



Why switch to Trio?


Lower your rates, not your expectations, by switching to Blue Shield of California's fastest-growing plan. With Trio HMO, you get a smarter, more modern way to access health care.


From better coordination among doctors and hospitals to anytime, anywhere virtual care, Trio focuses on offering you **convenience, quality, and affordability.**


Need more reasons to switch? Here's a sampling of features and benefits:


-  Access to NurseHelp 24/7SM online or by phone


-  \$0 virtual care consults 24/7 with Teladoc


-  \$0 virtual mental health support with Teladoc


-  Support managing stress, sleep, anxiety, depression, and more with the myStrength digital program*

-  Discounted foods through the Healthy Savings[®] program

-  An extensive pharmacy network that includes major chains

-  Option to self-refer to specialists within the same medical group

-  Urgent and emergency care coverage worldwide

-  Meal delivery program and non-emergency transportation support for qualified patients recovering from serious illness

With our enhanced customer service, Shield Concierge, we can help you:

- Transfer medical records and prescriptions
- Find a new doctor or specialist
- Continue receiving care without interruption when switching plans
- Understand your new benefits

Get access to Wellvolution[®] – our personalized online program designed to help you reach your health goals. Learn more at [wellvolution.com](https://www.wellvolution.com).

* myStrength is available to individuals 13 and older.

Healthy Savings is an independent entity that administers services on behalf 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., a health company committed to changing lives by guiding people to better health in their communities.

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