

Convenient and flexible

VirtualBlueSM PPO Plan

This plan is designed for people who prefer the convenience and lower out-of-pocket costs of virtual care and also want access to in-person providers, such as physicians, hospitals, urgent care centers, and labs. You can decide when you want virtual or in-person care and establish ongoing relationships with the doctors and specialists you choose.



Plan highlights

- Ability to choose the virtual-only or in-person doctors you want to see on an ongoing basis –including pediatricians, OB/GYNs, internal medicine and general practitioners, and doctors from 20 medical specialties. No referrals are needed to see specialists virtually or in person.
- Access to 24/7 medical care via phone or video. Health coaches and triage nurses are also available 24/7 via in-app chat.
- A dedicated virtual care team made up of your primary care physician, a health coach, and a mental health care manager who will work together to develop your personalized treatment plan.
- Assistance from a mental health care manager to help you locate a therapist or behavioral health specialist, both virtual and in person. They can also schedule appointments and recommend well-being programs.
- A Virtual Blue Vitals Kit – including a blood pressure cuff, smart scale, and thermometer – will be provided so you can track your stats from home.



Find network doctors

To search for doctors and other providers in this plan's network, visit blueshieldca.com/networkppo (for providers within California) or provider.bcbs.com (for providers outside of California) and enter "NCO" as the plan prefix in the "Find a plan by prefix" window.



We're here to help. If you have any questions, please call us at **(855) 599-2650** (TTY: 711), 7 a.m. to 7 p.m. PT, Monday through Friday.