

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 primary care physician** from the Trio HMO network who will coordinate your care with specialists and hospitals within the same medical group.
- **Designed to be affordable** with fixed or \$0 copayments.
- **Self-referral to specialists** within your medical group – no need to see your primary care physician first. (Available to members of participating medical groups.)
- **Mental health benefits** for help with depression, mental illness, and alcohol or substance use disorder. Some services are also available virtually.
- **Features The Away From Home Care program**, which offers family members living outside of California – students, workers on long-distance assignments, etc. – access to medical care in select states across the country. (Availability varies by state.)
- **Convenient access to an extensive pharmacy network**, including Safeway/Vons, Costco, and CVS (including CVS Pharmacy® in Target stores).
- **Personal assistance** from Shield Concierge, our team of healthcare experts, to find doctors, transfer medical records and prescriptions, and answer healthcare questions.



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 or 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 to an ER visit.
- **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.



Get care at home

- **LifeReferrals 24/7SM**
Round-the-clock support from experts for personal, family, and work issues – at no extra cost.
- **Mail service pharmacy**
Routine medications to treat certain chronic or long-term conditions (such as asthma or diabetes) delivered right to your door – no additional cost for standard shipping.
- **NurseHelp 24/7SM**
Health advice from registered nurses at any time – at no extra cost.
- **Teladoc**
Doctors and mental health professionals available by phone or video.



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. For details, visit blueshieldca.com/wellnessdiscounts.
- **Wellvolution[®]**
Personalized digital programs to support weight loss, mental health, diabetes management, and more – at no extra cost.
- **Healthy Savings**
Discounts on fruits, vegetables, and other eligible healthy foods.



Manage your condition

- **Shield Support**
A dedicated healthcare team to help explain treatments and coordinate care for issues like chronic pain or diabetes at no additional cost.
- **Maternity support**
Virtual pregnancy, postpartum, and return-to-work support from specialists and coaches – at no extra cost.



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., seven days a week.

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

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

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