

^{my}**HEALTH** toolkit[®]

GETTING STARTED WITH SHOPPING FOR CARE

Shopping for Care helps you find care based on your health plan. You can search based on things that matter to you, such as distance, quality or reviews.

1. Accessing Shopping for Care

Use the My Health Toolkit mobile app:



In the My Health Toolkit mobile app, select **Find Care** in the bottom right corner. Then choose the type of provider you need.

GET IT ON GOOGLE Play

Access My Health Toolkit on your desktop:



On the My Health Toolkit site, find the Shopping for Care tool by selecting **Providers & Services**, then **Find Care**. Then choose the type of provider you need.

Not yet a member? No worries! You can browse providers by selecting the Find Care link on the My Health Toolkit homepage prior to signing in.

iter the ma	t 3 characte	ers of your men	nber ID number	
und on you	r insurance	card for care o	ptions in your	
etwork.				
				Go
		Plan Name	ALPHA Employer Group	
Member Name		Dependents John Doe Robbie Doe Billy Doe		
YZ1 156789				

If you have been provided a **three-character prefix** for open enrollment, you can narrow your results to see options specific to your network.

If you don't yet have your ID with a **three-character prefix** to your member number, you can select a network to browse from the top right of the Shopping for Care homepage.

Network Preferred Blue 1

Good Afternoon! Browse or search to find the care you need.

Q Search for Names and Specialties

Q Search for Names, Specialties, and Procedures							
					Search by Billing Code >		
ommon Searches: OB/GYN Cardiologist	Orthopedic Surgeon	n Physical Thera	pist Mammogram	Colonoscopy			
Browse by							
Browse by		Procedure	Costs	Primary Car	e V	Specialty Care	÷
Browse by Category		Procedure (Costs 📩	Primary Ca	re Çj	Specialty Care	÷
Browse by Category Find results using thes	e care categories	Procedure (Search for and compare procedures	Costs 😤	Primary Cal	re Us	Specialty Care	Fractitioners itions or focus
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Browse by Category Find results using thes	e care categories	Procedure (Search for and compare procedures	Costs costs for specific Urgent Care	Primary Call Everyday health, check- referrals. Gets to know	re Qy pps, and specialist patients and Behavioral	Specialty Care Dectors and other health care who treat specific health core Health (])	Fractitioners practitioners filtions or focus
Browse by Category Find results using thes	e care categories Hospitals & Clinics	Procedure (Search for and compare procedures	Costs 5 costs for specific Urgent Care Center	Primary Cal Everyday health, check- referrais. Gets to know	re Qr ups, and specialist asterits and Behavioral	Specialty Care Doctors and other health care who freet specific health core Health	Practitioners itilons or focus

Once you've entered a three-character prefix

or selected a network, you can search for a specific provider, specialty or procedure by name. You can also browse by selecting the common search links or using the Browse by Category tiles.

3. Filtering and Sorting Your Search Results

You'll probably want to narrow down your options. Look at the helpful categories that appear with your search results. They include specialties, gender, patient ratings and areas of expertise. Your results are automatically sorted for the best match to your original search, but you can also sort them alphabetically and by distance, patient ratings and quality.

All Specialties	:		All Specialties	← All Tiers	 All People & Places 	✓ All Genders	→ All Patient Ratings	→ Blue Quality Program	Best Match Distance Quality
Ob/Gyn					VIEW ONLY	Accepting New Patients	WITHIN: 10 miles -		Rating A-Z Z-A
Obstetrics	All Patient	Ratings	E List view	() Map view					Tier
Obstetrics & G	1+ stars			Nicholas C Lambrou, M Obstetrics & Gynecology • Gynecologic Oncolog	MD			Add to Ca	ompare View Profile
All Expertise Abdominal C (Peritoneal N	Cavity Cancer			LOCATION South Miami Gynecology Oncology Group 8565 Sunset Dr Ste 202, Miam, FL 33143 Get directions (et. 5.4 miles away) CONTACT MICRIANTON Phone: 305-566-1811 @@ Ancention New Patients		A O View C Orpleted Education in	fratings >	In your network	
Adnexal Dise	eases Medicine			Manuel A Penalver, MI Obstetrics & Gynecology • Gynecologic Oncolog	D gist			Add to Co	ompare View Profile
Amniocentes Test-AFT)	sis (Amniotic Flu	bid		LOCATION South Florida Gynecolgic Oncology 5000 University Dr Ste 3300, Miami, FL 33146 Get directions (est. 3.4 miles away)		2 Affiliations	S ratings 义	In your network	

¿Habla en español? Utilice la lista desplegable de la esquina superior derecha para seleccionar el idioma que prefiera.

