURSE HELP 24/7SM

If you have a health-related question, day or night, a registered nurse is just a phone call away with Nurse Help 24/7. Experienced nurses can help you determine the best action to take, evaluate treatment options and decide if a doctor visit is necessary. Get the answers you need instantly by calling 877-304-0504.

BLUECARD PROGRAM

When you're away from home, the BlueCard Program travels with you. Access care from BlueCard's national and worldwide network without having to complete claim forms or pay upfront medical services besides your copay. You can find a provider near or far by going to www.blueshieldca.com/findaprovider.

TREATMENT COST ESTIMATOR

This easy-to-use online tool lets you and your family budget for future health care expenses by comparing out-of-pocket costs and treatment cost estimates. You can also access a variety of resources on conditions and treatment options. Log into www.blueshieldca.com to use this useful tool.

LIFEREFERRALS 24/7SM

We all could use a little help sometimes when life becomes challenging. LifeReferrals 24/7 offers a wide range of support, including personal counseling, financial advice and legal consultation. Whether you've recently lost a loved one, feel extra stressed or need to speak to someone about personal or work-related issues, LifeReferrals has you covered. All services are completely confidential and available to you and your household members. Go to www.lifereferrals.com for more information or call anytime at 800-985-2405.

PRENATAL EDUCATION

Baby on board? Congratulations! Receive our free Prenatal Education kit full of useful information on having a healthy pregnancy. Your kit contains a Prenatal Guide, Prenatal Planner, vaccine facts, first-aid tips and nutrition and fitness information. Plus, get your choice of one of the best-selling pregnancy and parent books! [Enroll today](#) to get your packet in the mail.

WELLVOLUTION®

Wellvolution is a suite of programs to help you improve your well-being, prevent disease, become more active and connect with others while getting fit. From helping you quit smoking to sending you daily wellness challenges, Wellvolution is an easy and fun way to reach your health goals. [Sign up](#) to join the Wellvolution today!

DIABETES PREVENTION PROGRAM

Kick-start your health and lower your risk for developing type 2 diabetes with the Diabetes Prevention Program. As part of Wellvolution, this program will teach you more about wellness, weight management and how to form healthy habits that last a lifetime. Access a personal health coach via your computer, smartphone or even in-person to get the guidance you need. Plus, these valuable tools and support are yours for an entire year at no additional cost! [Click here](#) to see if you are eligible for this amazing program.

IDENTITY PROTECTION SERVICES

You can access free identity protection services such as identity repair assistance, identity theft insurance and credit monitoring for you and your covered family members. Access these services [here](#) or call 855-904-5733.

OTHER MEMBER DISCOUNTS

To help you save money while working on your health, you can access several member discounts on popular weight loss and fitness programs and health care services.

- No initiation fees and discounted monthly dues at 24 Hour Fitness
- Special rates on Weight Watchers subscriptions
- Save on alternative health care services like acupuncture and massage therapy
- Discounts on vision care benefits at participating providers

[Learn more](#) about these incredible member discounts!

QUESTIONS? BLUE SHIELD IS HERE TO HELP.

Visit www.blueshieldca.com or call 800-393-6130.

