

Freedom and flexibility

# PPO Plan

This plan gives you the freedom to choose doctors and hospitals from our broad PPO network and the flexibility to seek care outside the network. You will usually pay less for services from PPO in-network providers.



## Plan highlights

- Once you've met your deductible, you pay a copayment or coinsurance for most services. You will usually pay less for services from in-network providers.
- Freedom to choose any doctor – in or out of our PPO network – for most services.
- Self-referral to specialists – no need to see your primary care physician first.
- Access to virtual health care with Teladoc's doctors and mental health professionals who can treat many medical and behavioral health issues.
- Mental health benefits for help with depression, mental illness, and alcohol or substance use disorder. Some services are also available virtually.
- Coverage for medical care across the United States and for urgent and emergency care anywhere in the world.



## Learn more online

To explore this plan in more detail and search for doctors and other providers in this plan's network, visit [blueshieldca.com/gusd](https://blueshieldca.com/gusd) or scan the QR code.



## Get more with this plan



### Access care away from home

- **Urgent care centers**  
Ideal when your doctor is not available, saving you time and money compared to an ER visit
- **Vaccines at a retail pharmacy**  
Flu shots and other preventive vaccines provided at network pharmacies
- **MinuteClinic**  
Walk-in health care from registered nurses every day at CVS and Target



### Get care at home

- **NurseHelp 24/7<sup>SM</sup>**  
Health advice from registered nurses at any time
- **Teladoc**  
Doctors and mental health professionals available by phone or video
- **LifeReferrals 24/7<sup>SM</sup>**  
Round-the-clock support from experts for personal, family, and work issues



### Jump-start your well-being

- **Preventive care**  
Annual exams, screenings, and immunizations
- **Wellness discounts**  
Savings on vision exams, fitness club memberships, massage services, and more (see [blueshieldca.com/wellnessdiscounts](https://blueshieldca.com/wellnessdiscounts))
- **Wellvolution<sup>®</sup>**  
Personalized digital programs to support weight loss, mental health, diabetes management, and more



### Manage your condition

- **Shield Support**  
A dedicated healthcare team to help explain treatments and coordinate care for issues like chronic pain or diabetes
- **Maternity support**  
Virtual pregnancy, postpartum, and return-to-work support from specialists and coaches



We're here to help. If you have any questions, please call us at **(855) 599-2657** (TTY: 711), 7 a.m. to 7 p.m. PT, Monday through Friday.

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

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

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