

<p>Choose an MCO that:</p> <ul style="list-style-type: none"> • serves your city or county, • has the doctors, extra benefits, or special health care services you want. 	<p>Ask yourself these questions:</p> <ul style="list-style-type: none"> • 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? 	<p>Call to enroll</p> <p>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>
 <p>Amerigroup RealSolutions in healthcare</p> <p>Amerigroup serves these cities and counties: Madison, Orange</p> <p>For a list of doctors in Amerigroup call 1-800-600-4441</p> <p>For more information about Amerigroup call 1-800-600-4441 www.myamerigroup.com</p>	<p>Amerigroup Community Care members can use these hospitals:</p> <ul style="list-style-type: none"> • University of Virginia Medical Center • Culpeper Regional Hospital • Fauquier Hospital • Prince William Hospital • Potomac Hospital • Children's Hospital, DC • INOVA Fairfax Hospital • INOVA Fairfax Hospital for Children 	<p>Amerigroup Community Care extra programs and services:</p> <ul style="list-style-type: none"> • Adult Eyewear every 24 months for members ages 21 and over • No-cost Boys & Girls Club membership • No-cost Sports Physicals for children ages 10 to 18 • Asthma & Diabetes management program • Taking Care of Baby And Me® program for all pregnant members • 100 free minutes and free healthy text messaging for qualifying SafeLink subscribers
 <p>Anthem HealthKeepers Plus Offered by HealthKeepers, Inc.</p> <p>Anthem serves these cities and counties: Albemarle, Buckingham, Charlottesville, Fluvanna, Greene, Halifax, Louisa, Madison, Nelson, Orange</p> <p>For a list of doctors in Anthem call 1-800-901-0020</p> <p>For more information about Anthem call 1-800-901-0020 or 1-757-326-5090 www.anthem.com</p>	<p>Anthem members can use these hospitals:</p> <ul style="list-style-type: none"> • Bon Secours (Memorial Regional, Richmond Community, St. Francis, St. Mary's) • Carilion Stonewall Jackson Hospital • Children's Hospital of Richmond • Community Memorial Health Center • Fauquier Hospital • HCA Hospitals (CJW Chippenham, CJW Johnston-Willis, Henrico Doctors' - Forest & Parham Campuses, John Randolph, Retreat, Spotsylvania) • Halifax Regional Hospital • Martha Jefferson Hospital • Mary Washington Hospital • Page Memorial Hospital • Shenandoah Memorial Hospital • Southside Community Hospital • Stafford Hospital Center • University of Virginia Medical Center • VCU Health System (MCV Hospital) • Warren Memorial Hospital • Winchester Medical Center 	<p>Anthem extra programs and services:</p> <ul style="list-style-type: none"> • 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
 <p>CareNet SOUTHERN HEALTH SERVICES, INC. A Coventry Health Care Plan</p> <p>CareNet serves these cities and counties: Amherst, Appomattox, Campbell, Lynchburg</p> <p>For a list of doctors in CareNet call 1-800-279-1878</p> <p>For more information about CareNet call 1-800-279-1878 www.YourCareNet.com</p>	<p>CareNet members can use these hospitals:</p> <ul style="list-style-type: none"> • Augusta Medical Center • Bedford Memorial Hospital • Carilion Community • Carilion Franklin • Carilion Giles • Carilion Memorial • Carilion New River • Carilion Stonewall Jackson Hospital • Children's Hospital of Richmond • Lynchburg General Hospital • Martha Jefferson Hospital • Mary Washington Hospital • Rockingham Memorial Hospital • Southside Community Hospital • University of Virginia Medical Center • VCU Health Systems (MCV Hospital) • Virginia Baptist Hospital 	<p>CareNet extra programs and services:</p> <ul style="list-style-type: none"> • Asthma management program • Diabetes management program • Coronary artery disease management program • High risk OB case management • Baby Matters prenatal program for all pregnant members and maternity incentive • Immunization incentive • Doc Bear Club Membership (ages 0-12) • Home visits to review benefits • Translation service for medical appointments • Discounts on eyewear: frames, lenses, and contacts for adults
