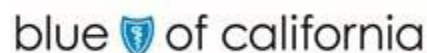


## Summary of Benefits and Coverage: What this Plan Covers & What You Pay For Covered Services




Coverage Period: Beginning On or After 7/1/2023

Custom Full PPO Split Deductible 25-750 80/60

Coverage for: Individual + Family | Plan Type: PPO

The Summary of Benefits and Coverage (SBC) document will help you choose a health plan. The SBC shows you how you and the plan would share the cost for covered health care services. **NOTE: Information about the cost of this plan (called the premium) will be provided separately. This is only a summary.** For more information about your coverage, or to get a copy of the complete terms of coverage, visit [http://www.bscabook.com/W0054168M0026401EOC\\_COI202107.pdf](http://www.bscabook.com/W0054168M0026401EOC_COI202107.pdf) or call 1-855-256-9404. For general definitions of common terms, such as allowed amount, balance billing, coinsurance, copayment, deductible, provider, or other underlined terms see the Glossary. You can view the Glossary at [healthcare.gov/sbc-glossary](http://healthcare.gov/sbc-glossary) or call 1-866-444-3272 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	\$750 per individual / \$1,500 per family for participating providers; \$1,500 per individual / \$3,000 per family for non-participating providers.	Generally, you must pay all of the costs from providers up to the deductible amount before this plan begins to pay. If you have other family members on the plan each family member must meet their own individual deductible until the total amount of deductible expenses paid by all family members meets the overall family deductible.
Are there services covered before you meet your deductible?	Yes. Preventive care and services listed in your complete terms of coverage.	This plan covers some items and services even if you haven't yet met the deductible amount. But a copayment or coinsurance may apply. For example, this plan covers certain preventive services without cost-sharing and before you meet your deductible. See a list of covered preventive services at <a href="http://healthcare.gov/coverage/preventive-care-benefits">healthcare.gov/coverage/preventive-care-benefits</a> .
Are there other deductibles for specific services?	No.	You don't have to meet deductibles for specific services.
What is the out-of-pocket limit for this plan?	\$4,750 per individual / \$9,500 per family for participating providers; \$9,500 per individual / \$19,000 per family for non-participating providers.	The out-of-pocket limit is the most you could pay in a year for covered services. If you have other family members in this plan, they have to meet their own out-of-pocket limits until the overall family out-of-pocket limit has been met.
What is not included in the out-of-pocket limit?	Copayments for certain services, premiums, balance-billing charges, and health care this plan doesn't cover.	Even though you pay these expenses, they don't count toward the out-of-pocket limit.
Will you pay less if you use a network provider?	Yes. See <a href="http://blueshieldca.com/fad">blueshieldca.com/fad</a> or call 1-855-256-9404 for a list of network providers.	This plan uses a provider network. You will pay less if you use a provider in the plan's network. You will pay the most if you use an out-of-network provider, and you might receive a bill from a provider for the difference between the provider's charge and what your plan pays (balance billing). Be aware, your network provider might use an out-of-network provider for some services (such as lab work). Check with your provider before you get services.
Do you need a referral to see a specialist?	No.	You can see the specialist you choose without a referral.

 All **copayment** and **coinsurance** costs shown in this chart are after your **deductible** has been met, if a **deductible** applies.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	
<b>If you visit a health care provider's office or clinic</b>	Primary care visit to treat an injury or illness	\$25/visit; <u>deductible</u> does not apply	40% <u>coinsurance</u>	-----None-----
	<u>Specialist</u> visit	\$25/visit; <u>deductible</u> does not apply	40% <u>coinsurance</u>	
	<u>Preventive care/screening</u> /immunization	No Charge; <u>deductible</u> does not apply	Not Covered	You may have to pay for services that aren't <u>preventive</u> . Ask your <u>provider</u> if the services needed are <u>preventive</u> . Then check what your <u>plan</u> will pay for.
<b>If you have a test</b>	<u>Diagnostic test</u> (x-ray, blood work)	Lab & Path: \$25/visit X-Ray & Imaging: \$25/visit Other Diagnostic Examination: \$25/visit	Lab & Path: 40% <u>coinsurance</u> X-Ray & Imaging: 40% <u>coinsurance</u> Other Diagnostic Examination: 40% <u>coinsurance</u>	The services listed are at a freestanding location.
	Imaging (CT/PET scans, MRIs)	Outpatient Radiology Center: 20% <u>coinsurance</u> Outpatient Hospital: 20% <u>coinsurance</u>	Outpatient Radiology Center: 40% <u>coinsurance</u> Outpatient Hospital: 40% <u>coinsurance</u> of up to \$350/day plus 100% of additional charges	<u>Preauthorization</u> is required. Failure to obtain <u>preauthorization</u> may result in non-payment of benefits.
<b>If you need drugs to treat your illness or condition</b> More information about prescription drug coverage is available at <a href="https://www.blueshieldca.com/formulary">blueshieldca.com/formulary</a>	Tier 1	Retail: \$10/prescription Mail Service: \$20/prescription	Retail: 25% <u>coinsurance</u> + \$10/prescription Mail Service: Not Covered	<u>Preauthorization</u> is required for select drugs. Failure to obtain <u>preauthorization</u> may result in non-payment of benefits. Retail: Covers up to a 30-day supply; Mail Service: Covers up to a 90-day supply.
	Tier 2	Retail: \$30/prescription Mail Service: \$60/prescription	Retail: 25% <u>coinsurance</u> + \$30/prescription Mail Service: Not Covered	
	Tier 3	Retail: \$50/prescription Mail Service: \$100/prescription	Retail: 25% <u>coinsurance</u> + \$50/prescription Mail Service: Not Covered	

