

The Doctor Will See You Now ... Where You Are

Blue Shield is excited to introduce PPO members to Heal, a service that lets you see a doctor at a time and place that's best for you. Scheduling when and where you want to see a doctor gives you freedom from the time, cost and stress of traveling to an appointment.

To your home, office or hotel – on-demand visits are available for Blue Shield PPO members in Los Angeles, Orange County, San Francisco, Silicon Valley, the East Bay and San Diego.

Convenience at the price of your copay

For most services, the cost to see a doctor is the same as your plan's copay. It's never more expensive than an office visit.

For preventive care covered under your PPO, you pay nothing.

Heal tells you how much a doctor visit will cost before you book your appointment. No surprises.

Primary, urgent or preventive care

Services provided by Heal doctors include:

- High-quality primary care
- Efficient urgent care
- Preventive care and annual physicals
- Point-of-care testing for blood, strep, urine, etc.
- Flu shots and screenings

Doctors in Blue Shield's PPO network

You will be treated by Heal doctors contracted in the Blue Shield PPO network. All Heal physicians have gone through background checks and are licensed in primary, internal and pediatric medicine.

Home health visits with Heal doctors are available 8 a.m. to 8 p.m. daily. Schedule yours by:

- Calling Heal at **(844) 644-4325**
- Going to **<https://getheal.com/>**
- Downloading the Heal app to your iPhone® or Android™ smartphone

iPhone is a trademark of Apple Inc.

Android is a trademark of Google Inc.

Blue Shield and the Shield symbol are registered trademarks of the BlueCross BlueShield Association, an association of independent Blue Cross and Blue Shield plans.