

How to find network providers & access your health plans online

1. Aetna

2. Go to www.aetna.com/docfind
3. Click on the "Continue to DocFind" icon
4. Complete the required items in *General Search*
5. In the *Select a Plan* drop-down window, Aetna's plans are sorted under sub-headings:
 - a. For Aetna HMO, select HMO** under *Aetna Standard Plans*
 - b. For Aetna Choice® POS II or Aetna Select® choose the plan under *Aetna Open Access Plans* sub-heading.
 - c. Click *Start Search*

CIGNA (Medical and Dental)

1. Go to <http://www.cigna.com>
2. Click on *Provider Directory* (top of the screen)
3. Complete the information for provider type, enter your zip code, city, state, how far you are willing to travel, and click next

If searching for medical providers:

- a. Choose Network (HMO) Plans or Point of Service (POS) Plans, and select a network.
- b. HDHP/HSA or OAP choose Open Access Plus Only

If searching for dental providers:

- a. Select dentist instead of provider. Choose *CIGNA Dental PPO* or *CIGNA Dental EPO* (this is the same option)
- b. Select *Core Network*
- c. Select a specialty and click *Search*

Empire BlueCross BlueShield

1. Go to <http://www.empireblue.com/medicaltrust>
2. Click on *Find a Doctor*
3. Click on *Across the Country*
4. A new window will open. Under *Select a Plan*, choose the PPO/EPO option and continue with the directions on the screen, entering your geographic information

Kaiser Permanente

1. Go to <http://my.kp.org/ecmt>
2. Click on *Clinical Staff Directory* in the *Get Started Now* section. Select your region from the pull down menu and click *Continue*
3. Mid-Atlantic members only: Select *Search for a doctor, hospital or other provider*. Scroll down and select *Kaiser Permanente Select HMO*. Then select a search type, input your specifications and click on *Find Providers*
4. All other members: after selecting your region, select the criteria to use to begin your search for a provider (gender, specialty, etc). Then, if applicable, select the medical facility you prefer.

UnitedHealthcare

1. Go to <http://www.myuhc.com>
2. Under *Links and Tools* in the upper right of the page, select *Find a Physician or Facility*.
3. Select *Search for a Physician* and click *Continue*
4. Select *Search for a Physician by Name Location or Specialty*
5. For *Select a Plan*, choose: *UnitedHealthcare Choice* or *UnitedHealthcare Choice Plus*
6. Enter your zip code and click *Continue*
7. Select a specialty and click *Continue*

Medco

1. Go to www.medco.com
Follow the steps to register.
(Note: Your benefits must be active in order to register. If your benefits are not yet active, log onto cpg.org/productservices/pharmacy.cfm for participating pharmacies and formulary information)
2. Once registered, log on to price medications, view Medco's formulary (list of preferred drugs), locate a participating pharmacy, etc.

EyeMed

1. Go to <http://www.eyemedvisioncare.com>
2. Go to the *Locate a Provider* window on the left side of the page, and under *Select Your Network*, choose *Access*
3. Enter your zip code, and click *Submit*
4. A new window opens that requires you to enter special text as a security feature. Enter the text and click *Submit*

CIGNA Behavioral Health &**Employee Assistance Program (EAP)**

1. Go to <http://www.cignabehavioral.com>
2. Click on *Find a Therapist/Psychiatrist*
3. Log in (on left) to review your EAP benefits. "Episcopal" is the Employer ID. You do not need to log in to access the Provider Directory
4. Fill in the fields for seeking a provider under *either Behavioral Health or EAP*
5. Click *Search*
6. Or call (866) 395-7794

Health Advocate

1. Go to <http://www.healthadvocate.com/>
2. Select the *Members* icon
3. Enter "Episcopal" in the *Log in* box, to view information about your Health Advocate benefits.
4. Or call (866) 695-8622