\* For more information about limitations and exceptions, see the plan or policy document at [www.bsca.com/policies/W0054168-M0026401EOC\\_COI202107.pdf](https://www.bsca.com/policies/W0054168-M0026401EOC_COI202107.pdf).

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Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	
	Tier 4	<i>Retail and Network Specialty Pharmacies: 30% <u>coinsurance</u> up to \$200/prescription</i> <i>Mail Service: 30% <u>coinsurance</u> up to \$400/prescription</i>	<i>Retail: 30% <u>coinsurance</u> up to \$200/prescription + 25% of purchase price</i> <i>Mail Service: Not Covered</i>	<u>Preauthorization</u> is required. Failure to obtain <u>preauthorization</u> may result in non-payment of benefits. <i>Retail and Network Specialty Pharmacies: Covers up to a 30-day supply; Specialty drugs must be obtained at a Network Specialty Pharmacy.</i> <i>Mail Service: Covers up to a 90-day supply.</i>
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	<i>Ambulatory Surgery Center: 20% <u>coinsurance</u></i> <i>Outpatient Hospital: 20% <u>coinsurance</u></i>	<i>Ambulatory Surgery Center: 40% <u>coinsurance</u> of up to \$350/day plus 100% of additional charges</i> <i>Outpatient Hospital: 40% <u>coinsurance</u> of up to \$350/day plus 100% of additional charges</i>	-----None-----
	Physician/surgeon fees	20% <u>coinsurance</u>	40% <u>coinsurance</u>	
If you need immediate medical attention	<u>Emergency room care</u>	<i>Facility Fee: \$100/visit + 20% <u>coinsurance</u>; <u>deductible</u> does not apply</i> <i>Physician Fee: 20% <u>coinsurance</u></i>	<i>Facility Fee: \$100/visit + 20% <u>coinsurance</u>; <u>deductible</u> does not apply</i> <i>Physician Fee: 20% <u>coinsurance</u></i>	-----None-----
	<u>Emergency medical transportation</u>	20% <u>coinsurance</u>	20% <u>coinsurance</u>	This payment is for emergency or authorized transport.
	<u>Urgent care</u>	\$25/visit; <u>deductible</u> does not apply	40% <u>coinsurance</u>	-----None-----
If you have a hospital stay	Facility fee (e.g., hospital room)	\$100/admission + 20% <u>coinsurance</u>	40% <u>coinsurance</u> of up to \$600/day plus 100% of additional charges	<u>Preauthorization</u> is required. Failure to obtain <u>preauthorization</u> may result in non-payment of benefits.
	Physician/surgeon fees	20% <u>coinsurance</u>	40% <u>coinsurance</u>	-----None-----

