

# Select HMO:

## An affordable HMO network



**Uncomplicated coverage. Your care is guided by your doctor, from primary care to referrals to a specialist.**

Our HMO health benefit plans coordinate health care services with the member, a medical group or independent practice association (IPA) and a primary care doctor (PCP). The PCP coordinates all health care, including routine checkups, treatment and referrals, as needed.

### How does Select HMO work?

Select HMO combines a cost-efficient network with a dynamic benefit design. Members have access to a robust network of medical groups, hospitals and doctors — within 22 key counties statewide — that have demonstrated the most cost-efficient practice patterns and hospital referrals. All you have to do is go to [anthem.com/ca](http://anthem.com/ca) and search the “Find a Doctor” site. You may also call the customer service number on your member ID card.

### Select HMO advantages include:

- Low, *predictable* out-of-pocket costs.
- *Access to more than 27,000 California Select HMO doctors and specialists and more than 390 hospitals.*
- *Emergency care coverage* around the world and around the clock.
- *Easy referrals* coordinated by your primary care doctor.
- *Well Woman*, a program that allows female members to self-refer to participating OB-GYNs.

- *Online tools and support* including helpful decision-making tools, valuable health resources, personal guidance, discounts on health-related products and more.
- *Access to [anthem.com/ca](http://anthem.com/ca)*, your link to services, benefit and provider information. When you get your ID card, register for online services at [anthem.com/ca](http://anthem.com/ca) to tap into a whole suite of decision-making tools and health resources.

### Participating Select HMO counties:

Alameda	Orange	Santa Clara
Contra Costa	Placer	Santa Cruz
Fresno	Riverside	Stanislaus
Imperial	Sacramento	Tulare
Kern	San Bernardino	Ventura
Los Angeles	San Diego	Yolo
Merced	San Francisco	
Nevada	San Joaquin	

Select HMO network gives you what you expect from a health plan at an affordable cost.

We look forward to serving you!

