

Know Where to Get Care

COMMUNITYCARE HMO

Your plan offers a variety of ways to get the care you need, when you need it.



At a doctor's office

Your primary care doctor (PCP)

Go to your PCP for routine and preventive care, such as annual wellness exams, illness, vaccinations, and general medical care.

Your PCP's name and number are on your Health Net ID card.

Other in-network providers

Get care from other doctors, specialists or providers (like urgent care or hospitals) in your network. PCP referral is required except for emergency care, urgent care and services approved by Health Net.^{1, 2}

To find providers in the CommunityCare HMO network, visit www.myhealthnetca.com and click on *Find a Doctor*.

MHN network providers

Use an MHN provider for counseling, psychotherapy, treatment for addiction, psychiatric services. PCP referral is not required.

Find an MHN provider at www.mhn.com/members.html, or call the Mental Health Benefits number listed on your Health Net ID card.



At home

24/7 Teladoc

Use Teladoc for phone or online video consults with a Teladoc doctor or therapist. Ideal when you can't meet with your PCP or their office is closed.¹

Call 1-800-Teladoc (1-800-835-2362). Set up your account at www.teladoc.com/hn.

24/7 Nurse advice line

Get advice from a registered nurse on whether to seek medical care or how to care for illness and injury at home, like self-care for minor injuries and illness like fevers and the flu.¹

Call 1-800-893-5597 (TTY: 711).



In a clinic

Urgent care centers

Get same-day care for non-emergency illnesses or injuries.¹

Visit www.myhealthnetca.com and click on *Find a Doctor* to search for a CommunityCare HMO network urgent care location near you.



You are in the CommunityCare HMO Individual & Family Plan network.

¹Go straight to the nearest emergency room or call 911 if you have an emergency.

²Self-referrals are allowed for obstetrician and gynecological services, and reproductive and sexual health care services. There is no coverage for out-of-network services except for emergency care, urgent care and services approved by Health Net.