

Predictable out-of-pocket costs

Access+ HMO[®] Plan

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.



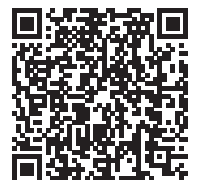
Plan highlights

- 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.)
- Self-referral to specialists may be available to members of participating medical groups – no need to see your primary care physician first.
- No additional cost for Teladoc medical and mental health virtual visits or NurseHelp 24/7SM phone advice.
- Coverage for urgent and emergency care anywhere in the world.



Learn more online

To explore the plan in more detail and search for doctors and other providers in this plan's network, visit blueshieldca.com/prism or scan the QR code.



Get more with this plan



Access care away from home

- **Urgent care centers**
Ideal for care that is not an emergency but cannot be resolved virtually.



Get care at home

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



Jump-start your well-being

- **Preventive care**
Annual exams, screenings, and immunizations at no additional cost.
- **Wellness discounts**
Savings on vision exams, fitness club memberships, massage services, and more (see blueshieldca.com/wellnessdiscounts).
- **Wellvolution[®]**
Personalized digital programs to support weight loss, mental health, diabetes management, and more – at no extra cost.



Manage your condition

- **Care Management**
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) 599-2650** (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. Nurses do not provide medical services for treatment or diagnosis.

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

Wellvolution is a registered trademark of Blue Shield of California. Wellvolution and all associated digital and in-person health programs, services, and offerings are managed by Solera, Inc. Access+ HMO is a registered trademark of Blue Shield of California.

You may receive covered services from other network providers on an in-person basis or via telehealth, if available. Contact your primary care provider, treating specialist, facility, or other health professional to learn whether telehealth is an option. Network telehealth and in-person services are subject to the same timeliness and geographic access standards. If your plan has out-of-network benefits, they are subject to your plan's cost sharing obligations and balance billing protections.

Blue Shield of California is an independent member of the Blue Shield Association A53502-Prism_0522