

Instructions for finding a network mental health or substance abuse provider

If you're an existing Blue Shield of California member, simply register and log in to [blueshieldca.com](https://www.blueshieldca.com). Your plan will be pre-selected. Then:

- Under "Provider types," select *Doctors or Facilities*
- Click *Advanced search* and select "Mental Health Caregivers" or "Mental Health or Substance Abuse Facilities"
- Enter your city and state or zip code, and click *Find now*

Prospective members should follow these instructions:

- Go to [blueshieldca.com/findaprovider](https://www.blueshieldca.com/findaprovider)
- Next to "Select a plan," click *Select*
- Under "Medical Plan," choose *Blue Shield of California PPO Network*, then click *Set plan*
- Under "Provider types," select *Doctors or Facilities*
- Click *Advanced search* and select "Mental Health Caregivers" or "Mental Health or Substance Abuse Facilities"
- On the next screen, choose *Search Blue Shield of California Network*
- Enter your city and state or zip code and click *Find now*