

Predictable out-of-pocket costs

# Access+ HMO<sup>®</sup> 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

- 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.
- Personal assistance from Shield Concierge, our team of healthcare experts, to find doctors, transfer medical records and prescriptions, and answer healthcare questions.
- Mental health benefits for help with depression, mental illness, and alcohol or substance use disorder. Some services are also available virtually.
- Ability to see any participating chiropractor or acupuncturist without a referral from a primary care physician.



## Learn more online

To explore the plan in more detail and search for doctors and other providers in this plan's network, visit [www.blueshieldca.com/sisc](http://www.blueshieldca.com/sisc) 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 24/7<sup>SM</sup>**  
Health advice from registered nurses at any time.



### Jump-start your well-being

- **Member Health Record**  
A health record of your doctor visits, lab results, prescriptions, and more in one secure place.
- **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 – 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.



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. Nurses do not provide medical services for treatment or diagnosis.

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.

Blue Shield of California is an independent member of the Blue Shield Association A53502-SISC\_0522