

Predictable out-of-pocket costs

CCPOA Medical Plan

With this plan, your primary care physician (PCP) coordinates all your care and refers you to specialists and hospitals within their medical group or Independent Practice Association (IPA). You may also be able to self-refer to specialists.



Plan highlights

- **A PCP must be selected** for you and for each of your covered dependents from our broad HMO network. Each member of your family may choose a different physician and medical group/IPA, and you may change these selections throughout the plan year.
- **No deductible; only fixed copayments** for most covered services like doctor visits, urgent care, and emergency care.
- **Self-referral to specialists** may be possible 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.
- **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 ccpoabt.org or scan the QR code.



Get more with this plan



Additional care options

- **Urgent care center**
Ideal when your doctor is not available, saving you time and money compared to an ER visit.
- **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 available by phone or video 24/7.



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.

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) 257-6213 (TTY: 711)**, 7 a.m. to 7 p.m., Monday through Friday.

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

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