

## Choose an MCO that:

- serves your city or county
- has the doctors, extra benefits, or special health care services you want.

## Ask yourself these questions:


- Do my doctors and other healthcare providers belong to one of these plans?
- Does the hospital that I use work with one of these plans?
- Does one of the MCOs have any extra benefits that I want?
- Can one of the MCOs help with any special health care needs I may have?


## Call to enroll


Call the Managed Care HelpLine at 1-800-643-2273 (TDD 1-800-817-6608).


You can call Monday to Friday, 8:30 a.m. to 6 p.m.

The call is free and we have interpreter and translator services.

 <p><b>Anthem HealthKeepers Plus</b> Offered by HealthKeepers, Inc.</p> <p><b>Anthem serves these cities and counties:</b> Accomack, Amelia, Brunswick, Caroline, Charles City, Chesterfield, Colonial Heights, Cumberland, Dinwiddie, Emporia, Essex, Franklin City, Fredericksburg, Goochland, Greensville, Hanover, Henrico, Hopewell, King George, King &amp; Queen, King William, Lunenburg, Mathews, Mecklenburg, Middlesex, New Kent, Northampton, Northumberland, Nottoway, Petersburg, Powhatan, Prince Edward, Prince George, Richmond City, Richmond County, Southampton, Spotsylvania, Stafford, Surry, Sussex, &amp; Westmoreland</p>	<p><b>For a list of doctors in Anthem call</b> 1-800-901-0020</p> <p><b>For more information about Anthem call</b> 1-800-901-0020 or 1-757-326-5090 www.anthem.com</p>	<p><b>Anthem members can use these hospitals:</b></p> <ul style="list-style-type: none"> <li>■ Bon Secours (<i>DePaul, Mary Immaculate, Maryview, Memorial Regional, Richmond Community, St. Francis, St. Mary's</i>)</li> <li>■ Chesapeake General Hospital</li> <li>■ Children's Hospital of the King's Daughters</li> <li>■ Children's Hospital, Richmond</li> <li>■ Community Memorial Health Center</li> <li>■ Halifax Regional Hospital</li> <li>■ HealthSouth Rehabilitation</li> <li>■ HCA Hospitals (<i>CJW Chippenham, CJW Johnston-Willis, Henrico Doctors' - Forest &amp; Parham Campuses, John Randolph, Retreat</i>)</li> </ul>	<ul style="list-style-type: none"> <li>■ Mary Washington Hospital</li> <li>■ Riverside Hospitals (<i>Regional, Tappahannock, Walter Reed</i>)</li> <li>■ Sentara Hospitals (<i>Bayside, Leigh, Norfolk General, Obici, Virginia Beach General, Williamsburg Community</i>)</li> <li>■ Shore Memorial Hospital</li> <li>■ Southampton Memorial Hospital</li> <li>■ Southern Virginia Regional Medical Center</li> <li>■ Southside Community Hospital</li> <li>■ Southside Regional Medical Center</li> <li>■ Stafford Hospital Center</li> <li>■ VCU Health System (MCV Hospital)</li> </ul>	<p><b>Anthem's extra programs and services:</b></p> <ul style="list-style-type: none"> <li>■ Dedicated member outreach specialists to assist and educate you</li> <li>■ Services at retail health clinics (such as MinuteClinic at select CVS pharmacies)</li> <li>■ Translation services for your medical appointments</li> <li>■ Future Moms program for all pregnant members</li> <li>■ Asthma management program</li> <li>■ Diabetes management program</li> <li>■ Discounts with participating chiropractors, acupuncturists, &amp; licensed massage therapists</li> <li>■ Up to a 25% discount for adult eye wear</li> </ul>