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Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	
If you need mental health, behavioral health, or substance abuse services	Outpatient services	Office Visit: \$25/visit; <u>deductible</u> does not apply Other Outpatient Services: 20% <u>coinsurance</u> Partial Hospitalization: 20% <u>coinsurance</u> Psychological Testing: 20% <u>coinsurance</u>	Office Visit: 40% <u>coinsurance</u> Other Outpatient Services: 40% <u>coinsurance</u> Partial Hospitalization: 40% <u>coinsurance</u> of up to \$350/day plus 100% of additional charges Psychological Testing: 40% <u>coinsurance</u>	<u>Preauthorization</u> is required except for office visits. Failure to obtain <u>preauthorization</u> may result in non-payment of benefits.
	Inpatient services	Physician Inpatient Services: No Charge Hospital Services: \$100/admission + 20% <u>coinsurance</u> Residential Care: \$100/admission + 20% <u>coinsurance</u>	Physician Inpatient Services: 40% <u>coinsurance</u> Hospital Services: 40% <u>coinsurance</u> of up to \$600/day plus 100% of additional charges Residential Care: 40% <u>coinsurance</u> of up to \$600/day plus 100% of additional charges	<u>Preauthorization</u> is required. Failure to obtain <u>preauthorization</u> may result in non-payment of benefits.
If you are pregnant	Office visits	20% <u>coinsurance</u>	40% <u>coinsurance</u>	-----None-----
	Childbirth/delivery professional services	20% <u>coinsurance</u>	40% <u>coinsurance</u>	
	Childbirth/delivery facility services	\$100/admission + 20% <u>coinsurance</u>	40% <u>coinsurance</u> of up to \$600/day plus 100% of additional charges	
If you need help recovering or have other special health needs	<u>Home health care</u>	20% <u>coinsurance</u>	Not Covered	<u>Preauthorization</u> is required. Failure to obtain <u>preauthorization</u> may result in non-payment of benefits. Coverage limited to 100 visits per member per calendar year.
	<u>Rehabilitation services</u>	Office Visit: \$25/visit Outpatient Hospital: \$25/visit	Office Visit: 40% <u>coinsurance</u> Outpatient Hospital: 40% <u>coinsurance</u> of up to \$350/day plus 100% of additional charges	-----None-----

\* For more information about limitations and exceptions, see the plan or policy document at [www.bsca.com/policies/W0054168-M0026401EOC\\_COI202107.pdf](http://www.bsca.com/policies/W0054168-M0026401EOC_COI202107.pdf).

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Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	
	<u>Habilitation services</u>	Office Visit: \$25/visit Outpatient Hospital: \$25/visit	Office Visit: 40% <u>coinsurance</u> Outpatient Hospital: 40% <u>coinsurance</u> of up to \$350/day plus 100% of additional charges	
	<u>Skilled nursing care</u>	Freestanding SNF: 20% <u>coinsurance</u> Hospital-based SNF: 20% <u>coinsurance</u>	Freestanding SNF: 20% <u>coinsurance</u> Hospital-based SNF: 40% <u>coinsurance</u> of up to \$600/day plus 100% of additional charges	<u>Preauthorization</u> is required. Failure to obtain <u>preauthorization</u> may result in non-payment of benefits. Coverage limited to 100 days per member per benefit period.
	<u>Durable medical equipment</u>	20% <u>coinsurance</u>	40% <u>coinsurance</u>	<u>Preauthorization</u> is required. Failure to obtain <u>preauthorization</u> may result in non-payment of benefits.
	<u>Hospice services</u>	No Charge; <u>deductible</u> does not apply	Not Covered	<u>Preauthorization</u> is required except for pre-hospice consultation. Failure to obtain <u>preauthorization</u> may result in non-payment of benefits.
If your child needs dental or eye care	Children's eye exam	<b>Blue Shield:</b> Not Covered <b>VSP:</b> \$5 <u>copayment</u> /exam, <u>deductible</u> does not apply.	<b>Blue Shield:</b> Not Covered <b>VSP:</b> \$5 <u>copayment</u> /exam, up to \$45, plus any balance <u>billing charges</u> . <u>Deductible</u> does not apply.	If elected, vision coverage is available under separate vision <u>plan</u> through VSP. Some types of lenses may be eligible for a higher allowance. Retirees are not eligible for vision coverage.
	Children's glasses	<b>Blue Shield:</b> Not Covered <b>VSP:</b> No charge for lenses, no charge for up to a \$150 allowance for frames (\$170 allowance for featured brand frames), then 100% <u>coinsurance</u> . <u>Deductible</u> does not apply.	<b>Blue Shield:</b> Not Covered <b>VSP:</b> No charge for up to a \$70 allowance for frames and a \$30 allowance for lenses, then 100% <u>coinsurance</u> plus any <u>balance billing</u> charges. <u>Deductible</u> does not apply.	If elected, vision coverage is available under separate vision <u>plan</u> through VSP. Some types of lenses may be eligible for a higher allowance. Retirees are not eligible for vision coverage.
	Children's dental check-up	<b>Blue Shield:</b> Not Covered <b>Premier Access:</b> No charge, <u>deductible</u> does not apply.	<b>Blue Shield:</b> Not Covered <b>Premier Access:</b> Coverage may be available depending on the <u>plan</u> you elect.	If elected, additional coverage is available under separate dental <u>plan</u> . Retirees are not eligible for dental coverage.

