perlmanclinic++

2027 Insurance Changes: Blue Shield Trio, UHC Alliance, and Scripps Health Plan

Dear Patient,

Starting **January 1, 2027**, Perlman Clinic will no longer participate in the Mercy Physicians Medical Group (MPMG) network. For most plans, you can stay with us by simply calling your health plan. **The plans below are different.** If you have one of them, please read your section.

Blue Shield Trio HMO

We will no longer be in the Trio network. To keep Perlman Clinic, choose one:

- **Another Blue Shield HMO** through UCSD or Sharp Community Medical Group
- **Any Blue Shield PPO plan**

UnitedHealthcare Alliance HMO

We will no longer be in the Alliance network. To keep Perlman Clinic, choose one:

- **Through Sharp Community:** Harmony HMO, SignatureValue HMO, or another HMO
- **Through UCSD:** VEBA Direct, VEBA Alliance, SignatureValue HMO, or another HMO
- **Any UnitedHealthcare PPO plan**

Scripps Health Plan HMO

We will no longer be in the Scripps Health Plan network. To stay in-network with us, **choose a different plan at your next open enrollment.**

Shopping for a New Plan? Keep in Mind

- **PPO plans:** full access to Perlman Clinic and San Diego's major health systems.
- **HMO plans:** pick a Perlman Clinic primary care provider (such as Dr. Monica Perlman) or location, and choose UCSD or Sharp Community as your network.
- **Cash pay:** always an option if you prefer not to use insurance. See our prices at perlmanclinic.com/pricing.

Questions? Email info@perlmanclinic.com. Thank you for choosing Perlman Clinic.

Sincerely,
Perlman Clinic