






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>Medical HMO: Aetna</p> 	<ol style="list-style-type: none"> 1. Visit: http://www.aetna.com/dse/search?cid=ppc-700000001035216-Branded_Tools_Exact-DocFind-aetna%20docfind&s_dfa=1 2. Enter the type of provider or facility (example: General Practice) in the space “Search for” 3. Enter your zip code or city/state in the space “in” 4. Click the “SEARCH” button 5. From the “Select a Plan” drop-down menu, under Aetna Standard Plans, select HMO 6. At this point, you may either narrow you search by the criteria provided, or view a list of physicians. The physicians will be listed in groups of 50, in alphabetical order. <p>If you have any questions, you may contact Aetna at 1-877-402-8742.</p>
<p>Medical POS: Aetna</p> 	<ol style="list-style-type: none"> 1. Visit: http://www.aetna.com/dse/search?cid=ppc-700000001035216-Branded_Tools_Exact-DocFind-aetna%20docfind&s_dfa=1 2. Enter the type of provider or facility (example: General Practice) in the space “Search for” 3. Enter your zip code or city/state in the space “in” 4. Click the “SEARCH” button 5. From the “Select a Plan” drop-down menu, under Aetna Open Access Plans, select Managed Choice POS (Open Access) 6. At this point, you may either narrow you search by the criteria provided, or view a list of physicians. The physicians will be listed in groups of 50, in alphabetical order. <p>If you have any questions, you may contact Aetna at 1-877-402-8742.</p>

<p>Dental HMO: California Dental Network</p> 	<ol style="list-style-type: none"> 1. Visit: https://www.caldental.net/ 2. On the upper right-hand corner, enter your Zip Code in the section labeled <i>LOCATE A DENTIST IN YOUR AREA</i> and hit Enter on your keyboard 3. On the next screen, under the section <i>Accepts Plans</i>, use the drop-down menu to select A75 4. Click the “SEARCH” button 5. You will now have list of Dentist in your area <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 have a dentist and will not be able to access care until you choose one. 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 15th of the month. Your new dental selection will be effective by the 1st of the following month.</p> <p>If you have any questions, you may contact California Dental at: 1-877-433-6825.</p>
<p>Dental POS: Principal</p> 	<ol style="list-style-type: none"> 1. Visit: http://c3.go2dental.com/member/dental_search/provsel.cgi 2. Click Continue 3. Select ‘California’ as your state 4. The dental network to select is the ‘Principal POS Plan’ 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. 6. Enter your address and/or zip code, and your desired distance. 7. You may choose a specialty and your preferred language at this point 8. Click Continue 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. <p>If you have any questions, you may call Principal at 1-800-986-3343.</p>
<p>Vision: EyeMed</p> 	<ol style="list-style-type: none"> 1. Visit: https://www.eyemedvisioncare.com/locator/locator.emvc;JLOCATORSESSION=CGpBZSJhqWpmZrfp9ghC8gygplp170dSw1MfPTPpnjMz2PQBTK8cl-832246212?execution=e1s1 2. Enter your Zip Code 3. Under <i>Choose Network</i>, use the drop-down menu and choose “Select” 4. Under <i>What else is important?</i> you may select any additional items 5. Click on Get Results <p>If you have any questions, you may contact EyeMed at 1-866-723-0513.</p>

