



## San Bernardino County

Open Enrollment 2026





What's new in 2026?

# What's new for 2026 open enrollment?

→ [Changes in Behavioral Health Services](#)—offer a simpler, member-focused experience



- Blue Shield will directly manage the behavioral health benefit for all members, including those receiving applied behavioral analysis (ABA) services.
- Providers will be contracted with Blue Shield instead of a Mental Health Service Administrator (MHSA).
- Network of providers will be expanded.

→ [California Senate Bill 729 expands access to fertility care](#)

- This includes a lifetime maximum of three completed oocyte (egg) retrievals with unlimited embryo transfers
- HMO members: You are required to get a referral from your primary care physician (PCP) before seeking care.
- PPO members do not need a referral.



# Blue Shield Medical Plans

# Blue Shield plans available to San Bernardino County employees

## Medical plans:

- Shield Signature HMO plan: offers access to Tier 1 (HMO) and Tier 2 (PPO) providers
- Access+ HMO: No deductible; low copays for most covered services
- Trio HMO plan: Designed to be affordable with \$25 office visit copayments
- PPO Plan: Freedom to see network or non-network doctors
- Bronze Plan: Available to employees with the Modified Benefit Option (MBO)
- Needles PPO and the Virtual Blue PPO Needles Plan Available only to members at designated work locations – Needles, Baker, Trona

# Shield Signature plan benefits at-a-glance

	Tier 1 (HMO network)	Tier 2 (PPO network)
Medical deductible	Individual: \$0 Family: \$0	Individual: \$0 Family: \$0
Calendar year out-of-pocket maximum	Individual: \$1,500 Family: \$3,000	Individual: No Max Family: No max
PCP visit	\$10	\$30 office visit only
Specialist	\$10	\$30 office visit only
Chiropractic services – 20 visits per member/per year	\$10/visit	Not available
Lab work	\$0	\$0 – office setting only
Teladoc (medical and/or behavioral health)	\$0	Not available
Outpatient surgery in hospital	\$0	Not available
Inpatient hospitalization	\$0	Not available
Emergency room visit	\$75/visit	\$75/visit
DME	\$0	Not available
Vaccines at retail locations	Not available	Not available
Retail drug copayments – 30 days	\$5 / \$10 / \$25	Not available
Mail service copayments – 90 days	\$10 / \$20 / \$50	Not available

# Access+ HMO plan benefits at-a-glance

	Network
Medical deductible	Individual: \$0 Family: \$0
Calendar-year out-of-pocket maximum	Individual: \$3,500 Family: \$7,000
PCP visit	\$40
Specialist	\$40 with referral, \$50 if self-referred in MG
Lab work	40%
Teladoc (medical and/or mental health)	\$0
Outpatient surgery in hospital	\$40%
Inpatient hospitalization	\$100/admission + 20%
PT/OT/Speech therapy	\$40
DME	40%
Vaccines at retail locations	\$0
Retail drug copayments – 30 days	\$5/ \$10 / \$25/20% up to \$200 per rx
Mail service copayments – 90 days	\$10 / \$20 / \$50/20% up to \$400 per rx

# Trio plan benefits at-a-glance

	Network
Medical deductible	Individual: \$0 Family: \$0
Calendar-year out-of-pocket maximum	Individual: \$3,500 Family: \$7,000
PCP visit	\$25
Specialist	\$25
Lab work	40%
Teladoc (medical and/or mental health)	\$0
Outpatient surgery in hospital	40%
Inpatient hospitalization	\$100/admission + 20%
PT/OT/Speech therapy	\$25
DME	40%
Vaccines at retail locations	\$0
Retail drug copayments – 30 days	\$5 / \$10 / \$25/20% to \$200
Mail service copayments – 90 days	\$10 / \$20 / \$50/20% to \$400

# Finding doctors, specialists, hospitals and pharmacies is easy

- Shield Signature Level 1 and Access+ HMO® Plan: [blueshieldca.com/networkhmo](https://blueshieldca.com/networkhmo)
- Trio HMO Plan: [blueshieldca.com/networktriohmo](https://blueshieldca.com/networktriohmo)
- PPO Plan and Shield Signature Level 2: [blueshieldca.com/pponetwork](https://blueshieldca.com/pponetwork)
- PPO Plan (providers outside California): [provider.bcbs.com](https://provider.bcbs.com).
  - Enter your location, select *Browse a list of plans*, and then *BlueCard EPO/PPO*.
- Virtual Blue PPO plan: [blueshieldca.com/virtualbluenetwork](https://blueshieldca.com/virtualbluenetwork)
- Direct links to finding providers: <https://myoptions.blueshieldca.com/group/sbcounty/>



Resources for your well being.

