

# Access+ HMO

working together  
for our members.



[blueshieldca.com/calpersshbo](https://blueshieldca.com/calpersshbo)

blue   
california

Your Blue Shield representative

Phone

Contact me, or call the HBO Priority Line  
at (800) 837-4251.

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# Access+ HMO

Our Access+ HMO<sup>®</sup> provider network is one of the largest in the state with more than:

**12,000** primary care physicians

**300** hospitals

**32,000** specialists

## Zero copays and no deductibles for hospitalization and preventive care

The Access+ HMO plan delivers value, quality, and many care choices. Hospitalization and preventive care comes with no deductibles or copays.

### Compare overall costs with the costs of a PPO plan:

HMO	PPO
No deductibles	Plan-year deductibles
No coinsurance	Coinsurance
Fixed copayments	Copayments are % of cost
No claim forms	Claim forms

## CalPERS-dedicated member service

**Shield Concierge** provides members a personalized service experience. By calling a CalPERS-dedicated phone number, members can access:

- Registered nurses
- Health coaches
- Social workers
- Pharmacists
- Pharmacy technicians

Available at **(800) 334-5847, 7 a.m. to 8 p.m., seven days a week.**



## The proven path to better health



Members can tap into decades of research and leading technology for a more productive and healthy lifestyle.

Wellvolution® offers the largest curated collection of scientifically-backed apps and programs designed to help members:



Prevent and  
reverse disease



Manage stress



Eat healthier



Exercise more



Sleep better



Quit smoking

## Helping members take charge of their health

- Online and in-person programs for both general well-being and disease reversal
- Proven and backed by doctors' methods for results
- Largest curated collection of scientifically-backed apps
- A new way to achieve health goals

## Choice and convenience

Some of the features available to members and their eligible dependents include:



### Coverage while traveling

Members have access to care for emergency and urgent care services **across the United States and around the world and only pay their regular copay** through the BlueCard® Program and Blue Shield Global Core.



### Pharmacy benefits

Members who take medication for a **chronic condition** – such as diabetes or high blood pressure – can get up to a 90-day supply of medication for the cost of a 60-day supply by mail or from select retail pharmacies.



### Teladoc

Members can talk to board-certified California doctors 24/7 by phone or video chat for a \$0 copay per consult anywhere in the United States. The doctor can prescribe a prescription if necessary and send it to a member's nearest pharmacy.



### Self-referral

Members have the option to **self-refer to a specialist** within their primary care physician's medical group for a \$30 copay.<sup>1</sup>

## Discount programs to help members save

Blue Shield offers a wide range of **discount programs**<sup>2</sup> to help members save money and get healthier.

### These include discounts for:

- A broad selection of health improvement and wellness products and services.
- Acupuncture, chiropractic services, and massage therapy
- Eye exams, frames, contact lenses, and LASIK surgery





- 1 If a member's primary care physician (PCP) participates in our Access+ *Specialist*<sup>SM</sup> program, they may go directly to a specialist in their PCP's medical group or Independent Practice Association (IPA) without a referral for a slightly higher copayment. Medical groups and IPAs that participate in the Access+ *Specialist* program are designated with an A+ in our online and printed directories and on Blue Shield member ID cards.
- 2 These discount program services are not a covered benefit of Blue Shield health plans and none of the terms or conditions of Blue Shield health plans apply. The networks of practitioners and facilities in the discount programs are managed by the external program administrators identified below, including any screening and credentialing of providers. Blue Shield does not review the services provided by discount program providers for medical necessity nor efficacy, nor does Blue Shield make any recommendations, representations, claims, or guarantees regarding the practitioners, their availability, fees, services, or products.

Some services offered through the discount program may already be included as part of the Blue Shield health plan covered benefits. Members should access those covered services prior to using the discount program.

Members who are not satisfied with products or services received from the discount program may use Blue Shield's grievance process described in the Grievance Process section of the *Evidence of Coverage* or *Certificate of Insurance*. Blue Shield reserves the right to terminate this program at any time without notice.

Discount programs administered by or arranged through:

- Alternative Care Discount Program – American Specialty Health Systems, Inc. and American Specialty Health Networks, Inc.
- Vision program – MESVision
- LASIK – NVision, QualSight, and TLCVision within California, and TLCVision (USA) Corporation outside California

Access+ HMO, Access+ *Specialist*, and Wellvolution are service marks or registered trademarks of Blue Shield of California.