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 <p><b>CARENET</b> SOUTHERN HEALTH SERVICES, INC. A COVENTRY HealthPlan</p> <p><b>CARENET serves these cities and counties:</b> Amelia, Caroline, Charles City, Chesterfield, Colonial Heights, Cumberland, Dinwiddie, Essex, Goochland, Hanover, Henrico, Hopewell, King &amp; Queen, King William, Lancaster, Lunenburg, Mathews, Mecklenburg, Middlesex, New Kent, Northumberland, Nottoway, Petersburg, Powhatan, Prince George, Richmond City, Richmond County, Surry, Sussex, &amp; Westmoreland</p>	<p><b>For a list of doctors in CARENET call</b> 1-800-279-1878</p> <p><b>For more information about CARENET call</b> 1-800-279-1878 www.YourCareNet.com</p>	<p><b>CARENET members can use these hospitals:</b></p> <ul style="list-style-type: none"> <li>■ Bon Secours (<i>Memorial Regional, Richmond Community, St. Francis, St. Mary's</i>)</li> <li>■ Children's Hospital, Richmond</li> <li>■ Community Memorial Health Center</li> <li>■ HCA Hospitals (<i>CJW Chippenham, CJW Johnston-Willis, Henrico Doctors' - Forest &amp; Parham Campuses, John Randolph, Retreat</i>)</li> <li>■ HealthSouth Rehabilitation</li> </ul>	<ul style="list-style-type: none"> <li>■ Mary Washington Hospital</li> <li>■ Rappahannock General Hospital</li> <li>■ Sheltering Arms Hospital</li> <li>■ Southside Community Hospital</li> <li>■ Southside Regional Medical Center</li> <li>■ Stafford Hospital Center</li> <li>■ University of Virginia Health Science Center</li> <li>■ VCU Health System (MCV Hospital)</li> </ul>	<p><b>CARENET's extra programs and services:</b></p> <ul style="list-style-type: none"> <li>■ Asthma management program</li> <li>■ Diabetes management program</li> <li>■ Coronary artery disease management program</li> <li>■ Baby Matters prenatal program for all pregnant members</li> <li>■ Doc Bear Club membership (ages 0-12)</li> <li>■ Home visits to review benefits</li> <li>■ Discounts on eyewear: frames, lenses, and contacts for adults</li> </ul>
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 <p><b>Optima Family Care</b> A Service of Sentara</p> <p><b>Family Care serves these cities and counties:</b> Accomack, Amelia, Brunswick, Caroline, Charles City, Chesterfield, Colonial Heights, Cumberland, Dinwiddie, Emporia, Essex, Franklin City, Goochland, Greensville, Hanover, Henrico, Hopewell, King &amp; Queen, King William, Lancaster, Lunenburg, Mathews, Mecklenburg, Middlesex, New Kent, Northampton, Northumberland, Nottoway, Petersburg, Powhatan, Prince Edward, Prince George, Richmond City, Richmond County, Southampton, Surry, Sussex, &amp; Westmoreland</p>	<p><b>For a list of doctors in Optima Family Care call</b> 1-800-881-2166</p> <p><b>For more information about Family Care call</b> 1-800-881-2166 or 1-757-552-8975 www.optimahealth.com</p>	<p><b>Family Care members can use these hospitals:</b></p> <ul style="list-style-type: none"> <li>■ Bon Secours (<i>DePaul, Mary Immaculate, Maryview, Memorial Regional, Richmond Community, St. Francis, St. Mary's</i>)</li> <li>■ Chesapeake General Hospital</li> <li>■ Children's Hospital of the King's Daughters</li> <li>■ Children's Hospital, Richmond</li> <li>■ Community Memorial Health Center</li> <li>■ Halifax Regional Hospital</li> <li>■ Martha Jefferson Hospital</li> <li>■ Mary Washington Hospital</li> <li>■ Rappahannock General Hospital</li> <li>■ Sentara Hospitals (<i>Bayside, Careplex, Leigh, Norfolk General, Obici, Virginia Beach General, Williamsburg Community</i>)</li> </ul>	<ul style="list-style-type: none"> <li>■ Sheltering Arms