



## Get the Most From Your Medical Benefits With First Health® Network Providers



Your health plan offers the First Health network for your medical care. This gives you access to a national network of hospitals and doctors - and great savings. You can get the most out of your benefits by using doctors and hospitals that belong to the First Health network.

### Use in-network doctors and hospitals to stretch your benefit dollars

Doctors and hospitals that belong to the First Health network have agreed to provide services for discounted fees. Non-network doctors and hospitals don't have to provide a discount. Your benefits will go farther with the discounted fees from First Health doctors and hospitals. And, you will lower your out-of-pocket expenses.

### Your access to the First Health network helps in other ways

Your medical ID card has the First Health Network logo. This tells the doctor or hospital that your plan uses the First Health network. When you use in-network hospitals and doctor, you'll also get:

- Access to more than 5,900 hospitals, over 120,000 ancillary facilities, and over 1.5 million health care professional service locations\* across the United States
- Network doctors that are selected to promote quality outcomes
- No paperwork because network doctors and hospitals file claims for you

### Out-of-pocket costs are less when you choose in-network providers

The example below shows how using an in-network doctor or hospital can cost you less money. It compares a sample claim for an in-network doctor to one for an out-of-network doctor.\*\*

#### Example - Office Visit

	First Health doctor	Non-network doctor
Your office visit	\$250.00	\$250.00
Network discount	- \$150.00	\$0
Total charge with discount applied	\$100.00	\$250.00
Plan covers	\$80.00	\$125.00
Your out-of-pocket	\$20.00	\$125.00

### It's easy to find a First Health network doctor or hospital

You can easily find an in-network doctor, hospital or other health care service provider by using our online provider directory at [www.myfirsthealth.com](http://www.myfirsthealth.com). The online directory is available 24 hours a day, 7 days a week. It includes the most detailed provider information available. And, it's kept up-to-date. Or you can call us at 1-800-226-5116 - we're happy to help.

\*Counts as of December 2019, First Health data warehouse \*\*This is an example only. It is not specific to your plan of benefits.

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