

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/bzca 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

Your primary doctor, also known as a primary care physician or PCP, keeps detailed records about your health, coordinates your care, provides annual checkups and preventive care, and can refer you to specialists.‡



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.

‡ You must obtain a referral to see most specialists.

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.



Shield Concierge
(855) 829-3566 (TTY: 711)

Get personalized support in all aspects of your care. Available Monday through Friday, 7 a.m. to 7 p.m., and Saturday, 8 a.m. to 5 p.m.



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

Find helpful information for new Trio members at blueshieldca.com/triowelcome.
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

