

Freedom and flexibility

PPO Plan

This plan gives you the freedom to choose doctors and hospitals from our broad PPO network and the flexibility to seek care outside the network. You will usually pay less for services from PPO in-network providers.



Plan Highlights

- Once you've met your deductible, you pay a copayment or coinsurance for most services. You will usually pay less for services from in-network providers.
- Self-referral to specialists – no need to see your primary care physician first.
- Access to virtual health care with Teladoc's doctors and mental health professionals who can treat many medical and behavioral health issues.
- Mental health benefits for help with depression, mental illness, and alcohol or substance use disorder. Some services are also available virtually.



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/prism or scan the QR code.



Get more with this plan



Access care away from home

- **Urgent care centers**
Ideal for care that is not an emergency but cannot be resolved virtually.



Get care at home

- Health advice from registered nurses at any time.
- **Teladoc Health**
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 at no additional cost.
- **Wellness discounts**
Savings on vision exams, fitness club memberships, massage services, and more (see blueshieldca.com/wellnessdiscounts)



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) 256-9404** (TTY: 711), 7 a.m. to 7 p.m. PT, Monday through Friday.