

Get added value at a lower premium with Trio HMO

Want the comprehensive benefits and services of your current Blue Shield of California HMO plan, but at an even lower price?

With Trio HMO, we've created a way to help you reduce your premiums and get more value. It's our fastest-growing plan designed to give you affordable access to a specially selected network of providers.*

Plan features	Trio HMO	Access+ HMO®
Monthly premiums	\$	\$\$
Comprehensive medical benefits	✓	✓
Quality network of doctors, specialists, and hospitals	✓	✓
Self-referral to specialists†	✓	✓
\$0 virtual consults with Teladoc doctors	✓	✓
\$0 virtual mental health support with Teladoc‡	✓	✓
Support managing stress, sleep, anxiety, depression, and more with the myStrength digital program§	✓	—
Meal delivery & transportation support for qualified patients	✓	—
Access to healthier foods at a reduced price through Healthy Savings®	✓	—
Shield Concierge enhanced customer service	✓	—

* Blue Shield of California membership report from 2015 to 2018.

† Within your primary care physician's medical group or Independent Practice Association.

‡ Teladoc Mental Health is available for individuals age 18 and older.

§ myStrength is available to individuals 13 and older.

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

Access+ HMO is a registered trademark of Blue Shield of California.



blueshieldca.com/trio