4. Viewing a Provider's Information

When you find a provider you are interested in, you can select the name or the **View Profile** button to see more details, such as patient reviews, awards, affiliations, licenses, areas of expertise and other details about the provider.

Is the provider accepting	<	as C Lambrou, MD ngic Oxecinguit - Obstitutions & Operatings		★★★☆ (40) • 4 ratinga ⊖ invirt
new patients.	Provider Highlights	Provider Highlights		
Keep an eye out for the circle with check mark.	Networks Accepted Specialities & Expertise Credentials Biography Awards & Recognitions	Nicholas C Lambrou, MD LOLITON Soft Marri Bynecology Oncology Group 6955 Sound Kr 384 200, Marri, FL 33143 Gel directors (ett. 5 4 miles away) Contro: Travenanton Phone: 305-66-1811 & Coopting New Patients	A 0 out of 5.0 4 ratings. Completed Education in 1996 Orapidet Education in 1996 Avenuels Completed Educations Additions Completed Average Walt Time	CCOpts PPO + 3 More
 Accepting New Patients 	Ratings & Reviews Affidiated Facilities More About This Provider See something incorrect? Let us know	Networks Accepted	E Burcard PAR	BlueCard PPO
		Specialties & Expertise An appointment with Nicholas C Lambrou at the	is location will use your specialist benefits.	

5. Comparing Providers

Compare Pro	oviders				Nicholas C Lambrou Obstetrics & Gynecology - Gynecologic Onc	J, MD		Add to Compare View Profile
	Nicholas C Lambrou, MD	Manuel A Penalver, MD	Carlos A Medina, MD		LOCATION South Marine III of the OCO Marini, PL 33143 Ond directions (eds. 54 miles away) Contract averagement Phone: 305466-1811 Collections Accepting New Patients	 ★ ★ ★ ☆ ☆ 2 Affairons 6 Anards Completed Edu 	0 Yeev 4 ratings >	in your network
Highlights	View Profile	View Profile	View Profile		Manuel A Penalver, 1 Obstetrics & Oynecology - Oynecologic Onc	MD		Add to Compare View Profile
Distance (est.)	5.4 mi	3.4 mi	5.0 mi		LOCATION South Florida Gynecolgic Oncology	****	.0 View Statings >	In your network
Accepting New Patients Status	Accepting New Patients	Accepting New Pasents	Accepting New Patients		Contact information	S Awards		
Affilations	South Miami Hospital, South Miami Gynecology Oncology Group	Doctors Hospital Baptist Health South Florida, South Florida Gynecolgic Oscology	University of Miami Hospital, Memorial Hospital West, Mount Sinai Medical Center of Florida, Inc., Jackson Memorial Hospital, University of Miami		Phone: 305-663-7001	Sa Completed Ed	cation in 1977	
Specialties	Oynecologic Oncologist, Obstetrics & Oynecology	Oynecologic Oncologist, Obstetrics & Oynecology	Obstetrics & Oynecology	(e	Carlos A Medina, MI	D		Add to Compare View Profile
Ratings & Reviews			^	Select u	p to 4 Providers to Compare			Clear all providers Compare 3/4
Average Rating	40 ★★★★ ☆	5.0 ★★★ ★	5.0 ★★★★★	Nicholas Obstetrics	C Lambrou & Gynecology - Gynecologic Oncologist	Manuel A Penalver Obstetrics & Oynecology - Oynecologic Oncologist	Carlos A Medina Obstetrics & Gynecology	

Having trouble comparing a couple of providers and choosing which one is right for you? Just select the **Add to Compare** button at the top of each provider's result card, and you can compare them side by side. You can compare providers by distance, affiliations, whether they are accepting new patients and other factors. This takes a lot of the guesswork out of deciding which provider best meets your needs, and it ticks off the priorities that are most important to you.



Shopping for Care has a built-in tool that allows you to view procedure cost estimates in an easy-tounderstand way. This helps you find lower-cost, high-quality care. You'll also see how the complexity of a procedure — along with your coverage details — can affect your cost. View cost estimates for a procedure by selecting the **Procedure Costs** tile on the Shopping for Care homepage.

