



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: https://www.aetna.com/dsepublic/#/contentPage?page=providerSearchLanding&site_id=docfind 2. Under “Continue as a guest”, enter your zip code and select the location from the drop-down menu, adjust your “Look within” search radius and click “Search” 3. In the “Select a Plan” search field, type <i>HMO</i>, select the “HMO” option and click “Continue” 4. Enter the type of provider/facility you are searching for in the “What do you want to search for” 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 “Primary Care ID” for entering on the enrollment form. 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. <p>If you have any questions, you may contact Aetna at 1-877-204-9186.</p>
<p>Medical POS: Aetna</p> 	<ol style="list-style-type: none"> 1. Visit: https://www.aetna.com/dsepublic/#/contentPage?page=providerSearchLanding&site_id=docfind 2. Under “Continue as a guest”, enter your zip code and select the location from the drop-down menu, adjust your “Look within” search radius and click “Search” 6. From the “Select a Plan” drop-down menu, under Aetna Open Access Plans®, select the Managed Choice® POS (Open Access) plan 3. Enter the type of provider/facility you are searching for in the “What do you want to search for” field and choose the correct result from the drop-down menu. 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. <p>If you have any questions, you may contact Aetna at 1-877-204-9186.</p>

Dental HMO:

Delta Dental



1. Visit: <https://www1.deltadentalins.com/find-a-dentist-members.html>
2. Enter your **zip code**
3. Select **DeltaCare USA** as your Network
4. Click **Find a dentist**
5. You will now have list of Dentist in your area. Once you choose a dentist, enter **their 6-digit Facility number** on your enrollment record and submit your record

If you do not choose a Primary Care Dentist (PCD), and do not put the 6-digit Facility 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 Delta Dental alerting you to choose a dentist.

Once you select a PCD, 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.

If you have any questions, you may contact Delta Dental at: 1-800-422-4234.

Dental POS: Principal



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.

If you have any questions, you may call Principal at 1-800-986-3343.

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
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.