\* For more information about limitations and exceptions, see the plan or policy document at [www.bsca.com/policies/W0054168-M0026401EOC\\_COI202107.pdf](http://www.bsca.com/policies/W0054168-M0026401EOC_COI202107.pdf).

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## Excluded Services & Other Covered Services:

### Services Your Plan Generally Does NOT Cover (Check your policy or plan document for more information and a list of any other excluded services.)

- Cosmetic surgery
- Long-term care
- Private-duty nursing
- Routine foot care
- Infertility Treatment
- Non-emergency care when traveling outside the U.S.
- Weight loss programs

### Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your plan document.)

- Acupuncture
- Dental care (Adult and Child) under separate dental plan (Actives only).
- Hearing Aids (additional coverage available through the Trust Fund of one hearing aid device per ear every three years)
- Routine eye care (Adult and Child) available under separate vision plan (Actives only)
- Bariatric surgery
- Chiropractic Care

**Your Rights to Continue Coverage:** There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: Department of Health and Human Services, Center for Consumer Information and Insurance Oversight, at 1-877-267-2323 x61565 or [cciio.cms.gov](https://www.cciio.cms.gov). Other coverage options may be available to you too, including buying individual insurance coverage through the Health Insurance Marketplace. For more information about the Marketplace, visit [HealthCare.gov](https://www.healthcare.gov) or call 1-800-318-2596.

**Your Grievance and Appeals Rights:** There are agencies that can help if you have a complaint against your plan for a denial of a claim. This complaint is called a grievance or appeal. For more information about your rights, look at the explanation of benefits you will receive for that medical claim. Your plan documents also provide complete information to submit a claim, appeal, or a grievance for any reason to your plan. For more information about your rights, this notice or assistance, contact: Blue Shield Customer Service at 1-855-256-9404 or the Department of Labor's Employee Benefits Security Administration at **1-866-444-EBSA (3272)** or [dol.gov/ebsa/healthreform](https://dol.gov/ebsa/healthreform). Additionally, you can contact the California Department of Managed Health Care Help at 1-888-466-2219 or visit [helpline@dmhc.ca.gov](mailto:helpline@dmhc.ca.gov) or visit <http://www.healthhelp.ca.gov>.

### Does this plan provide Minimum Essential Coverage? Yes

Minimum Essential Coverage generally includes plans, health insurance available through the Marketplace or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of Minimum Essential Coverage, you may not be eligible for the premium tax credit.

### Does this plan meet the Minimum Value Standards? Yes

If your plan doesn't meet the Minimum Value Standards, you may be eligible for a premium tax credit to help you pay for a plan through the Marketplace.

## Language Access Services:

English: For assistance in English at no cost, call 1-866-346-7198.

Spanish (Español): Para obtener asistencia en Español sin cargo, llame al 1-866-346-7198.

Tagalog (Tagalog): Kung kailanganninyo ang libreng tulong sa Tagalog tumawag sa 1-866-346-7198.

Chinese (中文): 如果需要中文的免费帮助, 请拨打这个号码 1-866-346-7198.

Navajo (Dine): Diné k'ehjí doo bąąh ílínígó shíka' at'oowoł nínízingo, kwijí' hodiílnih 1-866-346-7198.

Vietnamese (Tiếng Việt): Để được hỗ trợ miễn phí tiếng Việt, vui lòng gọi đến số 1-866-346-7198.

Korean (한국어): 한국어 도움이 필요하시면, 1-866-346-7198 무료전화 로 전화하십시오.

Armenian (Հայերեն): Հայերեն լեզվով անվճար օգնություն ստանալու համար խնդրում ենք զանգահարել 1-866-346-7198.

Russian (Русский): если нужна бесплатная помощь на русском языке, то позвоните 1-866-346-7198.

Japanese (日本語): 日本語支援が必要な場合 1-866-346-7198 に電話をかけてください。無料で提供します。

Persian (فارسی): برای دریافت کمک رایگان زبان فارسی، لطفاً با شماره تلفن 1-866-346-7198 تماس بگیرید.

