

Postdoctoral Insurance Plan

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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| Medical HMO: Aetna | <p>It is not mandatory to choose a Primary Care Physician (PCP) for this plan, but you may do so if you so desire. If you do select a PCP, please contact Aetna member services to assign the provider to your account.</p> <ol style="list-style-type: none"> 1. Click here for the Aetna DocFind Directory 2. Enter the type of provider or facility 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 Aetna Health Network Only SM (Open Access) 6. At this point, you may either narrow your search by the criteria provided, or view a list of physicians. The physicians will be listed in groups of 50, in alphabetical order. |
| Medical PPO: Aetna | <p>You do not need to choose a Primary Care Physician (PCP). You simply choose the physician you would like to see at the time you require medical attention.</p> <ol style="list-style-type: none"> 1. Click here for the Aetna DocFind Directory 2. Enter the type of provider or facility 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 Open Choice PPO 6. At this point, you may either narrow your search by the criteria provided, or view a list of physicians. The physicians will be listed in groups of 50, in alphabetical order. |



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| Dental DMO: Aetna | <p>If you are not satisfied with your automatic assignment to the PENN Dental Medicine School Clinic, you must choose an alternate Primary Care Dentist and contact Aetna to change your dental provider.</p> <ol style="list-style-type: none"> 1. Click here for the Aetna DocFind Directory 2. Enter the type of provider or facility (Primary Care Dentist) 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 DMO®/DNO/Managed Dental, select DMO®/DNO 6. At this point, you may either narrow your search by the criteria provided, or view a list of dentists. The dentists will be listed in groups of 50, in alphabetical order. |
| Dental PPO: Aetna | <p>When you select the Aetna Dental PPO Plan, it is not necessary to choose a Primary Care Dentist. You may choose from a general list of dentists, or by specialty. In order to view a list of dentists in your area, please follow the directions below.</p> <ol style="list-style-type: none"> 1. Click here for the Aetna DocFind Directory 2. Enter the type of provider or facility 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, select Dental PPO/PDN 6. At this point, you may either narrow your search by the criteria provided, or view a list of dentists. The dentists will be listed in groups of 50, in alphabetical order. |
| Vision: Aetna | <p>Choose from a general list of optometrists when you need to access care. In order to view a list of optometrists in your area, please follow the directions below.</p> <ol style="list-style-type: none"> 1. Click here for the Aetna Vision Provider Directory 2. Enter your zip code into the "ZIP Code" field 3. Click "Get Results" 4. A list of in-network vision providers will populate for you to choose from |