



Dear Employees:

The Annual CalPERS Open Enrollment period is fast approaching . As you know this is the time of year when employees can sign up or make changes to their health plans and this year it will take place September 20th through October 15th. In an effort to adjust our methods and adapt to the times, we want to make sure you get the information you need to make the best choice for coverage.

Blue Shield of California has created helpful tools and resources:

[Learn about the Trio and Access+ HMO Plans](#)

2022 Benefits Presentation Video:

This video presentation summarizes the key points you should know about our Trio HMO and Access+ HMO plans. Whether you are looking for affordable high-quality care or a broad network with flexibility, Blue Shield has you covered. Watch this to learn more about your options with Blue Shield as a CalPERS member.

[< CLICK HERE TO WATCH TRIO VIDEO >](#) [<CLICK HERE TO WATCH ACCESS + VIDEO>](#)

Home Page & Virtual Options:

The main page provides all the information and resources you need to learn about your health plan options. You will find an overview of the plans, quick links to the other pages on the site, plus information about how to register, how to get the mobile app, and Shield Concierge (a CalPERS dedicated customer service team).

[Blue Shield Member Home](#)

Get there faster. Click on the links below:

- [Find a Doctor](#)
 - Get instructions on how to search for a doctor and links to the Trio HMO and Access+ HMO Find a doctor tool.
- [Plan Overview](#)
 - Get a deeper dive into plan information with links to Open Enrollment brochures, provider network lists and much more.
- [Pharmacy Benefits](#)
 - Get detailed information about the pharmacy benefits and copays with links to drug lists, the specialty pharmacy, etc.
- [Programs and Services](#)
 - Find a comprehensive list of Blue Shield programs and services such as Heal, Teladoc, Wellvolution.
- [New Member Enrollment](#)
 - This page includes information on how to enroll with Blue Shield

Still Have Questions?

Contact Blue Shield at:

CalPERS-dedicated member service

(800) 334-5847

7 a.m. - 8 p.m. Pacific Time | 7 days a week

[Trio HMO Highlights](#)

Don't forget to check out these services available with Trio HMO:

Teladoc® Medical Health - Save yourself a trip to the doctor's office with 24/7 access to board-certified doctors, available by video and phone to treat non-emergency issues and prescribe medication as needed. All Blue Shield members have access to this service at a \$0 copay.

Teladoc® Behavioral Health- Taking care of your mental health is as important as exercising and eating right now. **Trio** members have access to licensed doctors and mental health professionals by phone or video to help provide relief for issues such as addiction, depression, stress and more at a \$0 copay. To access Teledoc, [sign in](#) to your Blue Shield account to request an appointment or call Teledoc at 1-800-Teladoc.

Heal - For Trio HMO members, **Heal** lets you see a doctor at a time and place that's best for you – your home, office, or even your hotel. The first visit is \$0; subsequent visits are your standard \$15 doctor visit copay. If a doctor prescribes medication during the visit, you can have it delivered with no delivery charge. You'll just pay your standard drug copay. To schedule your doctor visit, go to the [Heal website](#) , call Heal at (844)644-4325, or download the app to your smartphone.