

Carrier name	Instructions to add providers to carrier networks
Kaiser Permanente Northwest	Providers can use this information to learn more.
Kaiser Permanente WA	Providers interested in joining the network can review this information. Providers wanting to contract can email kpwa.provider-services@kp.org .
Kaiser Permanente WA Options	Alternative medicine providers (acupuncture, massage, and naturopaths), chiropractors, and physical therapists should call 1-800-274-7526 or email contactus@tivityhealth.com . Pharmacies interested in joining KPWA Options should call OptumRX at 1-877-633-4701.
Premera	Providers can review this information or members can nominate providers for Premera’s network by completing this form and submitting it as instructed.
UMP	Providers can review this information.
UMP Plus – UW ACN	Providers can review this information or email Lauren Fischer at dunnuck@uw.edu .
UMP Plus – PSHVN	Providers can email Andrew Kartunen at Andrew.Kartunen@virginiamason.org .
DeltaCare	Providers can call the Provider Services team at 1-800-238-3439 or email provider relations at prelations@deltadentalwa.com .
Uniform Dental Plan	
Willamette Dental	This is a closed panel EPO plan. Providers must be employees of Willamette Dental.
Davis Vision	Members can nominate providers for Davis Vision’s network on Davis Vision’s website .
EyeMed Vision	Providers can use this information or call the customer service line at 1-800-699-0993 and follow the prompts.
MetLife Vision	Providers can email Suzanne Hortaridis at shortaridis@metlife.com .