

Blue Shield Value-Added Services

Your Blue Shield membership includes programs designed to support your physical, emotional and overall well-being, many at little or not cost.

NEW! Hinge Health Migraine Care

Access personalized support and innovative treatment options designed to help reduce symptoms and improve quality of life. To learn more call (855) 902-2777 or visit hingehealth.com/for/sisc/migrainecare

Save on fitness club memberships

This program gives you access to more than 800 fitness centers in California and more than 10,000 nationwide starting at \$19 a month. The wellness discount programs also include acupuncture and chiropractic services; therapeutic massage; and eye exams, frames, contact lenses, and LASIK surgery. Learn more at blueshieldca.com/wellnessdiscounts.

Maven Maternity Program

The Maven Maternity Program, to support you every baby step of the way. With Maven, you and your partner can get access to virtual care for pregnancy, postpartum, and returning to work after parental leave. Plus, you'll enjoy 24/7 access to Care Advocates, specialists, and coaches – as well as content tailored to your experience. To learn more, go to mavenclinic.com.

Headspace

As the world's most science-backed meditation app, Headspace can help you reduce stress, increase resilience, and get a better night's rest. By dedicating just a few minutes a day you can join 70 million Headspace members worldwide using meditation to improve mental well-being. Visit wellvolution.com/mentalhealth to get started.

MinuteClinic

You can get virtual and in-person non-emergency healthcare seven days a week by board-certified nurse practitioners at CVS and Target Clinics across California through MinuteClinic. Visit cvs.com/minuteclinic and target.com/clinic.

Virta – Diabetes Prevention

Access the Virta program to help lower your A1c, lose weight, or stop your diabetes medications. A dedicated medical team will provide support. For more information visit virtahealth.com/blueshieldcagroups.

Teladoc Second Opinion Service

Teladoc's U.S. board-certified doctors provide second opinion service and are available 24/7/365 through phone or video consults. Contact Teladoc online at teladoc.com/bsc, on the phone at 800-teladoc (835-2362).

Wellness Discounts

Blue Shield offers a wide range of discount programs that can help you save money and better take care of yourself. Find discounts on fitness and exercise, alternative care, hearing aids, and discount vision program online at blueshieldca.com/en/home/resources/live-healthy#discount



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- EM1** Can we add the Hinge Health Migraine benefit and QR and/or contact information, pleas?
Elizabeth Matheny, 2026-07-23T02:03:45.563
- TE1 0** Added to Anthem page. Only applies to Anthem PPO and HSA members according to Hinge's presentation.
Tracy Evans, 2026-07-24T17:27:22.372