

University of California Postdoctoral Scholar Benefit Plan

How to Find a Provider Using the Insurance Carrier Directory

Important Note: Before selecting a medical, dental or vision provider, please call the provider’s office to confirm if they are still an “In-Network Provider” with the insurance carrier.

Plan Type	Instructions
Health Net Medical HMO:	<p>To Find a Medical Provider</p> <ol style="list-style-type: none"> 1. Visit: https://www.healthnet.com/portal/member/providerSearch.do?&region=CA 2. Select a Location 3. Select a filter by clicking on the circle next to “Filter by type of Plan/Network” 4. Select HMO Employer Group Plans 5. Click Continue 6. Select a Provider type from the menu of: <i>Doctors, Urgent Care and Walk-In Clinics, Hospital, Medical Group, Other Facilities or Ancillary Services</i> 7. A list of your desired providers will populate the lower part of the page 8. If you chose Doctors for your search, the doctor’s specialty, including whether he/she is a PCP, will be indicated by their name 9. You may narrow your results by applying the filter options listed including specialty, languages spoken, gender of doctor and accepting new patients <p>If you have any questions, you may contact Health Net at 1-800-522-0088 or First Health Network at 1-800-932-6690.</p>
Health Net Medical PPO:	<p>To Find a Medical Provider</p> <ol style="list-style-type: none"> 1. Visit: https://www.healthnet.com/portal/member/providerSearch.do?&region=CA 2. Select a Location 3. Select a filter by clicking on the circle next to “Filter by type of Plan/Network” 4. Select PPO -Large Business 5. Click Continue 6. Select a Provider type from the menu of: <i>Doctors, Urgent Care and Walk-In Clinics, Hospital, Medical Group, Other Facilities or Ancillary Services</i> 7. A list of your desired providers will populate the lower part of the page 8. If you chose Doctors for your search, the doctor’s specialty, will be indicated by their name 9. You may narrow your results by applying the filter options listed including specialty, languages spoken, gender of doctor and accepting new patients <p>If you have any questions, you may contact Health Net at 1-800-676-6976.</p>

<p>Health Net Medical PPO:</p> <p>Out of State (OOS) Enrollees</p>	<p>To Find a Medical Provider</p> <ol style="list-style-type: none"> 1. Visit http://www.providerlookuponline.com/coventry/po7/Search.aspx 2. Enter Zip code 3. You can leave Search box blank 4. Select a Provider by choosing one of the three options "PROVIDERS", "SPECIALTIES" or "CONDITONS" located below 5. If you need to seek care due to illness or checkup click on "Primary Care Physicians" under "PROVIDERS" 6. A new window will appear with a list of providers 7. Their office number will be listed for you to call as well as other important information such as accepting new patients. <p>If you have any questions, you may contact Health Net at 1-800-676-6976</p>
<p>Health Net Dental DHMO:</p>	<p>To Find a Dental Provider</p> <ol style="list-style-type: none"> 1. Visit: https://www.yourdentalplan.com/member/prewelcome.do?currentLanguageFromPreCheck=en 2. On the right-hand side of the page click on Find a Dentist 3. On the next screen select the network "Health Net DHMO CA Only" 4. Select your search option for a Dentist, by: Location, Dentist Name, Practice Name 5. You may perform a variety of searches and you can narrow down your search by selecting the specialty of the dentist you are trying to find 6. Click Search to obtain your list of dentists <p>If you have any questions, you may contact "Your Dental Plan" at 1-800-445-9090.</p>
<p>Principal Dental POS:</p>	<p>For California enrollees:</p> <ol style="list-style-type: none"> 1. Visit: http://c3.go2dental.com/member/dental_search/provsel.cgi 2. Click "Continue" on the screen 3. Select 'California' as your state 4. Under "Specify A Network", select 'Principal POS Plan' 5. If you are just looking for an EPO provider, you may select 'First Dental Health EPO'. 6. 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 7. Enter your address and/or zip code, and your desired distance 8. You may choose a specialty and your preferred language at this point 9. Click 'Continue' 10. 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.

For out-of-state enrollees: The EPO network of providers is California-specific. To find a provider on the POS plan, please follow the directions below:

1. Visit: http://c3.go2dental.com/member/dental_search/provsel.cgi
2. Click **"Continue"** on the screen
3. Select your state
4. Under **"Specify A Network"**, select **'Principal Plan PPO'**
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 PPO providers in your specified area will populate

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

Health Net Vision (EyeMed):

To Find a Vision Provider

1. Visit:
<https://www.eyemedvisioncare.com/locator/locator.emvc;JLOCATORSESSION=hpKhYv6DgJvqV9gpdJ64QCTVqJGMY2gTbvDxvJCthMLhfpJQdL7p!-1868329330?execution=e1s1>
2. Enter your **Zip Code**
3. Under Choose Network, select **"Access"**
4. May select a search option under "What else is important?"
5. Click **"Get Results"**
6. A list of Vision Providers will be provided online

If you have any questions, you may contact Health Net Vision at 1-866-392-6058.