HIP SELECT PPO
Quick Start Guide To Your Benefits

THE MOST IMPORTANT THINGS YOU NEED TO KNOW
You’re an EmblemHealth member in our HIP Select PPO plan. HIP Select PPO offers both in- and out-of-network benefits, but you maximize your coverage when you use in-network providers. So when setting up office visits, ask if the doctor participates with the HIP Select PPO plan at that location.

FIND A DOCTOR IN YOUR NETWORK
2. Go to “Find a Doctor.”
3. On the Provider Search web page, select the type of provider you are looking for. Enter a ZIP code to search by location or name to search by provider name.
4. Click on the “Search” button.
5. You will see a list of providers. Review the profiles until you find one who best meets your needs.

Keep in mind:
• By using the online directory, you always get the most current information about providers in your network, including primary care doctors, specialists, hospitals, urgent care centers and other care facilities.
• You can use the Find a Doctor tool without registering on our Web site. If you don’t register, be sure to search within the network (Prime or Premium) your employer selected. This information is noted on your member ID card.
• If you need help finding a doctor in your area, just call us at 1-800-447-8255. We’ll be happy to assist.

YOUR PCP’S ROLE
With the HIP Select PPO plan, you are not required to select a primary care physician (PCP) and can visit network specialists without a referral. However, we strongly encourage you to establish a relationship with a PCP. Having one doctor who knows your complete medical history may be helpful when you need specialist recommendations or to expertly coordinate your care should illness or injury strike.

USE QUEST DIAGNOSTICS FOR LAB WORK
To help you keep any out-of-pocket expenses as low as possible, use Quest Diagnostics, our preferred laboratory provider, for lab testing. Quest is a national laboratory with extensive coverage in our service area. For added convenience, Quest now offers lab testing by appointment, which you can schedule online at questdiagnostics.com/appointment. Or, call 1-888-277-8772 and use the automated phone system to schedule your lab testing. No appointment? Walk-ins are always welcome.

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REDUCING YOUR COSTS
To keep your out-of-pocket costs as low as possible, be sure to see doctors who are in your HIP Select PPO plan’s network. If you need to have a non-emergency procedure done, be sure that the doctor or facility has contacted us for prior approval. Some of your covered services require a copayment and others are subject to a deductible and coinsurance, depending on where you receive services. (For example, diagnostic lab and radiology services may not be subject to a deductible or coinsurance when received in a doctor’s office, but they would be in an outpatient facility.)

GO TO THE EMBLEMHEALTH WEB SITE
Want to manage your health care quickly and efficiently? Register on our Web site. It’s easy. Within minutes you’ll be using the time-saving features of myEmblemHealth at emblemhealth.com to:
• Select your HIP Select PPO plan doctors
• Print a temporary ID card
• E-mail a digital copy of your ID card from your smartphone to your doctor’s office
• See your HIP Select PPO plan benefits
• See a list of covered drugs
• Receive personal reminders for health screenings
• Download forms
• Sign up to go paperless to reduce the amount of mail you get from us
• Update information, such as your e-mail address
• E-mail us with questions

You don’t need to register to get your member handbook. Just type this into your browser: emblemhealth.com/memberhandbook.

MANAGE YOUR HEALTH ONLINE
• Health Risk Assessment (HRA) — This confidential survey provides a “snap-shot” of your current health and offers personalized feedback based on your responses. You’ll find suggestions for lifestyle changes to help maintain or improve your health status. If you’re at risk for more serious medical conditions, recommendations for preventive actions are offered.

• Personal Health Record (PHR) — This handy tool lets you create, organize, store and view personal health information. You can print copies to share with your doctors and keep on hand in case of emergencies.