

**YOUR HEALTH WILL ALWAYS
BE OUR MISSION.**



blue
california 



A little (self) care package from Blue Shield

Through this challenging time, we're committed to supporting your health every way we can.

SUPPORTING YOU NOW. SUPPORTING YOUR FUTURE.

You have more care options than ever



Your member portal makes care easier. From benefits and plan information to billing and virtual care options, it's your go-to healthcare resource.



With NurseHelp24/7SM, you can speak to a registered nurse any time, day or night, to get your health questions answered. Call toll-free at **(877) 304-0504**.



Choosing the right kind of care can help you save time and money. From \$0 virtual doctor's appointments to urgent care, you have access to a range of quality care options.

Remember, keeping up on your care is more important than ever. Visit **blueshieldca.com/care** or log in to your member portal to learn more.

For more help and resources, visit blueshieldca.com/medicare. You can also call Customer Care at (800) 776-4466 (TTY: 711), 8 a.m. to 8 p.m., seven days a week from October 1 through March 31, and 8 a.m. to 8 p.m., weekdays (8 a.m. to 5 p.m. Saturday and Sunday) from April 1 through September 30.

Language Assistance Notice

For assistance in English at no cost, call (866) 346-7198. Para obtener asistencia en Español sin cargo, llame al (866) 346-7198. 如果需要中文的免费帮助，请拨打这个号码 (866) 346-7198.

Nondiscrimination Notice

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You can get this document for free in other formats, such as large print, braille, and/or audio. Call (800) 776-4466 (TTY: 711), 8 a.m. to 8 p.m., seven days a week. The call is free.

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