Procedure Costs Search for and compare costs for specific procedures.	×	Procedure Costs × All Procedures (A-Z) See all procedures and get estimated costs
Women's Health Care for disorders or diseases in the female reproductive system, and care for pregnancy.	>	Type to filter
MRIs and Other Imaging Imaging tests send energy (like x-rays, radioactive particles, or magnetic fields) through the body to make a picture.	>	Jumpto A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
Colonoscopy Colonoscopy is an outpatient procedure that uses a thin tube with a camera to examine the large intestine. During the		Lymphocytoxicity Count A Lymphocytoxicity Count checks a blood sample to measure the levels of immune cells that can attack transplanted organs.
procedure, tissues may be collected for analysis and growths may be removed. It is a routine procedure in patients between the ages of 50 and 75.		M Magnesium Test
All Procedures (A-Z) See all procedures and get estimated costs	>	A Magnesium Test checks the blood to measure the level of magnesium, a mineral needed by the body.
		Magnetic Resonance Angiography of the Chest without and with Dye Magnetic Resonance Angiography of the Chest without and with dye is a scan to create a detailed 3-D image of the blood vessels of the chest. The myocardium is not included in the image. Contrast may be used during the procedure.

After selecting **Procedure Costs**, you can select from a list of common procedure types or see a list of all procedures by selecting **All Procedures (A-Z)**. Also, you can search for a procedure by entering a keyword or by the first letter of its name.

Choosing a Provider



When you estimate a procedure cost, you will have the option to enter a provider's name or see a list of providers. If you have a specific provider in mind, you also can enter his or her details to search for that provider.

If you do not have a specific provider in mind, you'll be taken to a results page that lists all providers who offer the service in your area.

Viewing a Personalized Cost Estimate

Once you pick a provider who performs the procedure for which you want an estimate, you'll be able to see your estimated out-of-pocket cost.

e e	Elizabeth S Erickson, MD Pediatrics		Add to Compare	View Profile
	LOCATION Erickson: Elizabeth SJMD 4020 N Roboto SL, Durham, NC 27704 Get directions (st. 4.3 miles away) View More Locations • CoNtact Involmation Phone: 914-92-0333 © Accepting New Patients	☆ ☆ ☆ ☆ 와 Be the First to Review 愛 1 Affiliation 習 Additional procedures here.	Estimated Procedure Cost \$151 Cost Details In your network	~



You can select the provider's name or select **View Profile** to see a detailed cost estimate. It will list the estimated amount you would pay toward your copay, deductible and/or coinsurance, as well as the estimated portion your plan would pay.

Your actual out-of-pocket costs may be higher or lower than the cost estimates the site provides as a result of changes in the provider's contract or status, additional services that arise during the course of treatment, or other reasons.

Using the Cost Assistant to Shop and Save



The Cost Assistant is a built-in feature that automatically displays providers who offer high-quality, better-value health care. Depending on the provider you select for a procedure, you may be shown other value-based provider options in your area that might be right for you.

You have the option to select an alternative provider if you wish.

7. Leaving a Provider Review

Online reviews help people select books, movies and restaurants — and can help them find the right health care provider, too. Other patients' experiences give you insights about a particular provider.

If you'd like to help others with their search, take a moment to rate and review the provider by answering a few easy questions. You can share your feedback by selecting **Review this provider**.

100%					
100%	4.3 × × × ×		eview this provider		
Recommend this provider	Average facility	21 F	Rating(s)		
A high rating means it's easy to get an appoin	tment with this provider when you need one.				
4.5 ★ ★ ★ 🏠			Tall us about your experience	o with	
Friendly Comfortable Office					
A high rating means office staff is friendly and	I professional and the office is comfortable and clean.		*Required	IFC	
4.0 ★★★★☆			Experience*		
Communicates Clearly A high rating means the provider communicat	es with patients, listens and explains treatment well.		How would you rate your overall experience and satisfactio	n with this	
Individual Member Review	S				
Good					
			Recommend*		
Sep 14, 2016, 2:43:55 PM			Would you recommend this provider to your friends/ family	?	
Positive reviews are true			• Yes No		
Dr. Iglesias is very friendly, patient, and great disappointed	with my kids. I went based on the positive reviews I've read and am not				
		Promptness		Avour concerne?	
		How promptly wer	re your needs addressed by the provider's staff?		
Sep 14, 2016, 2:43:54 PM		****			
Good practice		Weit Time			
The practice has a nice, efficient system for c	heck in. We were called to see the doctor after only a 4 or 5 minute wait		wait to be seen at the provider's location?		
		20 minutes	wait to be seen at the provider s location.		
		Appointment	Time		
		How long was it be	efore you were able to schedule an appointment?		
		3-7 days	· · · · · · · · · · · · · · · · · · ·		
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