Punjabi (ਪੰਜਾਬੀ): ਪੰਜਾਬੀ ਵਿਚ ਸਹਾਇਤਾ ਲਈ ਕਿਰਪਾ ਕਰਕੇ 1-866-346-7198 'ਤੇ ਕਾਲ ਕਰੋ।

Khmer (ភាសាខ្មែរ): សូមជំនួយភាសាអង់គ្លេសដោយឥតគិតថ្លៃ សូមទាក់ទងមកលេខ 1-866-346-7198។

Arabic (العربية): للحصول على المساعدة في اللغة العربية مجاناً، نفضل باتصال على هذا الرقم: 1-866-346-7198.

Hmong (Hmoob): Xav tau kev pab dawb lub Hmoob, thov hu rau 1-866-346-7198.

Hindi (हिन्दी): हिन्दी में बिना खर्च के सहायता के लिए, 1-866-346-7198 पर कॉल करें।

Thai (ไทย): สำหรับความช่วยเหลือเป็นภาษาไทยโดยไม่มีค่าใช้จ่ายโปรดโทร 1-866-346-7198

Laotian (ພາສາລາວ): ສໍາລັບການຊ່ວຍເຫຼືອເປັນພາສາລາວແບບບໍ່ເສຍຄ່າ, ກະລຸນາໂທ 1-866-346-7198.

*To see examples of how this plan might cover costs for a sample medical situation, see the next section.*

## PRA Disclosure Statement

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0938-1146. The time required to complete this information collection is estimated to average 0.08 hours per response, including the time to review instructions, search existing data resources, gather the data needed, and complete and review the information collection. If you have comments concerning the accuracy of the time estimate(s) or suggestions for improving this form, please write to: CMS, 7500 Security Boulevard, Attn: PRA Reports Clearance Officer, Mail Stop C4-26-05, Baltimore, Maryland 21244-1850.

## About these Coverage Examples:



**This is not a cost estimator.** Treatments shown are just examples of how this plan might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your providers charge, and many other factors. Focus on the cost sharing amounts (deductibles, copayments and coinsurance) and excluded services under the plan. Use this information to compare the portion of costs you might pay under different health plans. Please note these coverage examples are based on self-only coverage.

### Peg is Having a Baby

(9 months of participating pre-natal care and a hospital delivery)

- The <u>plan's</u> overall <u>deductible</u>	\$750
- <u>Specialist copayment</u>	\$25
- Hospital (facility) <u>copay+coins</u>	\$100+20%
- Other <u>copayment</u>	\$25

#### This EXAMPLE event includes services like:

Specialist office visits (*prenatal care*)  
 Childbirth/Delivery Professional Services  
 Childbirth/Delivery Facility Services  
Diagnostic tests (*ultrasounds and blood work*)  
Specialist visit (*anesthesia*)

Total Example Cost	\$12,700
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#### In this example, Peg would pay:

Cost Sharing	
<u>Deductibles</u>	\$800
<u>Copayments</u>	\$400
<u>Coinsurance</u>	\$2,100
What isn't covered	
Limits or exclusions	\$60
<b>The total Peg would pay is</b>	<b>\$3,360</b>

### Managing Joe's Type 2 Diabetes

(a year of routine participating care of a well-controlled condition)

- The <u>plan's</u> overall <u>deductible</u>	\$750
- <u>Specialist copayment</u>	\$25
- Hospital (facility) <u>copay+coins</u>	\$100+20%
- Other <u>copayment</u>	\$25

#### This EXAMPLE event includes services like:

Primary care physician office visits (*including disease education*)  
Diagnostic tests (*blood work*)  
Prescription drugs  
Durable medical equipment (*glucose meter*)

Total Example Cost	\$5,600
--------------------	---------

#### In this example, Joe would pay:

Cost Sharing	
<u>Deductibles</u>	\$800
<u>Copayments</u>	\$800
<u>Coinsurance</u>	\$30
What isn't covered	
Limits or exclusions	\$20
<b>The total Joe would pay is</b>	<b>\$1,650</b>

### Mia's Simple Fracture

(participating emergency room visit and follow up care)

- The <u>plan's</u> overall <u>deductible</u>	\$750
- <u>Specialist copayment</u>	\$25
- Hospital (facility) <u>copay+coins</u>	\$100+20%
- Other <u>copayment</u>	\$25

#### This EXAMPLE event includes services like:

Emergency room care (*including medical supplies*)  
Diagnostic test (*x-ray*)  
Durable medical equipment (*crutches*)  
Rehabilitation services (*physical therapy*)

Total Example Cost	\$2,800
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#### In this example, Mia would pay:

Cost Sharing	
<u>Deductibles</u>	\$800
<u>Copayments</u>	\$200
<u>Coinsurance</u>	\$300
What isn't covered	
Limits or exclusions	\$0
<b>The total Mia would pay is</b>	<b>\$1,300</b>

# Blue Shield of California

## Notice Informing Individuals about Nondiscrimination and Accessibility Requirements

### Discrimination is against the law

Blue Shield of California complies with applicable state laws and federal civil rights laws, and does not discriminate on the basis of race, color, national origin, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age or disability. Blue Shield of California does not exclude people or treat them differently because of race, color, national origin, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age, or disability.

