

Freedom and flexibility

# PPO Plan

This plan gives you the freedom to choose doctors and hospitals from our broad PPO network and the flexibility to seek care outside the network. You will usually pay less for services from PPO in-network providers.



## Plan highlights

- Freedom to choose any doctor – in or out of our PPO network – for most services.
- Self-referral to specialists – no need to see your primary care physician first.
- Mental health benefits for help with depression, mental illness, and alcohol or substance use disorder. Some services are also available virtually.
- 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.



### Jump-start your well-being

- **Member Health Record**

A health record of your doctor visits, lab results, prescriptions, and more in one secure place.

- **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](https://blueshieldca.com/wellnessdiscounts)).



### 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) 256-9404** (TTY: 711), 7 a.m. to 7 p.m. PT, Monday through Friday.