



HMO Enrollment Guide





Blue Shield of California and SISC: Working together to provide healthcare coverage

Blue Shield of California

Blue Shield is a nonprofit health plan that was founded in California in 1939 and is headquartered in Oakland, California. We service more than six million members nationwide and are driven by a mission to make health care better, more affordable, and accessible to everyone.

Self-Insured Schools of California (SISC)

SISC helps manage the health benefits for your school district. Founded in 1979, SISC is a public school organization (a Joint Powers Authority) run by educators and school professionals who understand the needs of school communities. It's administered by the Kern County Superintendent of Schools and guided by a board of public school employees elected by member districts. Because SISC is a public, nonprofit entity, its focus is on providing stable, cost-effective health benefits that support schools, employees, and their families – not on making a profit.



We're here to help

If you have questions about the Blue Shield plans in this brochure, call **(855) 599-2657** or visit [**blueshieldca.com/sisc/HMO**](https://blueshieldca.com/sisc/HMO).



Learn about Blue Shield HMO plans

Predictable costs with care coordinated by your doctor

When you enroll in an HMO plan, you will be required to select a primary care physician (PCP) for you and each of your covered dependents from the plan's network. Each member of your family may choose a different physician and medical group or Independent Practice Association, and you may change the PCP selections.

Here are the main differences between our HMO plans:

Access+ HMO®

- Includes providers in our **full HMO network**

Trio HMO

- Includes providers in **select ZIP codes** of our full HMO network
- Requires that you work or reside within the Trio HMO service area (view the service area at blueshieldca.com/trio-hmo-network)
- Offers the option to select a virtual provider as your assigned PCP (members age 18 and older)

Local Access+ HMO®

- Includes providers in **select ZIP codes** of our full HMO network
- Requires you work or reside within the Local Access+ HMO service area (view the service area at blueshieldca.com/localaccesszip)



Watch our short video to learn more about how HMO plans work

blueshieldca.com/sisc/HMOvideo.

Plan benefit highlights

Plan features	Access+ HMO	Trio HMO	Local Access+ HMO
Coverage outside California for family members living in select states	✓	✓	✓
Self-referral to specialists within some medical groups	✓	✓	✓
Mental health benefits for support with depression, mental illness, and substance use disorder	✓	✓	✓
Urgent and emergency care coverage worldwide	✓	✓	✓
Chiropractic and acupuncture services without a referral from a PCP	✓	✓	✓
Access to Blue Distinction Centers , medical centers recognized for expertise in complex conditions ¹	✓	✓	✓
Preventive care , such as screenings and immunizations, included at no extra cost	✓	✓	✓
Flu shots and other preventive vaccines provided at network pharmacies	✓	✓	✓

How to find in-network doctors

Find in-network doctors, hospitals, mental health providers, and more by visiting blueshieldca.com/sisc/HMOfad.



Explore Blue Shield programs and services



Get care at home

Shield Advocate

Access personalized support to help you navigate the healthcare system and access the right care. Care managers also offer personalized coaching to help you manage your condition.



Jump-start your well-being

Fitness Your Way®

Access network fitness centers on a budget you can live with.

Identity theft protection

Protect your financial well-being with credit monitoring, identity repair assistance, and identity theft insurance.

Mental health resources

CredibleMind, our mental health website, offers a wealth of resources, such as mental health assessments, peer support groups, articles, videos, podcasts, and more.

Wellness discounts

Savings on vision exams, fitness club memberships, massage services, and more. For details, visit blueshieldca.com/wellnessdiscounts.

Wellvolution®

Access personalized digital programs to support weight loss, mental health, diabetes management, and more – at no extra cost.





Manage your condition

Care Management

Get help from a dedicated healthcare team who can explain treatments and coordinate care for issues like chronic pain or diabetes.

Fitness and physical therapy

Work virtually with physical therapists and personal trainers to improve mobility, strength, and flexibility. The program targets joint and muscle pain.

Maternity support

Access virtual support from specialists and coaches during your pregnancy and postpartum to help you return to work.

Manage your diabetes

Get support from a dedicated medical team to help lower your A1C, lose weight, or stop your diabetes medications.



Additional benefits, programs, and services offered through SISC

Care Management

Expert medical opinions – Get answers to any medical question and a second opinion from world-leading experts. Specialists can review your diagnosis and treatment plan to help you make informed decisions.

Pharmacy benefits

Prescription drug coverage – Access prescription drug information, locate a network pharmacy, view claims, and much more.

Mail order pharmacy – Take advantage of the convenience of having your maintenance medications delivered to your home or workplace.

Short-term, confidential counseling

Employee Assistance Program – Access confidential resources for help with personal concerns, such as emotional, marital, financial, addiction, legal, stress, and more – at no extra cost

\$0 virtual health support

24/7 telehealth – Access to board-certified physicians, pediatricians, therapists, and psychiatrists

Therapy and health coaching – One-on-one coaching from clinicians and therapists to help members lose weight; sleep better; manage chronic medical conditions; and cope with stress, anxiety, and depression

Support for autoimmune diseases – Access to evidence-based nutrition and lifestyle coaching for autoimmune conditions or undiagnosed symptoms like chronic pain, fatigue, digestive or skin issues, and more at no extra cost



To learn more, visit
sisc.kern.org/hw/member-resources.



Need help selecting a plan?

We offer many resources to help you find the right plan for you and your family.



Dedicated Blue Shield SISC website
blueshieldca.com/sisc/HMO



How an HMO plan works video
blueshieldca.com/sisc/HMOvideo



Health plan terms glossary
blueshieldca.com/sisc/HMOglossary



Tips for selecting a health plan
blueshieldca.com/sisc/HMOresources

¹ To find out if you can access a Blue Distinction Center, contact Customer Service. HMO plans may require you to use designated providers for certain specialty care.

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CredibleMind is independent of Blue Shield of California and is contracted by Blue Shield to deliver this mental well-being platform.

Access+ HMO is a registered trademark of Blue Shield of California.

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