

Choose an MCO that:

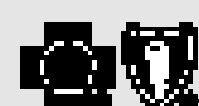
- serves your city or county
- has the doctors, extra benefits, or special health care services you want.

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.



Anthem. HealthKeepers Plus

Offered by HealthKeepers, Inc.

Anthem serves these cities and counties:

Chesapeake, Gloucester, Hampton, Isle of Wight, James City County, Newport News, Norfolk, Poquoson, Portsmouth, Suffolk, Virginia Beach, Williamsburg, and York

For a list of doctors in

Anthem call

1-800-901-0020

For more information

about Anthem call

1-800-901-0020 or
1-757-326-5090

www.anthem.com

Anthem members can use these hospitals:

Bon Secours (*DePaul, Mary Immaculate, Maryview*)
Chesapeake Regional Medical Center
Children's Hospital of the King's Daughters (Norfolk)
Children's Hospital, Richmond
VCU Health System (MCV)
Riverside (*Regional, Shore Memorial, Walter Reed*)
Sentara (*Bayside, Leigh, Norfolk General, Obici, Virginia Beach General, Williamsburg Regional Medical Center*)
Southampton Memorial
Southern Virginia Regional Medical Center

The list of hospitals does not represent a complete list of facilities available to Anthem HealthKeepers Plus members. Call one of our Member Services representatives at 1-800-901-0020 or visit www.anthem.com if you have any questions.

Anthem's extra programs and services:

- Dedicated member outreach specialists to assist and educate you
- Services at retail health clinics (such as MinuteClinic at select CVS pharmacies)
- Translation services for your medical appointments
- Future Moms program for all pregnant members
- Asthma management program
- Diabetes management program
- Discounts with participating chiropractors, acupuncturists, & licensed massage therapists
- Up to a 25% discount for adult eye wear



Optima Family Care

A Service of Sentara

Family Care serves these cities and counties:

Chesapeake, Gloucester, Hampton, Isle of Wight, James City County, Newport News, Norfolk, Poquoson, Portsmouth, Suffolk, Virginia Beach, Williamsburg, and York

For a list of doctors in Optima

Family Care call 1-800-881-2166

For more information about

Family Care call

1-800-881-2166 or
1-757-552-8975

www.optimahealth.com/familycare

Family Care members can use these hospitals:

Bon Secours (*DePaul, Mary Immaculate, Maryview*)
Chesapeake Regional Medical Center
Children's Hospital of the King's Daughters
VCU Health System (MCV)
Sentara (*Bayside, Careplex, Leigh, Norfolk General, Obici, Virginia Beach General, Williamsburg Regional Medical Center*)

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.

Family Care's extra programs and services:

- Asthma management program
- Diabetes management program
- Disease prevention programs
- Sentara's Partners in Pregnancy prenatal program for all pregnant members
- Home visits to review benefits
- Basketball program for girls ages 12-14
- Discounts on eye wear: frames, lenses, and contacts for adults



VAPremier Health Plan serves these cities:

Chesapeake, Hampton, Isle of Wight, Newport News, Norfolk, Portsmouth, Suffolk, and Virginia Beach

For a list of doctors in

VAPremier call

1-800-828-7953

For more information

about VAPremier call

1-800-828-7989 or
1-757-461-0064

www.virginiapremier.com

VAPremier members can use these hospitals:

Bon Secours (*DePaul, Mary Immaculate, Maryview*)
Chesapeake General
Children's Hospital of the King's Daughters
Greensville Memorial
VCU Health System (MCV)
Sentara (*Bayside, Careplex, Leigh, Norfolk General, Obici, Virginia Beach General*)
Shore Memorial
Southampton Memorial

VAPremier's extra programs and services:

- Asthma education program
- Diabetes education program
- Healthy Heartbeats prenatal program for all pregnant members
- Home visits to review benefits
- \$100 credit for contacts or \$32 credit for glasses for adults