 <p>Optima Family Care A Service of Sentara</p> <p>Family Care serves these cities and counties: Albemarle, Amherst, Appomattox, Augusta, Buckingham, Campbell, Charlotte, Charlottesville, Danville, Fluvanna, Greene, Halifax, Harrisonburg, Louisa, Lynchburg, Madison, Nelson, Orange, Pittsylvania, Rockingham, Staunton, Waynesboro</p> <p>For a list of doctors in Optima Family Care call 1-800-881-2166</p> <p>For more information about Family Care call 1-800-881-2166 or 1-757-552-8975 www.optimahealth.com/familycare</p>	<p>Family Care members can use these hospitals:</p> <ul style="list-style-type: none"> • Augusta Medical Center • Children's Hospital of Richmond • Community Memorial Health Center • Danville Regional Medical Center • Fauquier Hospital • Halifax Regional Hospital • Lynchburg General Hospital • Martha Jefferson Hospital • Mary Washington Hospital • Page Memorial Hospital • Rockingham Memorial Hospital • Shenandoah Memorial Hospital • Southside Community Hospital • University of Virginia Medical Center • VCU Health Systems (MCV Hospital) • Virginia Baptist Hospital • Warren Memorial Hospital • Winchester Medical Center <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>Family Care extra programs and services:</p> <ul style="list-style-type: none"> • Discounts on eye wear: frames, lenses, and contacts for adults • 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
 <p>VAPremier Health Plan, Inc.</p> <p>VAPremier serves these cities and counties: Albemarle, Amherst, Appomattox, Augusta, Buckingham, Campbell, Charlotte, Charlottesville, Danville, Fluvanna, Greene, Halifax, Harrisonburg, Louisa, Lynchburg, Nelson, Pittsylvania, Rockingham, Staunton, Waynesboro</p> <p>For a list of doctors in VAPremier call 1-888-338-4579</p> <p>For more information about VAPremier call 1-888-338-4579 or 1-540-344-8838 www.virginiapremier.com</p>	<p>VAPremier members can use these hospitals:</p> <ul style="list-style-type: none"> • Augusta Medical Center • Bedford Memorial Hospital • Children's Hospital of Richmond • Community Memorial Health Center • Hospital • Danville Regional Medical Center • Halifax Regional Hospital • Lynchburg General Hospital • Martha Jefferson Hospital • Mary Washington Hospital • Page Memorial Hospital • Rockingham Memorial Hospital • Shenandoah Memorial Hospital • Southside Community Hospital • Stonewall Jackson Hospital • University of Virginia Medical Center • VCU Health Systems (MCV Hospital) • Virginia Baptist Hospital • Warren Memorial Hospital • Winchester Medical Center 	<p>VAPremier extra programs and services:</p> <ul style="list-style-type: none"> • 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 • Disease management programs • Services at retail health clinics (such as Minute Clinics) • Case Management nurses to help you with getting needed care • Fitness program with "Curves"

<p>Elija una MCO que:</p> <ul style="list-style-type: none"> • Esté situada en su ciudad o condado. • Tenga los doctores, beneficios extra o los servicios de cuidados especiales que usted quiere. 	<p>Hágase las siguientes preguntas:</p> <ul style="list-style-type: none"> • Mis médicos y otros proveedores de salud, ¿pertenecen a uno de estos planes? • El hospital que uso, ¿trabaja con uno de estos planes? • Alguna de las MCOs, ¿tiene los beneficios extra que quiero? • Alguna de las MCOs, ¿puede ayudarme con los cuidados de salud especiales que yo pueda tener? 	<p>Llame para inscribirse</p> <p>Llame a la línea de ayuda de atención administrada al 1-800-643-2273 (TDD 1-800-817-6608). Usted puede llamar de lunes a viernes de 8:30 a.m. a 6:00 p.m. La llamada es gratuita y tenemos servicios de intérpretes y traductores.</p>
