



How to Find a Provider:

To find a provider for Kaiser or CIGNA please consult the plan brochures available in the employee self-service portal.



How to Find a Sharp Doctor

► Sharp Classic Plan – Choice Network

To find a doctor in Sharp Health Plan's Classic Plan:

1. Go to www.sharphealthplan.com/findadoctor.
2. Choose the Choice network from the dropdown.
3. Enter your zip code and type of provider to narrow your search. Press Search Providers.

► Sharp Select Plan – Premier Network

To find a doctor in Sharp Health Plan's Select Plan:

1. Go to www.sharphealthplan.com/findadoctor.
2. Choose the Premier network from the dropdown.
3. Enter your zip code and type of provider to narrow your search. Press Search Providers.

► Sharp Saver Plan – Premier Network

To find a doctor in Sharp Health Plan's Saver Plan:

1. Go to www.sharphealthplan.com/findadoctor.
2. Choose the Premier network from the dropdown.
3. Enter your zip code and type of provider to narrow your search. Press Search Providers.

MetLife How to Find a MetLife Dentist

► Dental HMO

To find out if your current dentist is a part of the MetLife HMO network:

1. Go to www.metlife.com.
2. On the right-hand side, under "I want to find a MetLife..." Click Dentist.
3. Enter your zip code or City, State.
4. Select Dental HMO/Managed Care. Click submit.
5. On the next page you will need to enter the plan name. MEA's plan is MET100. Click GO
6. Wait a few seconds for the page to load then scroll down to review the results.

► Dental PPO

To find out if your dentist is a part of the MetLife PPO network:

1. Go to www.metlife.com.
2. On the right-hand side, under "I want to find a MetLife..." Click Dentist.
3. Enter your zip code or City, State.
4. Select PDP Plus. Click submit.
5. Wait a few seconds for the page to load then scroll down to review the results.

VSP How to find a VSP Provider

To find a VSP vision care provider:

1. Go to www.vsp.com.
2. Under "Find A VSP Doctor" enter your zip code and click "Search".
3. The next screen will provide you with a list of providers And the ability to refine your search. MEA is on the Choice Network.