

Predictable out-of-pocket costs

# Access+ HMO Plan<sup>®</sup>

With this plan, your primary care physician (PCP) coordinates all your care and refers you to specialists and hospitals within their medical group or Independent Practice Association (IPA). You may also be able to self-refer to specialists.



## Plan highlights

- No deductible; only fixed copayments for most covered services like doctor visits, urgent care, and emergency care.
- A PCP must be selected for you and for each of your covered dependents from our broad HMO network. Each member of your family may choose a different physician and medical group/IPA, and you may change these selections throughout the plan year.
- Features The Away From Home Care program, which offers family members living outside California— students, workers on long-distance assignments, etc. — access to medical care in select states across the country. (Benefits vary by state.)
- 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.
- Convenient access to an extensive pharmacy network, including Safeway/Vons, Costco, and CVS (including CVS Pharmacy<sup>®</sup> in Target stores).



## 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/fephmo](https://blueshieldca.com/fephmo) 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



### 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
- **Mail service pharmacy**  
Routine medications to treat certain chronic or long-term conditions (such as asthma or diabetes) delivered right to your door – \$0 extra for standard shipping



### 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 **(800) 880-8086** (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.

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