

Predictable out-of-pocket costs

Access+ HMO[®] Plan

With this plan, your primary care physician (PCP) coordinates your care and refers you to specialists and hospitals within their medical group or Independent Practice Association (IPA). You have access to a broad HMO network with predictable, fixed copayments for most covered services, along with tools and resources to help manage your care.



Plan highlights

- No deductible; only **low, fixed copayments** for most covered services like doctor visits, urgent care, and emergency care.
- A **PCP** is selected for you and each of your covered dependents from our **broad HMO network**. Each member of your family may choose a different PCP and medical group/IPA. You can also change these selections throughout your plan year.
- Your PCP coordinates your care and refers you to specialists. **Self-referral to specialists** may be available to members of participating medical groups – no need to see your PCP first.
- **Mental health benefits** for help with depression, mental illness, and alcohol or substance use disorder. Some services are also available virtually.
- Access to the **Away From Home Care program**, which offers family members living outside of California medical care in select states across the U.S. This may include students, workers on long-distance duties, and more. Benefits vary by state.
- Convenient access to an **extensive pharmacy network**. Pharmacies may include Safeway/Vons, Costco, and CVS (plus CVS Pharmacy[®] in Target stores).
- See any participating **chiropractor or acupuncturist** for a \$15 copay and without a referral from a PCP.



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/calpers. You can also scan the QR code.



Get more with this plan



Access care away from home

- **Urgent care center**

Ideal when your doctor is not available, saving you time and money compared with a visit to the emergency room (ER). If you are having a medical emergency, please visit your closest ER.

- **Vaccines at a retail pharmacy**

Flu shots and other preventive vaccines provided at network pharmacies.

- **Care while traveling**

Coverage for urgent and emergency care anywhere in the world.



Jump-start your well-being

- **Wellvolution®**

Personalized digital programs to support weight loss, mental health, diabetes management, and more.

- **CredibleMind**

CredibleMind, our mental health website, offers a wealth of resources. These include mental health assessments, peer support groups, articles, videos, podcasts, and more.

- **Fitness your way**

Access network fitness centers on a budget you can live with.



Get care at home

- **LifeReferrals 24/7SM**

Support 24/7 from experts for personal, family, and work issues.

- **Home delivery pharmacy**

Routine medications to treat certain chronic or long-term conditions (such as asthma or diabetes) delivered right to your door with Amazon Pharmacy – \$0 extra for standard shipping.

- **NurseHelp 24/7SM**

Health advice from registered nurses at any time – at no cost.

- **Teladoc Health**

Doctors available by phone or video – at no cost.



Manage your condition

- **Conditions and care programs**

Get help from a dedicated healthcare team. They can 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 **(800) 334-5847 (TTY: 711)**, 7 a.m. to 8 p.m. PT, seven days a week.

Access+ HMO is a registered trademark of Blue Shield of California.

Amazon Pharmacy is independent of Blue Shield of California and is contracted by Blue Shield to provide home delivery of prescription medications to Blue Shield members. Members are responsible for their share of cost, as stated in their benefit plan details. Information about specific prescription drug benefits and drug benefit exclusions can be found in the member's plan documents. Members may call the Customer Service number on their Blue Shield member ID card if they have questions about their Blue Shield prescription drug coverage.

CredibleMind is independent of Blue Shield of California and is contracted by Blue Shield to deliver this mental well-being platform.

LifeReferrals 24/7 is a service mark of Blue Shield of California.

NurseHelp 24/7 is a service mark of Blue Shield of California.

Wellvolution is a registered trademark of Blue Shield of California. Wellvolution and all associated digital and in-person health programs, services, and offerings are managed by Solera, Inc.

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

A53502CLP-HMO_0526