





# Postdoctoral Scholar Benefit Program

## 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
<p data-bbox="82 737 370 764"><b>Medical HMO: Aetna</b></p> 	<ol style="list-style-type: none"> <li data-bbox="453 527 1295 585">1. Visit: <a href="http://www.aetna.com/dse/search?cid=ppc-700000001035216-Branded_Tools_Exact-DocFind-aetna%20docfind&amp;s_dfa=1">http://www.aetna.com/dse/search?cid=ppc-700000001035216-Branded_Tools_Exact-DocFind-aetna%20docfind&amp;s_dfa=1</a></li> <li data-bbox="453 627 1500 686">2. Under “<b>Continue as a guest</b>”, enter your zip code and select the location from the drop-down menu, adjust your “<b>Look within</b>” search radius and click “<b>Search</b>”</li> <li data-bbox="453 728 1414 787">3. In the “<b>Select a Plan</b>” search field, type <i>HMO</i>, select the “<b>HMO</b>” option and click “<b>Continue</b>”</li> <li data-bbox="453 829 1523 959">4. Enter the type of provider/facility you are searching for in the “<b>What do you want to search for</b>” field and choose the correct result from the drop-down menu. Initial enrollees will type <i>Primary Care Physician</i> to choose a PCP and obtain the provider’s “<b>Primary Care ID</b>” for entering on the enrollment form.</li> <li data-bbox="453 1001 1520 1060">5. At this point, you may either narrow you search using the provided filters, or view a list of physicians. The physicians will be listed in groups of 50, in alphabetical order.</li> </ol> <p data-bbox="407 1102 1192 1129">If you have any questions, you may contact Aetna at 1-877-204-9186.</p>
<p data-bbox="90 1381 362 1409"><b>Medical POS: Aetna</b></p> 	<ol style="list-style-type: none"> <li data-bbox="453 1247 1295 1306">1. Visit: <a href="http://www.aetna.com/dse/search?cid=ppc-700000001035216-Branded_Tools_Exact-DocFind-aetna%20docfind&amp;s_dfa=1">http://www.aetna.com/dse/search?cid=ppc-700000001035216-Branded_Tools_Exact-DocFind-aetna%20docfind&amp;s_dfa=1</a></li> <li data-bbox="453 1348 1500 1407">2. Under “<b>Continue as a guest</b>”, enter your zip code and select the location from the drop-down menu, adjust your “<b>Look within</b>” search radius and click “<b>Search</b>”</li> <li data-bbox="453 1449 1500 1520">6. From the “<b>Select a Plan</b>” drop-down menu, under <b>Aetna Open Access Plans®</b>, select the <b>Managed Choice® POS (Open Access)</b> plan</li> <li data-bbox="453 1562 1463 1633">3. Enter the type of provider/facility you are searching for in the “<b>What do you want to search for</b>” field and choose the correct result from the drop-down menu.</li> <li data-bbox="453 1675 1520 1734">4. At this point, you may either narrow you search using the provided filters, or view a list of physicians. The physicians will be listed in groups of 50, in alphabetical order.</li> </ol> <p data-bbox="407 1776 1192 1803">If you have any questions, you may contact Aetna at 1-877-204-9186.</p>

<p><b>Dental HMO:</b></p> <p><b>California Dental Network</b></p> 	<ol style="list-style-type: none"> <li>1. Visit: <a href="https://www.caldental.net/">https://www.caldental.net/</a></li> <li>2. Click the <b>“Dentist Finder”</b> tab on the home page search box.</li> <li>3. Enter your zip code and click <b>“Search&gt;&gt;”</b></li> <li>4. From the <b>“Accepts Plans:”</b> drop-down menu, select <b>“A75”</b> and click <b>“Search”</b></li> <li>5. You will now have list of Dentist in your area. Initial enrollees must enter a dentist’s <b>“Office ID”</b> on the enrollment form to be assigned to that dentist.</li> </ol> <p>If you do not choose a PD, and do not put the 4-digit PD office number on the enrollment form in Section 5, you and your enrolling family members will not be able to access dental care until you choose a provider. You will receive a letter from California Dental alerting you to choose a dentist.</p> <p>Once you select a PD, you may change to another dentist if you make the change by the 15<sup>th</sup> of the month. Your new dental selection will be effective by the 1<sup>st</sup> of the following month.</p> <p>If you have any questions, you may contact California Dental at: 1-877-433-6825.</p>
<p><b>Dental POS: Principal</b></p> 	<ol style="list-style-type: none"> <li>1. Visit: <a href="http://c3.go2dental.com/member/dental_search/provsel.cgi">http://c3.go2dental.com/member/dental_search/provsel.cgi</a></li> <li>2. Click <b>Continue</b></li> <li>3. Select <b>‘California’</b> as your state</li> <li>4. The dental network to select is the <b>‘Principal POS Plan’</b></li> <li>5. You may enter the name of a specific dentist if you already have a provider and wish to see if he/she is in the POS network.</li> <li>6. Enter your address and/or zip code, and your desired distance.</li> <li>7. You may choose a specialty and your preferred language at this point</li> <li>8. Click <b>Continue</b></li> <li>9. The number of EPO and PPO providers in your specified area will populate with the list of EPO providers being shown first. All EPO providers are contracted as PPO providers as well, so the list of PPO providers will not include those shown as EPO providers.</li> </ol> <p>If you have any questions, you may call Principal at 1-800-986-3343.</p>

**Vision: EyeMed**



1. Visit:  
[https://eyedoclocator.eyemedvisioncare.com/member/en?utm\\_content=text&utm\\_source=eyemed.com&utm\\_medium=top\\_nav&utm\\_campaign=find-an-eye-doctor&utm\\_term=leaf\\_text](https://eyedoclocator.eyemedvisioncare.com/member/en?utm_content=text&utm_source=eyemed.com&utm_medium=top_nav&utm_campaign=find-an-eye-doctor&utm_term=leaf_text)
2. From the **Choose your network** drop-down menu, click on ***"Select"***
3. Enter your zip code
4. Click on **SEARCH BY ZIP**

If you have any questions, you may contact EyeMed at 1-866-723-0513.