

Why Choose Blue Shield?



Health coverage, including medical, dental, vision and life insurance plans designed to fit different budgets and lifestyles.



Serving Californians for more than **80 years** as a non-for-profit health plan.



Statewide PPO plans that give you the freedom to choose from **58,000 doctors** and **325+ hospitals** throughout California.



Trio HMO plans in select areas that offer access to a quality network of local doctors and hospitals working together to coordinate your care. Trio comes with **Healthy Savings®** giving members access to healthy foods at a reduced price with major grocers such as **Safeway, Albertsons, Kroger, Walmart, and Sam's Club.**



Health and wellness resources like **NurseHelp 24/7SM** and **Teladoc** virtual doctor visits for medical and mental health. Members also have access to **a gym membership discount with access to more than 10,000 Fitness Your WayTM locations, WellvolutionSM**, and more.



New dental PPO and HMO coverage through Covered California.

To explore our plans and get a quote, please select an option below:

- Contact the representative listed at the top this flyer
- Browse our plans and rates at bsca.com/CoverMe
- Email us at CoverMe@blueshieldca.com
- Call us at **(855) 857-2998**
- Scan this QR code and enter your ZIP code



Tivity Health, Inc. is an independent vendor that provides solutions to improve health and well-being. Fitness Your Way and Tivity Health are trademarks or registered trademarks of Tivity Health, Inc. Tivity Health is solely responsible for the service provided above. All other brand names, product names, registered trademarks, or trademarks belong to their respective holders. © 2020 Tivity Health, Inc. All rights reserved.

NurseHelp 24/7 and Wellvolution are service marks of Blue Shield of California.

Healthy Savings is an independent entity that administers services on behalf of Blue Shield of California.