# Wellvolution



Online and in-person clinical programs to help you improve your health, lose weight, and feel better

Prevent and treat disease

→ Lower your risk for diabetes, cardiovascular disease, and other conditions

Live healthy

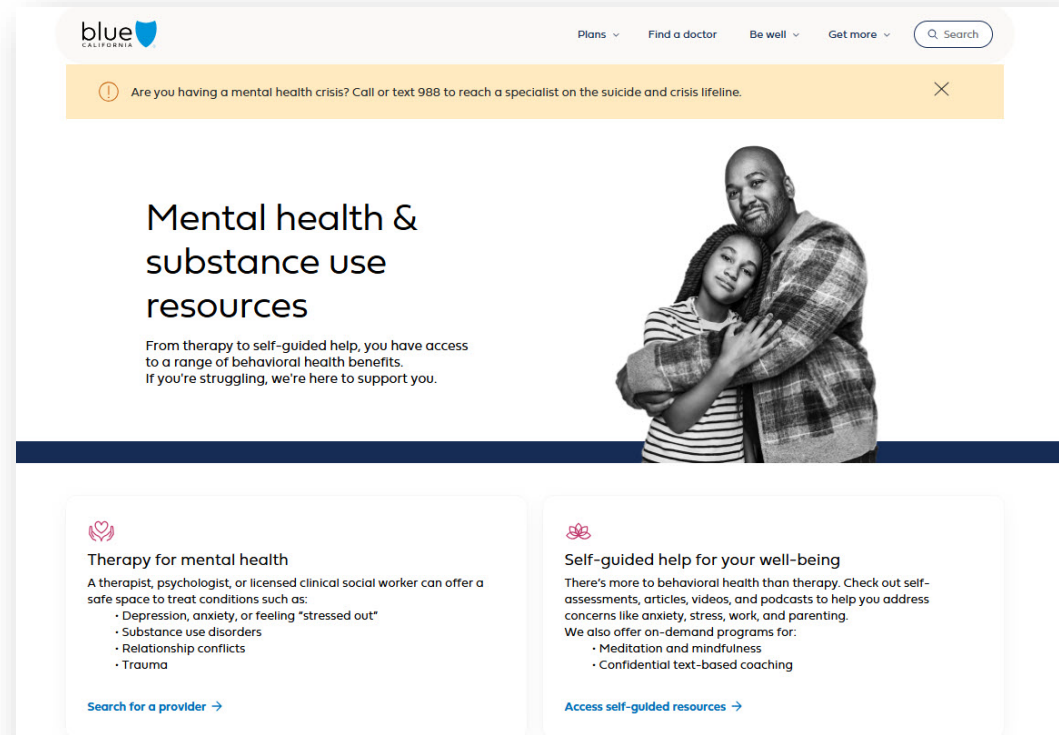
→ Manage stress, exercise more, eat and sleep better, and quit smoking

[wellvolution.com](https://www.wellvolution.com)

# Your mental health resources hub

The mental health and substance use resources website makes it easy to find mental health information and access care

- View articles, videos, podcasts and newsletters
- Take wellbeing assessments on a variety of topics (stress, depression, anxiety and more)
- Access crisis resources and hotlines
- Explore Blue Shield mental health services and programs
- Find mental health providers



Get started at [blueshieldca.com/mentalhealth](https://blueshieldca.com/mentalhealth)


# Maternity program



Our program, offered through Maven, provides virtual care support if you are pregnant and up to 3 months postpartum

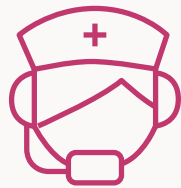
- On-demand virtual appointments with practitioners in more than 30 specialties (doulas, mental health specialists, and baby sleep specialists)
- Care Advocates to answer questions about your pregnancy
- Virtual maternity classes
- Support for pregnancy losses
- Resources to plan and prepare for a return to work after maternity leave
- Support for family members

[blueshieldca.com/maternity](https://blueshieldca.com/maternity)



24/7 Access to Care  
Resources.

# NurseHelp 24/7



Get immediate and reliable health advice and information for your medical concerns.

Registered nurses are available 24 hours a day to answer any of your health questions, including:

- Symptoms you are experiencing
- Minor illnesses and injuries
- Chronic conditions
- Medical tests and medications
- Preventive care

Visit [blueshieldca.com/nursehelp](https://blueshieldca.com/nursehelp) for more information or to connect with a registered nurse.

# Teladoc for San Bernardino County members at \$0 copay

## Access to licensed doctors 24/7 by phone or video



### Step 1 Contact Teladoc

Log in to your Teladoc account or call Teladoc, 24/7/365, to request a phone or online video consult-ation for primary care services.



### Step 2 Talk with a doctor

A board-certified doctor reviews your Electronic Health Record (EHR) and consults with you, just like an in-person visit.



### Step 3 Resolve the issue

The doctor recommends a treatment for your medical issue. If a prescription is needed, it's sent electronically to the pharmacy of your choice.



### Urgent Care

- Examples: UTI, sinus infections, eye infections, colds, flu, stomach virus, allergies



### Prescriptions

Short term refills for prescriptions if needed

Prescription is electronically sent to your local pharmacy

1-800-Teladoc

[teladoc.com/bsc](https://teladoc.com/bsc)

# Access health plan information 24/7

- Overview of Blue Shield plans
- Links to find network doctors
- Plan benefit documents
- Details on programs & services



Plan information ▾

Find a doctor ▾

Be well ▾

Contact us ▾

Login ▾



## WELCOME SAN BERNARDINO COUNTY EMPLOYEES

Open enrollment is from June 1 to 18.

Here are some resources to help you choose the plan that's right for you.



<https://myoptions.blueshieldca.com/sbcounty/>

Questions or concerns give us a call we are here to help you



## Contact us

### **Shield Concierge:**

Phone: [\(855\) 599-2657](tel:(855)599-2657)

7 a.m. to 7 p.m. Pacific Time

Monday - Friday



Questions



Blue Shield of California is an independent member of the Blue Shield Association