

GET STARTED ON YOUR HEALTH JOURNEY

Welcome! Get to know your plan.

BENEFITS Your plan highlights

✓ **Dental and vision plans**

Have a dental or vision* plan? Register online at yourdentalplan.com/bsca or blueshieldvisionca.com.

✓ **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

✓ **ID theft protection**

Get identity protection† at no additional cost. Call **(866) 274-3891**, 6 a.m. to 8 p.m., Monday through Friday, 8 a.m. to 5 p.m., Saturday and Sunday, or visit experianidworks.com/blueshieldca.

YOUR CARE The doctor is in



Your doctor

Every Blue Shield member with a PPO plan has a primary doctor, also known as a primary care physician or PCP, who helps coordinate your care‡ and provides annual checkups and preventive care.

Learn more at blueshieldca.com/ppopcp.



Change your doctor

Change your doctor any time using our *Find a Doctor* tool at blueshieldca.com/fad. This tool can also help you find urgent care centers, hospitals, dentists, vision specialists, and more.

* Underwritten by Blue Shield of California Life & Health Insurance Company.

† 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.

‡ PPO members are not required to obtain referrals from their PCP.

RESOURCES Tools to stay healthy



Online member account

blueshieldca.com/register

Access your plan 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**.



Teladoc[®]

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

Visit with a board-certified physician from the comfort and safety of your own home. **blueshieldca.com/Teladoc**

NEXT STEPS The journey continues

Set up your account at **blueshieldca.com/register**.

Access your Blue Shield member ID card via your online account or app.



GET REGISTERED

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



ENJOY OUR APP

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



EXPLORE OUR WEBSITE

Take a trip to **blueshieldca.com** to see everything Blue Shield has to offer, including discounts and other wellness tools and programs.

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For assistance in English at no cost, call (888) 256-3650 (TTY:711) for off-exchange members and (855) 836-9705 (TTY:711) for on-exchange members.

Para obtener asistencia en Español sin cargo, llame al (888) 256-3650 (TTY:711) for off-exchange members and (855) 836-9705 (TTY:711) for on-exchange members.

如果需要中文的免费帮助，请拨打这个号码 (888) 256-3650 (TTY:711) for off-exchange members and (855) 836-9705 (TTY:711) for on-exchange members.

blueshieldca.com

