



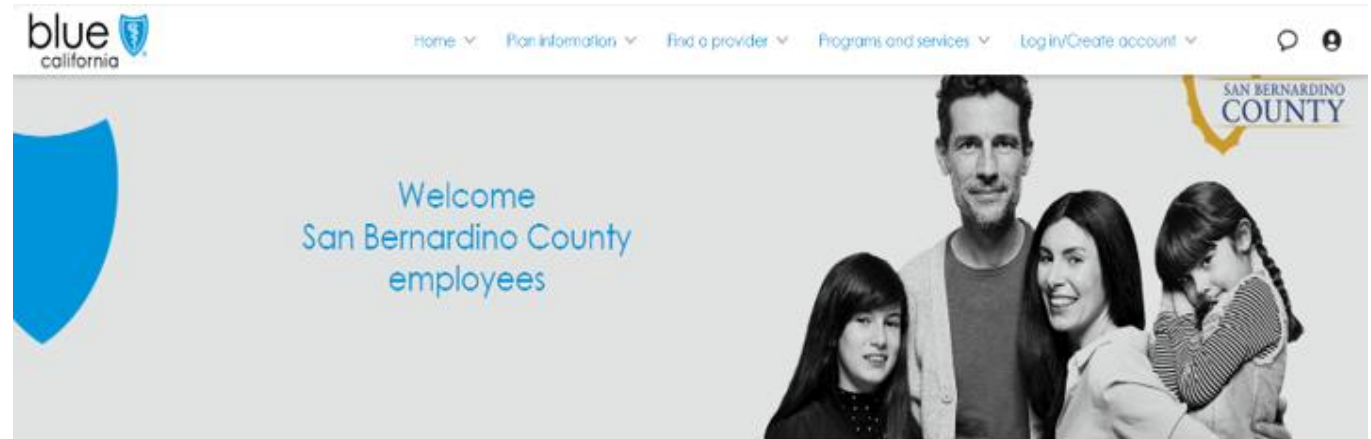
San Bernardino County – Employees

Open Enrollment 2024



Access health plan information 24/7

- Overview of Blue Shield plans
- Links to find network doctors
- Plan benefit documents
- Details on programs & services



<https://myoptions.blueshieldca.com/cosb>

What's new for 2024 open enrollment?

- [New Shield Signature HMO Benefit](#)— Chiropractic added with a \$10 copayment and Emergency room visit changed from \$50 to \$75
- [New Virtual Blue PPO Plan](#) - Available only to members at designated work locations – Needles, Baker, Trona - [Virtual Blue | Blue Shield of California \(blueshieldca.com\)](#)
- Programs and resources are available to members—at no additional cost
 - Creditable Mind— A mental health Behavioral Health resources hub
 - Ciba – An app for members at risk of getting Type 2 diabetes
 - Sworkit - Health is a simplified total wellbeing solution, providing 4-in-1 support for Physical Activity, Mindfulness, Low-acuity MSK, and Nutrition

Blue Shield plans available to San Bernardino County employees

Medical plans:

- Shield Signature HMO plan: offers access to Level 1 and Level 2 providers
- Access+ HMO: No deductible and full HMO network
- Trio HMO plan: Designed to be affordable with \$25 office visit copayments
- PPO Plan: Freedom to see network or non-network doctors
- Bronze Plan: Available to employees with the Modified Benefit Option (MBO)
- Needles PPO and the [New Virtual Blue Plan](#): Available only to members at designated work locations – Needles, Baker, Trona

Shield Signature plan benefits at-a-glance

	Tier 1 (HMO network)	Tier 2 (PPO network)
Medical deductible	Individual: \$0 Family: \$0	Individual: \$0 Family: \$0
Calendar year out-of-pocket maximum	Individual: \$1,500 Family: \$3,000	Individual: No Max Family: No max
PCP visit	\$10	\$30 office visit only
Specialist	\$10	\$30 office visit only
Chiropractic services – 20 visits per member/per year	\$10/visit	Not available
Lab work	\$0	\$0 – office setting only
Teladoc (medical and/or behavioral health)	\$0	Not available
Outpatient surgery in hospital	\$0	Not available
Inpatient hospitalization	\$0	Not available
Emergency room visit	\$75/visit	\$75/visit
DME	\$0	Not available
Vaccines at retail locations	Not available	Not available
Retail drug copayments – 30 days	\$5 / \$10 / \$25	Not available
Mail service copayments – 90 days	\$10 / \$20 / \$50	Not available

