

Health Net

Helpful Information and Resources

<p>Find Network Providers <i>California</i></p>	<p>Use our Provider Search tool to find doctors, urgent care centers, hospitals and other types of health care providers near your home or work. Instructions</p>
<p>Find Network Providers <i>Outside of California</i></p>	<p>First Health offers members a national network of doctors and hospital throughout the U.S. When traveling outside of CA or residing outside of CA, please use Cigna Healthcare Network. Cigna Healthcare Network FAQs</p>
<p>Pharmacy Services</p>	<p>Pharmacy Resources - Drugs lists Prior Authorization Drug list - Find a Pharmacy - Mail order program.</p>
<p>Member Services</p>	<p>English: 1-800-522-0088 Spanish: 1-800-331-1777</p>
<p>Health Net Beginnings <i>Temporary ID Card</i></p>	<p>Call Health Net Beginnings, Monday through Friday, 8:00 a.m. to 6:00 p.m., if you need assistance before receiving your permanent ID card. 1-800-526-6694</p>
<p>Health & Wellness <i>Programs and Services</i></p>	<p><i>Decision Power - Health & Wellness</i> Getting help with a specific health goal - Track diet, exercise or cholesterol Try an online Health Promotion program - Learn about health risks Explore your treatment options - Adapt to living with illness</p>
<p>Healthy Discounts</p>	<p>Get Healthy and Stay Healthy with <i>Healthy Discounts</i> Manage your weight - Fitness club discounts - Chiropractic & Acupuncture Health and Wellness Products - Eye Care - Hearing Aids & Screenings</p>
<p>MinuteClinic</p>	<p>The MinuteClinic is a walk-in health care facility, generally inside CVS pharmacy stores. MinuteClinic's are staffed by nurse practitioners and physician assistants. Click here to find a clinic.</p>
<p>Teladoc Health</p>	<p>Health Net teams up with <i>Teladoc Health</i> to give you access 24/7 on your phone to telehealth care at no additional cost. Teladoc Health Member FAQ</p>
<p>Preventive Care <i>and Screening Guidelines</i></p>	<p>If you are enrolled in a health plan subject to ACA, you will not have a deductible or cost-share for preventive services when received from an in-network provider.</p>
<p>ER vs. Urgent Care</p>	<p>Knowing your best option when you need same-day health care services can save you time, worry and the cost of unnecessary services. Not sure what to do? Call our Nurse24 line.</p>
<p>PPO Travel Guide <i>Using Your Health Insurance Plan Away from Home</i></p>	<p>Working on location or vacationing for pleasure... Wherever you go, Health Net has you covered. This handy guide is your ticket to using your health insurance benefits in CA and around the world. HMO Travel Guide</p>
<p>Glossary of Health Coverage <i>and Medical Terms</i></p>	<p>This document is a required employee handout due to the Affordable Care Act.</p>