 <p>Amerigroup está en las siguientes ciudades y condados: Madison, Orange</p> <p>Para una lista de doctores de Amerigroup llame al 1-800-600-4441</p> <p>Para más información sobre Amerigroup llame al 1-800-600-4441</p> <p>www.myamerigroup.com</p>	<p>Los miembros de Amerigroup Community Care pueden usar estos hospitales:</p> <ul style="list-style-type: none"> • University of Virginia Medical Center • Culpeper Regional Hospital • Fauquier Hospital • Prince William Hospital • Potomac Hospital • Children's Hospital, DC • INOVA Fairfax Hospital • INOVA Fairfax Hospital for Children 	<p>Los programas y servicios extra de Amerigroup Community Care</p> <ul style="list-style-type: none"> • Anteojos para adultos cada 24 meses para miembros de 21 años de edad y mayores • Asociación al Boys & Girls Club, sin costo • Exámenes físicos para deportes para niños entre 10 a 18 años de edad, sin costo • Programa de control de asma y diabetes • Programa Cómo me cuido y cómo cuido a mi bebé® para las mujeres embarazadas inscritas (afiliadas) • 100 minutos gratis y mensajes de texto sobre salud gratis, para los suscriptores elegibles de Safelink
 <p>Anthem HealthKeepers Plus</p> <p>Ofrecido por HealthKeepers, Inc.</p> <p>El plan Anthem está en las siguientes ciudades y condados: Albemarle, Buckingham, Charlottesville, Fluvanna, Greene, Halifax, Louisa, Madison, Nelson, Orange</p> <p>Para una lista de doctores de Anthem llame al 1-800-901-0020</p> <p>Para más información sobre Anthem llame al 1-800-901-0020 o 1-757-326-5090</p> <p>www.anthem.com</p>	<p>Los miembros de Anthem pueden usar estos hospitales:</p> <ul style="list-style-type: none"> • Bon Secours (Memorial Regional, Richmond Community, St. Francis, St. Mary's) • Carilion Stonewall Jackson Hospital • Children's Hospital of Richmond • Community Memorial Health Center • Fauquier Hospital • HCA Hospitals (CJW Chippenham, CJW Johnston-Willis, Henrico Doctors' - Forest & Parham Campuses, John Randolph, Retreat, Spotsylvania) • Halifax Regional Hospital • Martha Jefferson Hospital • Mary Washington Hospital • Page Memorial Hospital • Shenandoah Memorial Hospital • Southside Community Hospital • Stafford Hospital Center • University of Virginia Medical Center • VCU Health System (MCV Hospital) • Warren Memorial Hospital • Winchester Medical Center 	<p>Los programas y servicios extra de Anthem:</p> <ul style="list-style-type: none"> • Especialistas dedicados del alcance del miembro para ayudar y educarle • Servicios de venta al por menor en las clínicas de salud (como MinuteClinic en farmacias selectas de CVS) • Servicios de traducción para sus citas médicas • Programa Future Moms para todas las socias embarazadas • Programa sobre cómo manejarse con asma • Programa sobre cómo manejarse con diabetes • Descuentos con los quiroprácticos, acupunturistas y masajistas participantes en el plan • Hasta un 25% de descuento en anteojos para adultos
 <p>El plan CareNet está en las siguientes ciudades y condados: Amherst, Appomattox, Campbell, Lynchburg</p> <p>Para una lista de doctores de CareNet llame al 1-800-279-1878</p> <p>Para más información sobre CareNet llame al 1-800-279-1878</p> <p>www.YourCareNet.com</p>	<p>Los miembros de CARENET pueden usar estos hospitales:</p> <ul style="list-style-type: none"> • Augusta Medical Center • Bedford Memorial Hospital • Carilion Community • Carilion Franklin • Carilion Giles • Carilion Memorial • Carilion New River • Carilion Stonewall Jackson Hospital • Children's Hospital of Richmond • Lynchburg General Hospital • Martha Jefferson Hospital • Mary Washington Hospital • Rockingham Memorial Hospital • Southside Community Hospital • University of Virginia Medical Center • VCU Health Systems (MCV Hospital) • Virginia Baptist Hospital 	<p>Los programas y servicios extra de CareNet:</p> <ul style="list-style-type: none"> • Programa sobre cómo manejarse con asma • Programa sobre cómo manejarse con diabetes • Programa sobre cómo manejarse con enfermedad de la arteria coronaria • Administración de casos para embarazos de alto riesgo • Programa prenatal Baby Matters para todas las afiliadas embarazadas e incentivos de maternidad • Incentivo de Inmunización • Doc Care Club - Asociación (0-12 años de edad) • Visitas a domicilio para rever los beneficios • Servicios de traducción para las citas médicas • Descuento en anteojos: marcos, lentes y lentes de contacto para adultos
