

Blue Shield of California

Helpful Information and Resources

<p>Total Health and Wellness <i>Programs and Services for Blue Shield Members</i></p>	<p><i>Get the most from your health plan</i> - Find doctors - Coverage while traveling <i>Get care at home</i> - NurseHelp 24/7 - Teladoc - Life referrals - Mail Rx <i>Get care outside your home</i> - Urgent Care - MinuteClinic - Virtual Care <i>Take charge of your condition</i> - Condition management - Shield support <i>Jump-start your well-being</i> - Wellvolution - Preventive care - Wellness discounts</p>
<p>Your Blue Shield ID Card</p>	<p>Easy steps to print or order your ID card. Your ID number is required.</p>
<p>Find Network Providers</p>	<p>The <i>Find Network Providers</i> hyperlink will direct you to Blue Shield's provider network website. Instruction to <i>Find the Doctor of Your Choice</i>.</p>
<p>Pharmacy Services</p>	<p>Locate pharmacies - Member services - Pharmacy tools Mail service prescriptions - Drug interactions - FAQ - Drug formularies</p>
<p>Member Services</p>	<p>Call Blue Shield at the number listed on your ID card or 1-866-346-7198.</p>
<p>Manage Your Health Care <i>Anytime, Anywhere.</i></p>	<p>Register today for anytime, anywhere access. Your ID number is required.</p>
<p>Teledoc</p>	<p>Get support from mental health professionals and licensed doctors no matter where you are with <i>Teledoc</i>.</p>
<p>Getting the Most of Your <i>Preventive Care Coverage</i></p>	<p>Preventive care services are covered at no cost, even before you meet the plans deductible. For more details on preventive services, visit the Health & Wellness section of our website at https://www.blueshieldca.com/en/home</p>
<p>Fitness Your Way</p>	<p>Get healthy and feel good on your own terms with Fitness Your Way.</p>
<p>Urgent Care</p>	<p>Go to an Urgent Care Center for non-emergencies services without the high expense of Emergency Room Services.</p>
<p>Pediatric Dental & Vision FAQs</p>	<p>At Blue Shield, for businesses of 1 to 100 employees, pediatric dental and vision coverage are embedded benefits within the medical plan.</p>
<p>Vaccines at Retail Pharmacies</p>	<p>Members enrolled in a PPO plan can now receive select vaccines at a participating pharmacy at \$0 cost share.</p>
<p>Glossary of Health Coverage <i>and Medical Terms</i></p>	<p>This document is a required employee handout due to the Affordable Care Act.</p>