

Designed to be affordable

## Trio HMO Plan

This plan offers a quality network of local doctors, specialists, and hospitals working closely together to deliver a better care experience. To enroll, you must live or work within the Trio HMO service area. To explore the service area, see the "Learn more online" section below.



### Plan highlights

- ✓ A PCP must be selected for you and for each of your covered dependents from our broad HMO network. Each member of your family may choose a different physician and medical group/IPA, and you may change these selections throughout the plan year.
- ✓ No additional cost for Teladoc medical and behavioral health virtual visits or NurseHelp 24/7<sup>SM</sup> consultations.
- ✓ 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.
- ✓ Convenient access to an extensive pharmacy network, including Safeway/Vons, Costco, and CVS (including CVS Pharmacy<sup>®</sup> in Target stores).
- ✓ Meal-delivery and non-emergency transport services at \$0 extra for qualified members recovering from serious illness.



### Learn more online

To explore this plan in more detail and search for doctors and other providers in this plan's network, visit [www.blueshieldca.com/cosb](http://www.blueshieldca.com/cosb) or scan the QR code.



# Get more with this plan



## Access care away from home

- ✓ **Urgent care centers**  
Ideal when your doctor is not available, saving you time and money compared to an ER visit
- ✓ **Vaccines at a retail pharmacy**  
Flu shots and other preventive vaccines provided at network pharmacies



## Get care at home

- ✓ **Teladoc**  
Doctors and mental health professionals available by phone or video
- ✓ **Mail service pharmacy**  
Routine medications to treat certain chronic or long-term conditions (such as asthma or diabetes) delivered right to your door – \$0 extra for standard shipping



## Jump-start your well-being

- ✓ **Preventive care**  
Annual exams, screenings, and immunizations
- ✓ **Wellness discounts**  
Savings on vision exams, fitness club memberships, massage services, and more (see [blueshieldca.com/wellnessdiscounts](https://blueshieldca.com/wellnessdiscounts))
- ✓ **Wellvolution®**  
Personalized digital programs to support weight loss, mental health, diabetes management, and more



## Manage your condition

- ✓ **Shield Support**  
A dedicated healthcare team to help explain treatments and coordinate care for issues like chronic pain or diabetes
- ✓ **Maternity support**  
Virtual pregnancy, postpartum, and return-to-work support from specialists and coaches



We're here to help. If you have any questions, please call us at **(855) 599-2657** (TTY: 711), 7 a.m. to 7 p.m. PT, Monday through Friday.

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