











Blue Shield of California:

Your coverage. Your care. Your future.

Your Benefits	
At-home care options	<p> LifeReferrals 24/7</p> <ul style="list-style-type: none"> Experienced professionals ready to assist with personal, family and work issues, around the clock 3 free face-to-face sessions Call 24/7 toll-free, anytime, at (800) 985-2405. Or, visit lifereferals.com and enter the access code: bsc
At-home care options	<p> NurseHelp 24/7</p> <ul style="list-style-type: none"> Connect with a registered nurse who can offer reliable information about treating minor illness and injuries, 24/7 Call (877) 304-0504 (also listed on id card) Chat online at blueshieldca.com/nursehelp
At-home care options	<p> Teladoc 24/7</p> <ul style="list-style-type: none"> Experienced professionals ready to assist with personal, family and work issues, around the clock Phone and/or virtual visits with licensed Doctors and Counselors General medical such as flu, sinus and allergies with prescriptions Mental health support and counseling Register at www.Teladoc.com/bsc / (800) 835-2362 Video https://www.teladoc.com/mobile/
At-home care options	<p> Mental Health & Substance Use Disorder</p> <ul style="list-style-type: none"> Benefits available through ALL medical plan Magellan is BSC's mental health and service administrator "Find a Doctor" at blueshieldca.com / (855) 599-2657 Virtual and in-person visits available Unlimited visits Copay equivalent to doctor visit copay
Digital Health Care	<p> Wellvolution</p> <ul style="list-style-type: none"> Online and in-person clinical programs to help improve your overall health and wellbeing. Library of 60+ highly rated apps No cost Weight loss, moving more, well-being, smoking cessation, sleep better. Reverse/prevent conditions Lower your risk for diabetes, high cholesterol, high blood pressure and obesity Manage stress, quit smoking, move more and sleep better
Digital Health Care	<p> Getting Started with Wellvolution today!</p> <ul style="list-style-type: none"> Register at www.wellvolution.com Create "Proven Path" Ability to switch program at any time Members 18+ years of age Wellvolution Customer Support <ul style="list-style-type: none"> - (866) 671-9644 - Monday-Friday 6am-6pm
Mental Health Apps	<p><i>Wellvolution now includes Headspace and Ginger, so you can find the right program to fit your needs.</i></p> <ul style="list-style-type: none"> Go to https://wellvolution.com/mentalhealth/  ginger - On-demand mental health support day or night  headspace - Self-guided meditation and sleep made simple

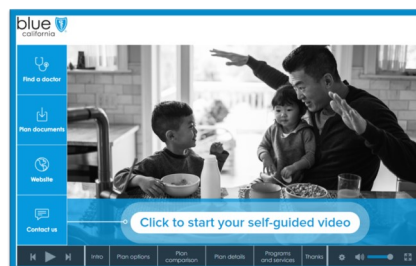
Blue Shield Medical Microsite

View your enrollment materials and learn about your health benefits

Manage your care online by registering at www.blueshieldca.com/gusd. You can locate network providers, manage your claims, obtain health and wellness information and much more. The interactive video will help you learn about your Blue Shield health plan options. Link to online self-guided video: <https://choose.blueshieldca.com/qusd>

QUICK LINKS

- Find a doctor
- Health plan information
- Programs and services
- Register an account
- Log in
- Contact Blue Shield
- Download the app



Shield Concierge

Ask questions and get answers:

Call (855) 599-2657 to speak to a Shield Concierge Service Team member.

Representatives are available 7 a.m. to 7 p.m., Monday through Friday, PST.

 **Stay up to date on COVID**

resources: blueshieldca.com/coronavirus