Blue Shield of California:

- Provides aids and services at no cost to people with disabilities to communicate effectively with us such as:
  - Qualified sign language interpreters
  - Written information in other formats (including large print, audio, accessible electronic formats, and other formats)
- Provides language services at no cost to people whose primary language is not English such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact the Blue Shield of California Civil Rights Coordinator.

If you believe that Blue Shield of California has failed to provide these services or discriminated in another way on the basis of race, color, national origin, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age or disability, you can file a grievance with:

Blue Shield of California  
Civil Rights Coordinator  
P.O. Box 629007  
El Dorado Hills, CA 95762-9007

**Phone: (844) 831-4133 (TTY: 711)**

**Fax: (844) 696-6070**

**Email: [BlueShieldCivilRightsCoordinator@blueshieldca.com](mailto:BlueShieldCivilRightsCoordinator@blueshieldca.com)**

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, our Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue SW.  
Room 509F, HHH Building  
Washington, DC 20201

(800) 368-1019; TTY: (800) 537-7697

Complaint forms are available at  
[www.hhs.gov/ocr/office/file/index.html](http://www.hhs.gov/ocr/office/file/index.html).

# Language Access Services

English: For assistance in English at no cost, call 1-866-346-7198.

Spanish (Español): Para obtener asistencia en Español sin cargo, llame al 1-866-346-7198.

Tagalog (Tagalog): Kung kailanganninyo ang libreng tulong sa Tagalog tumawag sa 1-866-346-7198.

Chinese (中文): 如果需要中文的免费帮助, 请拨打这个号码1-866-346-7198.

Navajo (Dine): Din4 k'ehj7 doo b22h 717n7g0 sh7ka' at'oowo[ n7n7zingo, kwij8' hod77lnih 1-866-346-7198.

Vietnamese (Tiếng Việt): Để được hỗ trợ miễn phí tiếng Việt, vui lòng gọi đến số 1-866-346-7198.

Korean (한국어): 한국어도움이 필요하시면, 1-866-346-7198 무료전화 로전화하십시오.

Armenian (Հայերեն): Հայերեն լեզվով անվճար օգնություն ստանալու համար խնդրում ենք զանգահարել 1-866-346-7198.

Russian (Русский): если нужна бесплатная помощь на русском языке, то позвоните 1-866-346-7198.

Japanese (日本語): 日本語支援が必要な場合1-866-346-7198に電話をかけてください。無料で提供します。

Persian (فارسی): برای دریافت کمک رایگان زبان فارسی، لطفاً با شماره تلفن 1-866-346-7198 تماس بگیرید.

Punjabi (ਪੰਜਾਬੀ): ਪੰਜਾਬੀ ਵਿਚ ਸਹਾਇਤਾ ਲਈ ਿਕਰਪਾ ਕਰਕੇ 1-866-346-7198 'ਤੇ ਕਾਲ ਕਰੋ।

Khmer ( ខ្មែរ )៖ សូមជំនួយ អង់គ្លេស យកតក់តែថ សូមទាក់ទងមកលេខ 1-866-346-7198។

Arabic (العربية): لحصول على المساعدة في اللغة العربية مجاناً، تفضل باتصال على هذا الرقم: 1-866-346-7198.

Hmong (Hnoob): Xav tau kev pab dawb lub Hmoob, thov hu rau 1-866-346-7198.

Hindi ( ह द ): ह द म बना खच के सहायता के लिए, 1-866-346-7198 पर कॉल कर।

Thai (ไทย): ความช่วยเหลือ  
สำหรับ ภาษาไทยโดยไม่มีค ่าไข้ง่ายโปรดโทร 1-866-346-7198

Laotian (ພາສາລາວ): ອໍສາລັ ບການຊຸ້ ວຍເຫຼື ອເປັ ນພາສາລາວແບບບໍ່ ເສຍຄ່າ າ, ກະດູ ນາໂທ1-866-346-7198.