EmblemHealth®

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:*

52,000+ healthcare professionals

11,500+ primary care providers (PCPs)

42,000+ specialists

120+ hospitals

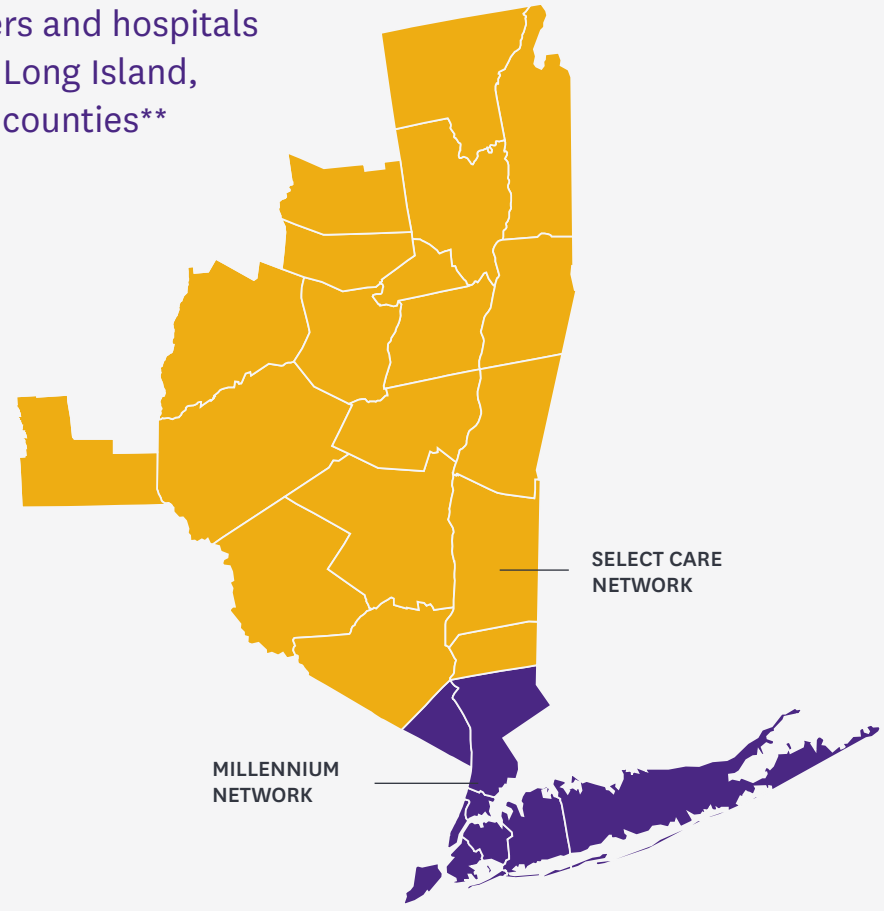
The Millennium Network includes:*

29,000+ healthcare professionals

5,800+ primary care providers (PCPs)

23,900 specialists

66 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 member ID card. Your plan name includes the network name.

*This information is current as of August 2026.

**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 Millenium and Select Care networks are unique healthcare 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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