

PCPs & specialists



Specialty care

Health First Health Plans is proud to offer “open access”— that means you don’t need referrals to see specialists in our network. It also means you can enjoy the benefits of having more choice, more flexibility, and more convenience. (Important note: Although Health First Health Plans does not require you to get a referral, many specialists may ask you to get one from your primary care physician to ensure your care is coordinated effectively.)

Getting established with your PCP

Even though we don’t require primary care physician (PCP) referrals to see specialists, we still encourage you to “get established” and regularly see your PCP. Being established means you’ve seen your PCP within a certain amount of time (usually within the past year, but it can vary), and the office already has your up-to-date records.

- If you’ve seen your doctor before but aren’t sure if you’re established, call and ask.
- If you’re choosing a new PCP (or haven’t been seen in a long time), make an appointment to get established, and ask your former doctor(s) to transfer your old records to your new PCP.

Collecting and updating information about your medical history is important, so it’s best to do this when you’re healthy and the office can devote extra time to you. Then, if you get sick and need care, your doctor will be able to see you more quickly and your records will already be available. Also, by being established with a network PCP, you’ll be able to receive care from the doctor you’ve chosen in the event he or she is no longer accepting new patients.

Your PCP can best coordinate all aspects of any care you may receive from other providers, and also keep track of all your medications to reduce the chance of any complications. Plus, your PCP can often help you choose a specialist and schedule appointments more quickly.

For more information about physicians in our network, their credentials, addresses, and phone numbers, see your provider directory, visit our web site, or call Customer Service.

Health First Health Plans

*Health
First*

Dedicated to your good health

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