USE YOUR BENEFITS WISELY WITH HELP FROM BLUE SHIELD OF CA

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—virtual visits are free for Blue Shield members! Click **here** to get started.

Nurse Help 24/7℠

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. This program is free for Blue Shield members. 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.

LOGO PLACEMENT

USE YOUR BENEFITS WISELY WITH HELP FROM BLUE SHIELD OF CA

LifeReferrals 24/7℠

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.

Wellness 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.

- Hearing aid discounts
- Discounts on vision care benefits at participating providers
- Save on alternative health care services like acupuncture and massage therapy
- And more!

Learn more about these incredible member discounts!

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!

Fitness Your Way by Tivity Health

Get health and feel good on your own terms. The Fitness Your Way program offers you the flexibility to work out at any network fitness location on a budget you can live with. It's easy to commit to your fitness with over 800 accessible locations to choose from. Visit as often as you like, and keep track of your gym visits online to stay motivated! Enroll today to begin your healthy lifestyle.

Total Health and Wellness

This program is divided in to five parts, and together they make sure you maximize your benefits to get all of the health and wellness support you need. Whether you need to get the most from your health plan, get care at/outside your home, take charge of your condition or jump-start your well-being, Total Health and Wellness will point you to the best resources available to Blue Shield members. For more information, click here.

HEALTM House Calls (Trio HMO and PPO Plans)

Blue Shield is excited to introduce HEAL, a service that lets you schedule when and where you want to see a doctor—whether that's at your home, office or hotel. On-demand visits give you freedom from the time, cost and stress of traveling to an appointment. HEAL will even refill your prescription and deliver it at no extra charge. Your first visit is $0, so schedule yours today.

LOGO PLACEMENT

USE YOUR BENEFITS WISELY WITH HELP FROM BLUE SHIELD OF CA

Shield Concierge (Trio Members)

Shield Concierge is ready to help. With one phone call you can access a team of registered nurses, health coaches, social workers, pharmacy technicians, pharmacists and customer service representatives. The Shield Concierge team works together to help you with any questions or needs you have regarding enrollment, claims, appeals, your pharmacy medications and/or health services. A Shield Concierge customer service representative is ready and waiting at 855-664-5577.

Call the Car (Trio HMO Plan)

Trio HMO members who have a serious illness can use this program to access non-emergency transport services. Call the Car is available to members at no additional cost, and can be used to get you to medical appointments, dialysis centers and other health care facilities as needed. Each vehicle is wheelchair and gurney accessible, and comes with a medical escort to assist you from door to door. To find out if you are eligible and get more information, call the Shield Concierge number listed above.

Trio Healthy Savings Program (HMO Plan)

This program is designed to help you eat healthier by offering discounts on items such as milk, whole-grain bread, lean meat, eggs, fruit, vegetables and more. Active Trio members will be automatically enrolled and receive a membership card in the mail. Scan this card at checkout and watch the discounts appear! This program is offered at no extra cost to Trio subscribers. Download the Health Savings app from your mobile app store to find participating grocery stores and get started.

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.

Additional Member Support Tools

- **Telebehavioral Health** lets you access a mental health or substance use disorder provider wherever you are, through live and confidential video sessions
- **Scripps HealthExpress** clinics offer same-day care to diagnose and treat minor illnesses, injuries and other immediate health care needs. Pediatric HealthExpress is also available for children who are three months or older.

Questions? Blue Shield is here to help.
Visit www.blueshieldca.com or call 800-393-6130.

LOGO PLACEMENT