



# Make the switch to UMP Plus–PSHVN

UMP Plus–Puget Sound High Value Network (PSHVN) provides members with convenience, cost savings, and a comprehensive network of health care providers who work with you to improve your health.

UMP Plus–PSHVN gives you high-quality health plan features, such as:

- + Excellent benefits and customer service.
- + Lower health care costs.
- + A comprehensive network of providers working together to improve your care.
- + Primary care office visits at no cost to you when you see a core network primary care provider (or naturopath from the support network).\*
- + Providers with extended hours.
- + Centralized appointment line.
- + 24/7 nurse line.

UMP Plus–PSHVN takes care of you, whether you're healthy or need specialized care. Visit the PSHVN website at [pugetsoundhighvaluenetwork.org](http://pugetsoundhighvaluenetwork.org) to:

- + Search for UMP Plus–PSHVN core network providers.
- + Learn more about UMP Plus–PSHVN.

To view the full list of core and support network providers, visit the UMP website at [ump.regence.com](http://ump.regence.com).

UMP Plus–PSHVN is available to those living in Chelan, Douglas, King, Kitsap, Pierce, Snohomish, or Yakima counties.

\*Related services, like x-rays or labs that you may receive during these office visits, may be subject to the medical deductible and coinsurance.

“We are extremely satisfied with the choice of providers in this network. They pay a lot of attention to detail, and they take comprehensive care of my husband and my health issues at a reasonable price.”  
—UMP Plus member

Find out how to enroll in UMP Plus–PSHVN by visiting HCA's website at [hca.wa.gov/erb](http://hca.wa.gov/erb).

## Providers who work together to improve your health

Under UMP Plus–PSHVN, network providers work with you to improve your health. Together, they take into account the whole picture of your health to enhance the care you receive. You choose your own primary care provider within UMP Plus–PSHVN’s network and you can self-refer to specialists and other providers in the network.

## Access to comprehensive services

With UMP Plus–PSHVN, you receive access to:

- + 1,100+ primary care providers
- + 5,500+ specialty providers
- + 1,050+ clinics
- + 14 hospitals
- + 40+ urgent care centers
- + Emergency care worldwide

You can view the network’s provider directory online by visiting UMP’s website at [ump.regence.com](http://ump.regence.com) to confirm if a specific provider is in the UMP Plus–PSHVN network.

You save money when you use network providers, so if you have specific providers or facilities you want to use, make sure they’re in the network before you enroll.

## Convenience

- + Schedule appointments, message your provider, and access your medical record through our patient portals.
- + Access a nurse line 24/7.
- + Enjoy expanded hours for primary care and urgent care network providers across UMP Plus–PSHVN’s network.

## Lower health care costs

- + Primary care office visits at no cost to you when you see a core network primary care provider (or a naturopath from the support network).\*
- + No prescription drug deductible.
- + Premiums and a medical deductible that are lower for UMP Plus–PSHVN compared to some of the other UMP plans.
- + An out-of-pocket maximum of \$2,000 per person or \$4,000 per family for covered benefits.

\*Related services, like x-rays or labs that you may receive during these office visits, may be subject to the medical deductible and coinsurance.

“I have MS and the medications are extremely expensive. I also rely on my specialist a great deal for my care. Without UMP Plus, I could not afford the treatments and would not be able to afford the medications.”

—UMP Plus member

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UMP is administered by Regence BlueShield and Washington State Rx Services under contract with the Washington State Health Care Authority.

HCA is committed to providing equal access to our services. If you need an accommodation, or require documents in another format, please contact the following. Employees: Your payroll or benefits office. Retirees and Continuation Coverage members: Call us at 1-800-200-1004 (TRS: 711).