Access+ HMO plan benefits at-a-glance

	Network
Medical deductible	Individual: \$0 Family: \$0
Calendar-year out-of-pocket maximum	Individual: \$3,500 Family: \$7,000
PCP visit	\$40
Specialist	\$40 with referral, \$50 if self-referred in MG
Lab work	40%
Teladoc (medical and/or mental health)	\$0
Outpatient surgery in hospital	\$40%
Inpatient hospitalization	\$100/admission + 20%
PT/OT/Speech therapy	\$40
DME	40%
Vaccines at retail locations	\$0
Retail drug copayments – 30 days	\$5/ \$10 / \$25/20% up to \$200 per rx
Mail service copayments – 90 days	\$10 / \$20 / \$50/20% up to \$400 per rx

Trio plan benefits at-a-glance

	Network
Medical deductible	Individual: \$0 Family: \$0
Calendar-year out-of-pocket maximum	Individual: \$3,500 Family: \$7,000
PCP visit	\$25
Specialist	\$25
Lab work	40%
Teladoc (medical and/or mental health)	\$0
Outpatient surgery in hospital	40%
Inpatient hospitalization	\$100/admission + 20%
PT/OT/Speech therapy	\$25
DME	40%
Vaccines at retail locations	\$0
Retail drug copayments – 30 days	\$5 / \$10 / \$25/20% to \$200
Mail service copayments – 90 days	\$10 / \$20 / \$50/20% to \$400

Non-emergency transportation for eligible Trio members



Transportation services for members recovering from serious illness

- Reliable transportation to and from medical appointments
- Eligibility determined by Blue Shield Case Managers

To learn more, call Shield Concierge at
(855)-599-2657

Free meal delivery for eligible Trio members



Convenient and nutritious meals during recovery from serious illness

- Prepared meals geared towards special dietary requirements
- Eligibility and meal service delivery frequency determined by Blue Shield

To learn more, call Shield Concierge at
(855)-599-2657

Finding doctors, specialists, hospitals and pharmacies is easy

- Shield Signature Level 1 and Access+ HMO® Plan: blueshieldca.com/networkhmo
- Trio HMO Plan: blueshieldca.com/networktriohmo
- PPO Plan and Shield Signature Level 2: blueshieldca.com/pponetwork
- PPO Plan (providers outside California): provider.bcbs.com. Enter your location, select *Browse a list of plans*, and then *BlueCard EPO/PPO*.
- *Virtual Blue PPO plan*: blueshieldca.com/virtualbluenetwork
- Direct links to finding providers: www.blueshieldca.com/cosb

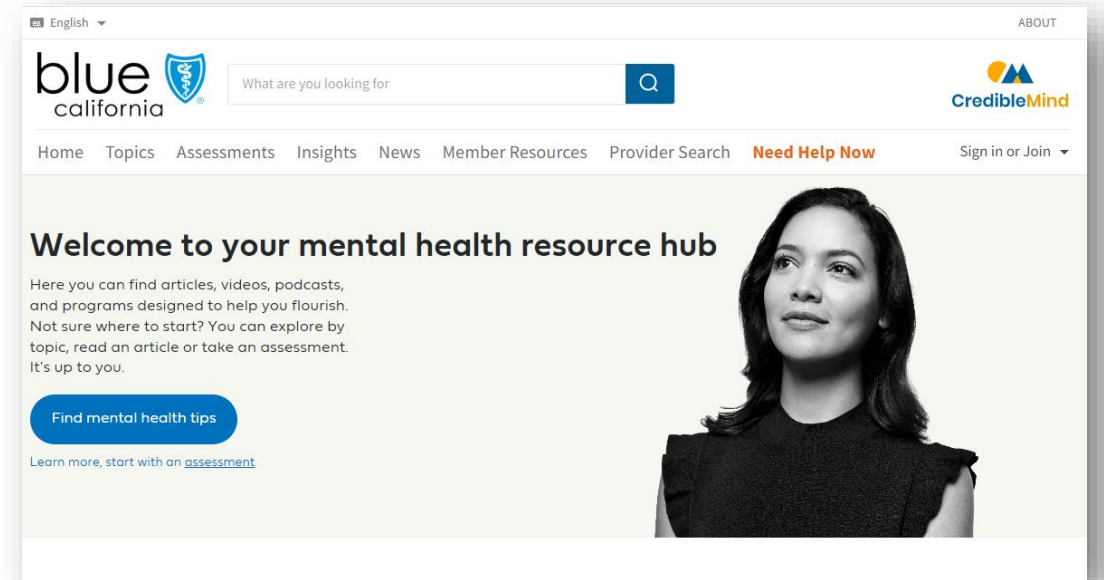


Resources for your well being.

