



Blue Shield microsite just for CSEBA members:

myoptions.blueshieldca.com/cseba



Plan Documents



Provider Finder



Digital Library



Teledoc
Appointments



Healthy Resources



Mental Health
Support

Questions about Blue Shield?

SHIELD CONCIERGE

 +1 (855) 747-5800

7 a.m. - 7 p.m. PST
Monday through Friday

BLUE SHIELD 1:1

**Individual Consultation
visit the microsite to book**

Morning and afternoon
appointments available
Monday, Wednesday, Friday