





Postdoctoral Researcher Benefit Program (PRBP)

How to Find a Provider Using the Insurance Carrier Directory

Important Note: Before selecting or visiting a provider, please call them to confirm if they are still an “In-Network Provider” with the insurance carrier.

| Plan Type | Instructions |
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| <p>Medical HMO: Blue Cross Blue Shield</p>  | <ol style="list-style-type: none"> 1. Visit: Home (providerfinderonline.com) 2. Click Search In-Network Providers 3. Under <i>How do you get insurance?</i>, choose Through my employer or my spouse’s employer 4. Under <i>Are you a member or shopping for an insurance plan?</i>, select I am a member 5. Under <i>Select the type of care you are looking for</i>, select Medical 6. Under <i>Select Plan/Network</i>, select HMO Illinois [HMO] 7. Provide your Zip Code on the <i>Located near</i> search field 8. Click Find a Doctor or Hospital 9. Results may be narrowed down by using the features on the left hand side of the page 10. Once you choose your physician, click on his or her name to access the 9-digit PCP code for input on the enrollment form 11. Then, scroll down the page to find the 3-digit Medical Group / IPA number associated with the medical group for input on the enrollment form <p>If you would like to change your provider, once you receive your ID card, you may call the number on the card to make the request.</p> <p><i>To access Behavioral Health Provider, please contact your PCP for a referral and guidance on locating a Behavioral Health Provider that is in-network.</i></p> <p>If you have any questions regarding your HMO coverage, you may contact Blue Cross Blue Shield at: 1-800-892-2803</p> |
| <p>Medical PPO: Blue Cross Blue Shield</p>  | <ol style="list-style-type: none"> 1. Visit: Home (providerfinderonline.com) 2. Click Search In-Network Providers 3. Under <i>How do you get insurance?</i>, choose Through my employer or my spouse’s employer 4. Under <i>Are you a member or shopping for an insurance plan?</i>, select I am a member 5. Under <i>Select the type of care you are looking for</i>, select Medical 6. Under <i>Select Plan/Network</i>, select Participating Provider Organization [PPO] 7. Provide your Zip Code on the <i>Located near</i> search field 8. Click Find a Doctor or Hospital 9. Results may be narrowed down by using the features on the left hand side of the page |

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| | <p>If you have any questions regarding your PPO coverage, you may contact Blue Cross Blue Shield at: 1-800-634-8644</p> |
| <p>Behavioral Health: Blue Cross Blue Shield</p>  | <p>To Find an in-network PPO Behavioral Health Provider:</p> <ol style="list-style-type: none"> 1. Visit: Home (providerfinderonline.com) 2. Click Search In-Network Providers 3. Under <i>How do you get insurance?</i>, choose Through my employer or my spouse's employer 4. Under <i>Are you a member or shopping for an insurance plan?</i>, select I am a member 5. Under <i>Select the type of care you are looking for</i>, select Medical 6. Under <i>Select Plan/Network</i>, select Participating Provider Organization [PPO] 7. Provide your Zip Code on the <i>Located near</i> search field 8. Click Find a Doctor or Hospital 9. On the left hand side of the page, under <i>Filter Provider Type</i>, choose Behavioral Health Provider 10. Results may be narrowed down further by using the features on the left hand side of the page such as <i>Filter Specialty and Filter Extended Hours</i> <p>If you have any questions on how to find a PPO Behavioral Health Provider, you may contact Blue Cross Blue Shield at: 1-800-634-8644</p> |
| <p>Dental PPO (High/Low): MetLife</p>  | <ol style="list-style-type: none"> 1. Visit : https://metlocator.metlife.com/metlocator/execute/Search 2. Select the network type PDP Plus Network 3. Enter your zip code under 'Location' or you may enter your full address 4. At this point, you may either narrow you search by the criteria provided, or view a list of Dentists. The dentists will be listed in groups of 25, in alphabetical order <p>If you have any questions, you may contact MetLife at Tel: <u>1-800-942-0854</u></p> |

Vision: VSP



1. Visit: <https://www.vsp.com/find-eye-doctors.html?id=guest&fromPage=prospective>
2. Enter your **Zip Code** and **Home Address** in the spaces provided
3. Enter your **Zip Code**
4. Under Doctor Network, choose **“Select Network”**
5. You may select an additional search option under “Preferred Language” or “Frame Brand”
6. Click **“Search”**
7. A list of Vision Providers will be provided online

If you have any questions, you may contact VSP at 1-800-877-7195.