Your mental health resource hub

The Creditablemind website makes it easy to find mental health information and access care

- View articles, videos, podcasts, newsletters
- Take a wellbeing assessments on a variety of topics (stress, depression, anxiety and more)
- Access crisis resources and hotlines
- Explore Blue Shield mental health services and programs: Headspace Care and Wellvolution.
- Find mental health providers in your area



Get started at blueshieldca.com/mentalhealth

Programs available

Emotional well-being	Headspace® and Headspace Care™ (formerly Ginger) are now available as 12-month programs to help manage sleep, stress, anxiety, and depression, and boost resilience. ¹	
Diabetes prevention	Coaching and digital tools like a Fitbit® ² to track your success across a 12-month program for losing weight, feeling healthier, and reducing your risk of chronic disease.	
Diabetes care and hypertension	Programs up to 18 months for treating common conditions, such as diabetes, hypertension, and heart disease. Receive digital tools to help manage and monitor risk as appropriate for each condition.	
Weight management	Get a personalized plan, clinically proven to help you create better eating and fitness habits and lose weight through access to a 12-month program.	
Tobacco and vaping cessation	Programs include nicotine replacement therapy in the form of a patch, lozenge, or gum. A two-month supply can be delivered to your home.	
Physical therapy and fitness	Personalized digital therapy and health programs to reduce pain and increase strength. No matter your pain level or where it hurts, we have a program for you.	

Wellvolution Resources

The digital platform that guides you on your health journey. Wellvolution customizes your path to better health, matching you with clinically proven programs and apps that are right for you both in mind and body.

Through Wellvolution, you have access to lifestyle-based tools and support designed to help you lose weight, treat diabetes, nurture mental health, and more. You'll get personalized plans, on-demand tools, and health coaches to assist you in reaching your goals. All at no extra cost to eligible Blue Shield of California members.

<https://www.blueshieldca.com/wellvolution>

- Member resources is populated based on the insurance plan type they selected.

Note: if a member declined to select plan type, it may show resources they are not eligible for, however, members are advised to check their evidence of coverage for eligibility.

Maternity programs from Blue Shield



Maternity Program

Blue Shield offers Maven, programs designed to support you and your family during life's many stages of family planning, fertility, maternity, parenting, pediatrics, and menopause. You can also get support if you have experienced a pregnancy loss.

- **On-demand virtual appointments** with Maven's OB-GYNs, lactation consultants, doulas, mental health specialists, nutritionists, career coaches, and many more.
- **Your own Care Advocate** who can help answer questions about your pregnancy
- **Your own Care Advocate** who can help you navigate your health plan benefits and providers, find in-person care, and more
- Educational resources including virtual classes, helpful articles, and community forums

Go to blueshieldca.com/maven to sign up

Teladoc for San Bernardino County members at \$0 copay

Access to licensed doctors 24/7 by phone or video



Step 1 Contact Teladoc

Log in to your Teladoc account or call Teladoc, 24/7/365, to request a phone or online video consult-ation for primary care services.



Step 2 Talk with a doctor

A board-certified doctor reviews your Electronic Health Record (EHR) and consults with you, just like an in-person visit.



Step 3 Resolve the issue

The doctor recommends a treatment for your medical issue. If a prescription is needed, it's sent electronically to the pharmacy of your choice.



Urgent Care

- Examples: UTI, sinus infections, eye infections, colds, flu, stomach virus, allergies



Prescriptions

Short term refills for prescriptions if needed

Prescription is electronically sent to your local pharmacy

1-800-Teladoc

teladoc.com/bsc

Questions or concerns give us a call we are here to help you



Contact us

Shield Concierge:

Phone: [\(855\) 599-2657](tel:(855)599-2657)

7 a.m. to 7 p.m. Pacific Time

Monday - Friday



Questions



Blue Shield of California is an independent member of the Blue Shield Association