

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

- Designed to be affordable with fixed or \$0 copayments.
- 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.
- Self-referral to specialists may be available to members of participating medical groups – no need to see your primary care physician first.
- Convenient access to an extensive pharmacy network, including Safeway/Vons, Costco, and CVS (including CVS Pharmacy® in Target stores).



Learn more online

To explore this plan in more detail and search for doctors and other providers in this plan's network, visit blueshieldca.com/sbcounty 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



Get care at home

- **NurseHelp 24/7SM**
Health advice from registered nurses at any time
- **Teladoc**
Doctors and mental health professionals available by phone or video
- **LifeReferrals 24/7SM**
Round-the-clock support from experts for personal, family, and work issues



Jump-start your well-being

- **Preventive care**
Annual exams, screenings, and immunizations



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.