

Choosing a Provider Group that Meets Your Needs

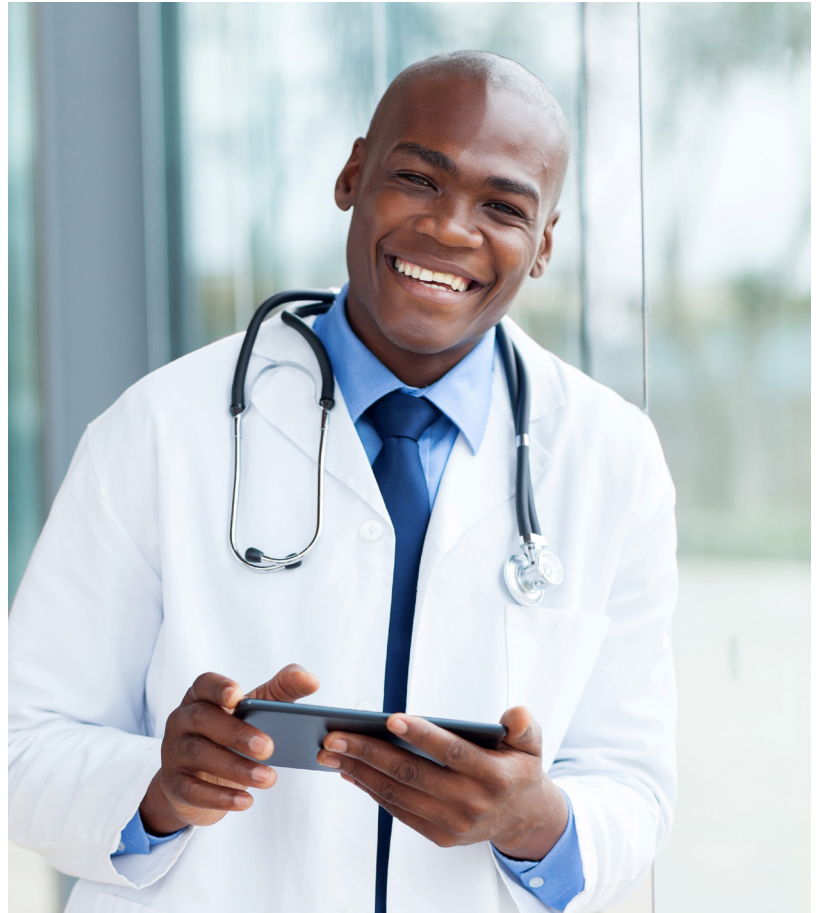


UnitedHealthcare's participating medical groups offer comprehensive and personalized care in your community with a large and robust network of physicians, health care professionals and facilities located throughout Southern California.

The following HMO plans are available to you:

1. UHC Performance HMO Network 1
2. UHC Performance HMO Network 2
3. UHC Performance HMO Network 3
4. UHC CS VEBA Alliance HMO
5. UHC Harmony HMO Journey

[Click here](#) to find a doctor near you or learn more about your plans.



How to Choose Your UHC HMO Provider

To choose a provider for the UnitedHealthcare HMO plan, here are step-by-step instructions. In an HMO, you see your PCP first for most medical issues. You do not need a referral for mental health, chiropractic, or OB/GYN services.

To find provider or facility:

1. Go to whyuhc.com/csveba
2. Select "Search for a Provider" that appears near the top of the page
3. Scroll down and choose from the plan options
4. Select "Continue"
5. Select "Change Location" and enter your ZIP code, then select "Update Location"
6. Now you can search by People, Places, Service and Treatments, or Care by Condition

Need Help Looking For a Provider?

How to Choose Your UMR PPO Provider

The UMR NexusACO PPO plan allows you to elect a primary care physician (PCP). Your PCP can be a great resource to help you find the right specialist and coordinate your primary care. You are still free to see any physician you choose – there are no required referrals or gatekeepers in the PPO plan.

Follow the directions below to find a provider or facility:

1. Go to umr.com
2. Click on “Find a Provider”
3. In the search box, type “NexusACO” to bring up the UnitedHealthcare NexusACO Network. Or scroll down to the “U” menu and choose the UnitedHealthcare NexusACO Network
4. Click “View Providers” to be taken to the search menu
5. Search by Name, Specialty, Facility or Zip code
6. Choose a Tier 1 PCP for the highest level of coverage

Free VEBA Benefits

Teladoc Medical Experts

Free access to medical experts to make sure you have the correct treatment and diagnosis. [Visit their site.](#)

Optum EAP

Get through life’s challenges with counseling, budgeting, legal advice, child and eldercare support, and more! Visit liveandworkwell.com (access code: VEBA) or call [888-625-4809](tel:888-625-4809).

VEBA Advocacy

Navigating healthcare can be difficult at times. Our Advocacy team is here to help you.

Call [888-276-0250](tel:888-276-0250) or email Advocacy@mcgregorinc.com



Benefit Contacts

Benefit	Website	Phone
Carrum Health	info.carrumhealth.com/csveba/	888-855-7806
DeltaCare USA HMO	deltadentalins.com	800-422-4234
Delta Dental PPO	deltadentalins.com	866-499-3001
Express Scripts (UHC members)	express-scripts.com	800-918-8011
HealthInvest HRA (HRA for Journey Plan)	healthinvesthra.com	844-342-5505
Inside Rx Pets	insiderxpets.com	800-722-8979
Journey Plan	journeyplan.org	888-586-6365
Kaiser	my.kp.org/veba	800-464-4000
Optum Employee Assistance Program	liveandworkwell.com access code: VEBA	888-625-4809
OptumHealth (Chiro for UHC and Kaiser)	myoptumhealthphysicalhealthofca.com	800-428-6337
OptumHealth Financial (HRA for Alliance plan)	optumbank.com	800-243-5543
Teladoc Medical Experts	teladoc.com/medical-experts/	800-835-2362
UMR	umr.com	800-826-9781
UnitedHealthcare (UHC)	whyuhc.com/csveba	888-586-6365
VEBA Advocacy	Advocacy@mcgregorinc.com	888-276-0250
Western Dental	westerndental.com	800-992-3366

Questions?

- » Go to myveba.org
- » Call VEBA Advocacy at [888-276-0250](tel:888-276-0250) or email Advocacy@mcgregorinc.com
- » Contact your [Employee Benefits Department](#)