Hospital</li> <li>■ Shore Memorial Hospital</li> <li>■ Southampton Memorial Hospital</li> <li>■ Southern Virginia Regional Medical Center (Greensville Memorial)</li> <li>■ Southside Community Hospital</li> <li>■ Southside Regional Medical Center</li> <li>■ University of Virginia Health Science Center</li> <li>■ VCU Health System (MCV Hospital)</li> </ul> <p><i>The list of hospitals does not represent a complete list of facilities available to Family Care members. Call one of our Member Service representatives at 1-800-881-2166 if you have any questions.</i></p>	<p><b>Family Care's extra programs and services:</b></p> <ul style="list-style-type: none"> <li>■ Asthma management program</li> <li>■ Diabetes management program</li> <li>■ Disease prevention programs</li> <li>■ Sentara's Partners in Pregnancy prenatal program for all pregnant members</li> <li>■ Home visits to review benefits</li> <li>■ Basketball program for girls ages 12-14</li> <li>■ Discounts on eye wear: frames, lenses, and contacts for adults</li> </ul>
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 <p><b>VAPremier</b> Health Plan, Inc.</p> <p><b>VAPremier serves these cities and counties:</b> Accomack, Amelia, Brunswick, Charles City, Chesterfield, Colonial Heights, Cumberland, Dinwiddie, Emporia, Franklin City, Fredericksburg, Goochland, Greensville, Hanover, Henrico, Hopewell, King George, King William, Lunenburg, Mecklenburg, New Kent, Northampton, Nottoway, Petersburg, Powhatan, Prince Edward, Prince George, Richmond City, Southampton, Spotsylvania, Stafford, Surry, Sussex and Westmoreland</p>	<p><b>For a list of doctors in VAPremier call</b> 1-800-289-4970 (<i>Central Virginia, Fredericksburg</i>), 1-800-828-7953 (<i>Tidewater</i>)</p> <p><b>For more information about VAPremier call</b> 1-804-819-5151 or 1-800-727-7536 (<i>Central Virginia, Fredericksburg</i>) 1-757-461-0064 or 1-800-828-7989 (<i>Tidewater</i>) www.virginiapremier.com</p>	<p><b>VAPremier members can use these hospitals:</b></p> <ul style="list-style-type: none"> <li>■ Bon Secours (<i>DePaul, Mary Immaculate, Maryview, Memorial Regional, Richmond Community, St. Mary's</i>)</li> <li>■ Chesapeake General Hospital</li> <li>■ Children's Hospital of the King's Daughters</li> <li>■ Children's Hospital, Richmond</li> <li>■ Community Memorial Health Center</li> <li>■ HCA Hospitals (<i>CJW Chippenham, CJW Johnston-Willis, Henrico Doctors' - Forest &amp; Parham Campuses, John Randolph, Retreat</i>)</li> <li>■ Mary Washington Hospital</li> </ul>	<ul style="list-style-type: none"> <li>■ Sentara Hospitals (<i>Bayside, Careplex, Leigh, Norfolk General, Obici, Virginia Beach General</i>)</li> <li>■ Sheltering Arms Hospital</li> <li>■ Shore Memorial Hospital</li> <li>■ Southampton Memorial Hospital</li> <li>■ Southern Virginia Regional Medical Center (Greensville Memorial)</li> <li>■ Southside Community Hospital</li> <li>■ Southside Regional Medical Center</li> <li>■ VCU Health System (MCV Hospital)</li> </ul>	<p><b>VAPremier's extra programs and services:</b></p> <ul style="list-style-type: none"> <li>■ Asthma education program</li> <li>■ Diabetes education program</li> <li>■ Healthy Heartbeats prenatal program for all pregnant members</li> <li>■ Home visits to review benefits</li> <li>■ \$100 credit for contacts or \$32 credit for glasses for adults</li> </ul>
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