

we  you

# Blue Shield of California Retiree Health Plans

For County of San Bernardino Retirees



# Blue Shield plans for retirees

## Shield Signature Plans – non-Medicare

- Shield Signature – High
- Shield Signature - Low

## Medicare Integrated Plans

- Blue Shield 65 Plus (HMO) – GMAPD High
- Blue Shield 65 Plus (HMO) – GMAPD Low
- Blue Shield of California Medicare Rx Plan (PDP)

## Medicare Coordination of Benefits PPO Plan

- Shield Spectrum PPO plan – COB

### Health plans include:

Pharmacy benefits

NurseHelp 24/7

Health programs

# Programs to help manage your health

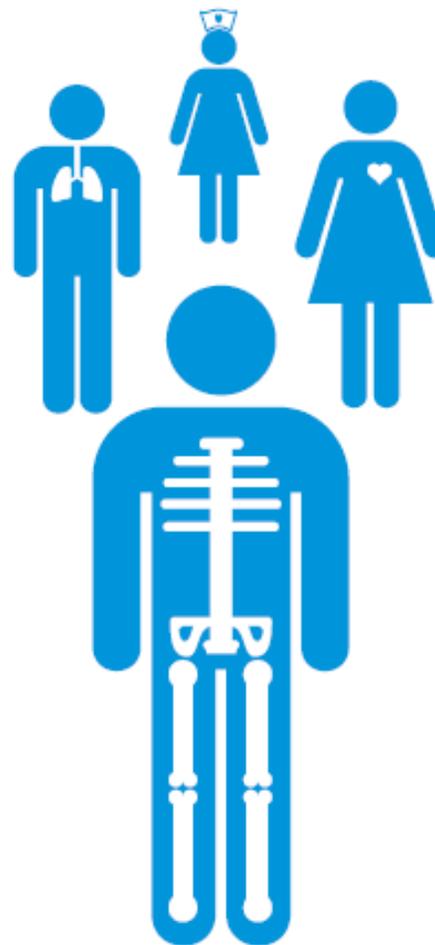
(available to all plan members)

## Condition Management programs

- Asthma Self Management
- Diabetes Management
- Cardiovascular Risk Reduction
- Chronic Obstructive Pulmonary Disease Management
- Congestive Heart Failure

## Other programs

- Transplant program
- Pre-Surgical Guided Imagery
- Transitions of Care



# NurseHelp 24/7



**Speak with registered nurses anytime, day or night, and get answers to your health-related questions, Just call (877) 304-0504.**

- minor injuries
- common illnesses
- recent diagnoses and chronic conditions
- choosing appropriate medical care
- self-care tips and treatment options

# Health and wellness discounts

(available to all plan members)



- **Weight Watchers** – Save registration fees and members while you lose those extra pounds
- **24 Hour Fitness, ClubSport and Renaissance ClubSport** – Waived and discounted fees make it easier to get in shape and stay fit
- **Chiropractic, acupuncture and massage therapy** – 20% discounts on services.
- **Vision services** – Discounts on exams, lenses, frame discounts and LASIK.

# SilverSneakers® Fitness Program

(Blue Shield 65 Plus HMO members only)



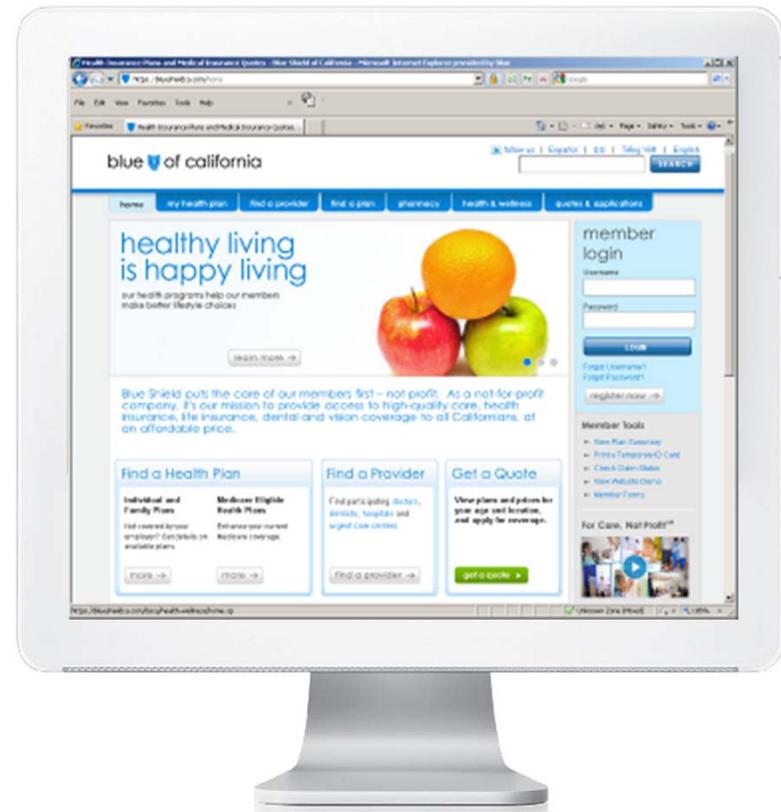
SilverSneakers provides a basic membership to any participating Fitness center location across the country. Program includes:

- Access to conditioning classes, exercise equipment, pool, sauna and other available amenities
- Signature SilverSneakers Fitness Program classes, designed specifically for older adults and taught by certified instructors
- Fun social activities and events, including health education seminars
- Access to an exclusive member online community at [www.silversneakers.com/member](http://www.silversneakers.com/member).
- SilverSneakers® Steps is a personalized fitness program for members who don't have convenient access to a SilverSneakers location within 15 miles of their home.

# blueshieldca.com

Access to benefits, programs and services

- Secure access to medical and pharmacy benefits, claims, etc.
- E-mail customer service
- Order ID cards
- Search for network doctors, hospitals and other facilities
- Get information about pharmacy benefits and generic drugs, access the Blue Shield formulary, find network pharmacies
- Learn about Blue Shield programs and services.



# We're here to help

## Member Services

- **Shield Spectrum PPO plans**

**(800) 642-6155**

7:00 a.m. to 7:00 p.m., Monday through Friday

- **Blue Shield 65 Plus HMO**

**(800) 776-4466 [TTY: (800) 794-1099]**

7:00 a.m. to 8:00 p.m., seven days a week from October 1 through February 14. However, after February 14, calls will be handled by our automated phone system on weekends and holidays

- **Blue Shield of California Medicare Rx Plan PDP**

**(888) 7766-4466 [TTY: (888) 238-6482]**

7:00 a.m. to 8:00 p.m., seven days a week from October 1 through February 14. However, after February 14, calls will be handled by our automated phone system on weekends and holidays



## [www.blueshieldca.com](http://www.blueshieldca.com)

- Find a doctor or hospital
- Access medical and pharmacy benefits
- Learn about health programs and services

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