

## Finding providers through the Anthem / Blue Cross Search Engine

Open the Anthem provider directory at:

<https://www.anthem.com/health-insurance/provider-directory/searchcriteria>

1) Under the *Search as a Guest*, Select *Search by a Plan or Network*. This will take you to *Find a Doctor*.

2a) – What type of Care are you searching for? Select *Medical*

2b) – What state do you want to search in? Select *California*

2c) – Select a plan/network: – Scroll down a long menu to *Medical – (Employer-Sponsored)*

Select *Blue Cross PPO (Prudent Buyer) – Large Group*

Click *Continue*

3a) – I am looking for: *Doctor/Medical Professional*

3b) – Who specializes in: Select *Psychology* or *Psychiatry*

3c) – Located near: enter *Zip Code* *Within distance of* : defaults to 20 miles but you can change that.

Then click *Search*

Once you identify a provider that you are interested in seeing, please call them directly to verify that they are indeed on the SHIP panel. Then you can schedule an appointment or initial consultation if they are taking new clients, and let me know which provider you have selected.

If you want to use your insurance, please remember it is your responsibility to verify and understand your insurance coverage and what your out-of-pocket costs will be. After attending your appointment, please call me to confirm if you plan to continue with the same provider for ongoing care.

If you are using the UCSD SHIP Insurance Panel and have questions, you can contact the UCSD Student Health Insurance Office at (858) 534-42124. You will also need to sign an acknowledgment form that outlines information, such as copays and referral information.

Please note that your SHIP referral will no longer be valid 1) if it expires, 2) the number of visits specified is expended or 3) you change providers from those specified. If you need continued treatment when your referral becomes invalid, please contact your referring CAPS psychologist prior to incurring any additional charges, or you will be responsible for paying the entire amount billed. Retroactive referrals are not available for charges incurred without a concurrent valid referral.