

A Quality Network for New York

EmblemHealth Individual and Family Plans

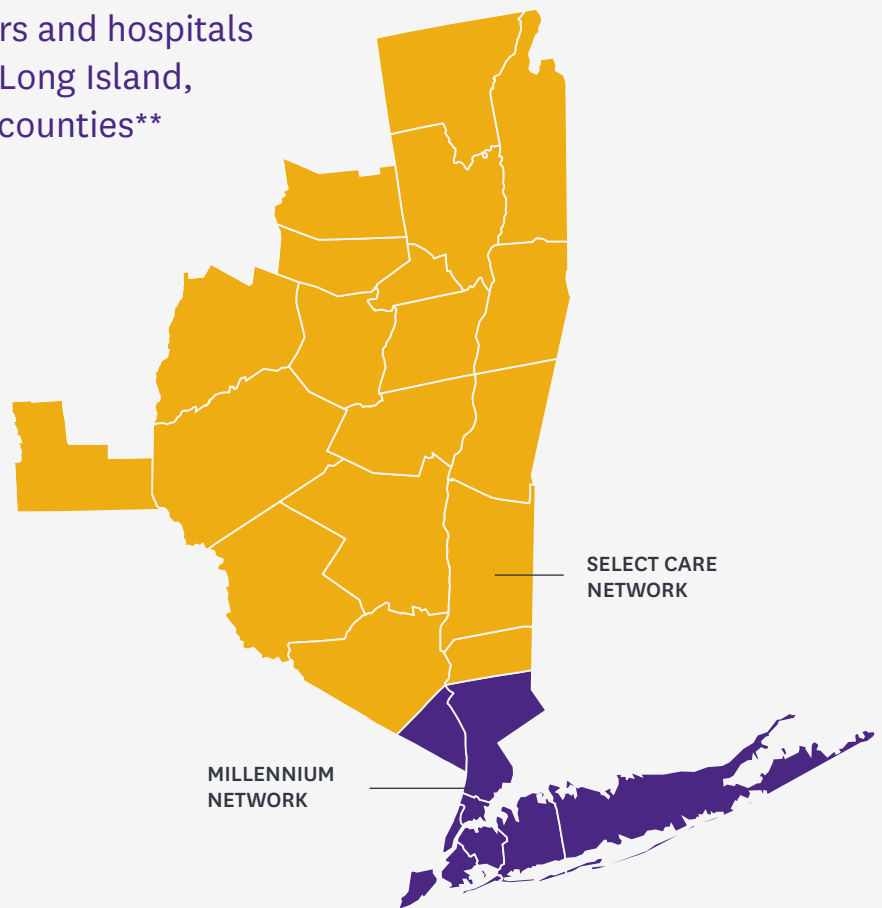
The EmblemHealth **Select Care** and **Millennium** Networks give members a choice of top providers and hospitals across the New York City metro area, Long Island, Westchester, Rockland, Putnam, and counties** further north.

The Select Care Network includes*:

54,000+ health care professionals
8,300+ primary care providers (PCPs)
47,000+ specialists
120+ hospitals

The Millennium Network includes*:

36,000+ health care professionals
4,800+ primary care providers (PCPs)
32,000+ specialists
75+ hospitals



To find in-network doctors, go to emblemhealth.com and use the “Find a Doctor” tool for individual and family plans. Not sure which network you have? Check your ID card. Your plan name includes the network name.

*This information as of July 2025.

**Select Care counties include: Albany, Broome, Columbia, Delaware, Dutchess, Fulton, Greene, Long Island, Montgomery, New York, Orange, Otsego, Putnam, Rensselaer, Saratoga, Schenectady, Schoharie, Sullivan, Ulster, Warren, and Washington.

The counts listed for the Millennium and Select Care networks are unique health care providers and locations. Hospitals and providers who have multiple locations are counted once. Some providers may be double boarded and counted twice. Please use Find a Doctor on emblemhealth.com for a full list of providers and locations available through EmblemHealth and First Health Network.

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