



# a safety net for active lifestyles

## Get more with Blue Shield

Choose Medicare Supplement **Plan F Extra with a personal emergency alert device** and a whole lot more – only from Blue Shield of California.

At home or on the go, get emergency help when you need it – with just the push of a button.

### In-home landline

Works with your home telephone service to get you help

### In-home cellular

Works without a traditional landline

### Mobile with GPS

Accesses help when you're home or away and helps identify your location

### Compare our Plan F Extra to our regular Plan F:

Blue Shield Medicare Supplement	Plan F	Plan F Extra
Medicare Parts A & B deductibles	✓	✓
100% Medicare Part B excess charges	✓	✓
Hospitalization and skilled nursing facility care	✓	✓
NurseHelp 24/7 <sup>SM</sup>	✓	✓
SilverSneakers <sup>®</sup> fitness program	✓	✓
<b>New!</b> Emergency alert device		✓
<b>New!</b> Comprehensive vision benefits <sup>1</sup>		✓
<b>New!</b> Hearing aid benefits		✓

✓ = coverage included

over, please.

More than 3 million older adults are treated in emergency departments for nonfatal fall injuries each year<sup>2</sup>. Make sure you have the coverage that keeps up with your needs.



## Enroll today

Get more with Blue Shield. Take advantage of all these benefits – including an emergency alert device – **when you enroll in Plan F Extra.**



Contact an authorized Blue Shield agent at **(888) 434-4178 [TTY: 711]**  
8 a.m. to 8 p.m., Monday – Friday.

<sup>1</sup>Comprehensive vision benefits include eye exam, frames, eyeglass lenses and contact lenses that are not covered by Original Medicare.

<sup>2</sup>[cdc.gov/steady/pdf/STEADI-FactSheet-MajorThreat-508.pdf](https://www.cdc.gov/steady/pdf/STEADI-FactSheet-MajorThreat-508.pdf), 2017.

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