

We are a Bay Area Original. Balance is brought to you by CCHP, a full-service health plan with 40 years of experience. We know this diverse and dynamic regions well - because it's where we live and work.

Balance by CCHP health plans are designed for companies based in San Francisco, San Mateo and Alameda County. Recognizing today's distributed workforce across the Bay Area, we also extend coverage to employees residing in Contra Costa County.



Experience Better Care, Closer to Home

With the Balance Physician and Hospital Network, your group gains access to over 3,000 doctors, specialists, and facilities across Northern California. Whether you are near home or work, you can enjoy expanded access to leading medical groups, including the renowned Hill Physicians network. From East Bay hubs like Oakland and Fremont to Berkeley, Dublin, and Walnut Creek, quality care is always conveniently located right where you need it.

Large Hospital & Clinic Network

- Alameda Health System (Alameda, Oakland, San Leandro)
- Chinese Hospital & Clinics
- Dignity Health Sequoia Hospital
- Seton Medical Center (Daly City, Coastside)
- Sutter (CPMC, Alta Bates, Eden, Mills-Peninsula)
- Stanford Medical Center (Tri-Valley Pleasanton)
- UCSF Medical Center (St Mary's, St. Francis)



Looking for a doctor or specialist?
Scan the QR code to browse our provider directory

Urgent Care

- Carbon Health
- UCSF GoHealth

Your Journey to Better Health

- Acupuncture and Cupping
- Free Preventive Care services
- Free Yoga, Tai Chi, Qigong classes
- 24/7 Nurse Advice Line
- Pediatric Vision & Pediatric Dental
- Health & Wellness Classes



Balance offers Amazon One Medical membership at No Cost - for eligible employees and covered dependents. (valued at up to \$199 for each enrollee)

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