 <p>Optima Family Care</p> <p>A Service of Sentara</p> <p>El plan Family Care está en las siguientes ciudades y condados: Albemarle, Amherst, Appomattox, Augusta, Buckingham, Campbell, Charlotte, Charlottesville, Danville, Fluvanna, Greene, Halifax, Harrisonburg, Louisa, Lynchburg, Madison, Nelson, Orange, Pittsylvania, Rockingham, Staunton, Waynesboro</p> <p>Para una lista de doctores de Optima Family Care llame al 1-800-881-2166</p> <p>Para más información sobre Family Care llame al 1-800-881-2166 or 1-757-552-8975</p> <p>www.optimahealth.com/familycare</p>	<p>Los miembros de Family Care pueden usar estos hospitales:</p> <ul style="list-style-type: none"> • Augusta Medical Center • Children's Hospital of Richmond • Community Memorial Health Center • Danville Regional Medical Center • Fauquier Hospital • Halifax Regional Hospital • Lynchburg General Hospital • Martha Jefferson Hospital • Mary Washington Hospital • Page Memorial Hospital • Rockingham Memorial Hospital • Shenandoah Memorial Hospital • Southside Community Hospital • University of Virginia Medical Center • VCU Health Systems (MCV Hospital) • Virginia Baptist Hospital • Warren Memorial Hospital • Winchester Medical Center <p><i>La lista de los hospitales no representa un listado completo de las instalaciones a disposición de los miembros de Family Care. Si tiene alguna pregunta, llame a uno de nuestros representantes de Servicios a los Afiliados al 1-800-881-2166.</i></p>	<p>Los programas y servicios extra de Family Care:</p> <ul style="list-style-type: none"> • Programa sobre cómo manejarse con asma • Programa sobre cómo manejarse con diabetes • Programas de prevención de enfermedades • Programa prenatal Sentara's Partners in Pregnancy para todas las socias embarazadas • Visitas a domicilio para rever los beneficios • Programa de baloncesto para niñas de 12-14 años de edad • Descuento en anteojos: marcos, lentes y lentes de contacto para adultos
 <p>El plan VAPremier está en las siguientes ciudades y condados: Albemarle, Amherst, Appomattox, Augusta, Buckingham, Campbell, Charlotte, Charlottesville, Danville, Fluvanna, Greene, Halifax, Harrisonburg, Louisa, Lynchburg, Nelson, Pittsylvania, Rockingham, Staunton, Waynesboro</p> <p>Para una lista de doctores de VAPremier llame al 1-888-338-4579</p> <p>Para más información sobre VAPremier llame al 1-888-338-4579 or 1-540-344-8838</p> <p>www.virginiapremier.com</p>	<p>Los miembros de VAPremier pueden usar estos hospitales:</p> <ul style="list-style-type: none"> • Augusta Medical Center • Bedford Memorial Hospital • Children's Hospital of Richmond • Community Memorial Health Center • Danville Regional Medical Center • Halifax Regional Hospital • Lynchburg General Hospital • Martha Jefferson Hospital • Mary Washington Hospital • Page Memorial Hospital • Rockingham Memorial Hospital • Shenandoah Memorial Hospital • Southside Community Hospital • Stonewall Jackson Hospital • University of Virginia Medical Center • VCU Health Systems (MCV Hospital) • Virginia Baptist Hospital • Warren Memorial Hospital • Winchester Medical Center 	<p>Los programas y servicios extra de VAPremier:</p> <ul style="list-style-type: none"> • Programa de educación de asma. • Programa de educación de diabetes. • Programa Healthy Heartbeats para todas las socias embarazadas. • Visitas a domicilio para rever los beneficios • Crédito de \$100 por lentes de contacto o crédito de \$32 por anteojos para adultos • Programas de control de enfermedades • Servicios de venta al por menor en las clínicas de salud (como Minute Clinics) • Enfermeras administradoras de casos, para ayudar a conseguir la atención necesaria • Programa de acondicionamiento físico con "Curves"