

TIPS

Using Your Insurance Company's Web Site to Search for a Provider

In a general search engine, such as Google, type in the name of your insurance company.



When you get to the site you may be prompted to create an account and/or register using your policy number.



After you have entered the site, select a tab that will be labeled something such as: "Providers", or "Find a Doctor", or "Physician Search", or "DocFind" or "Provider Directory", or "Provider Search" which will take you to the search page of the site.

When you get to the search page, you will be asked to do the following:

- Enter a zip code or a town/city
- Choose/enter the particular insurance plan that you have with the company
- Choose/enter a driving distance range such as: 1-2 miles, 3-5 miles
- Select a Type of Physician – Choose the option "Behavioral Health" or "Mental Health"

Narrow your search

On some sites, you will be able to choose a type of provider such as psychiatrist, psychologist, licensed professional counselor, marriage and family therapist and/or clinical social worker, but you may have to search each of these types of providers separately.

You may also be able to designate a specialty focus such as: grief, relationships, anxiety, depression, trauma, etc.



Results are either too broad or too narrow? Try increasing or decreasing the driving distance.



Do a little research

Some sites also will provide links to individual therapists' web sites which will help you to learn still more about them. If there is no direct link, try using a general search engine such as Google to see if the therapist has a web site

PRINT and CALL



Be sure to print out your search results for easy reference when you make calls/send email.

Questions?



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