



Find out how to enroll in  
UMP Plus–PSHVN at [hca.wa.gov/erb](http://hca.wa.gov/erb).

# 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 health line.

UMP Plus–PSHVN takes care of you, whether you're healthy or need specialized care. Visit [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 network and support network providers, visit [regence.com/ump](http://regence.com/ump).

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

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

*“Everything is connected, and all the providers can see full medical records and reports from other providers. It is easy for me to see everything... and access records and communicate with providers. Also, the lower contribution I pay plus reduced or no co-pays has saved me lots of money!”*  
—UMP Plus member



## Providers working together to improve your care.

Under UMP Plus–PSHVN, network providers work with you to improve your health. Together, they take into account the whole picture of your health and track and enhance the care you receive. And, you can self-refer to specialists and other providers in your network.



## Convenience makes your life easier.

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



## Convenient access to comprehensive services.

With UMP Plus–PSHVN, you receive access to:

- + 700+ Primary care providers.
- + 5,500+ Specialty providers.
- + 900+ Clinics.
- + 12 Hospitals.
- + 25+ Urgent Care Centers.
- + Emergency care worldwide.

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



## More money in your wallet.

- + You pay \$0 for office visits with primary care and naturopath providers when you see a core network primary care provider or a naturopath from the support network.\*
- + No prescription drug deductible.
- + Premiums and deductibles are lower for UMP Plus–PSHVN compared to some of the other UMP plans.
- + UMP Plus–PSHVN has 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 receive during these office visits may be subject to 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

“I have MS and the medications are extremely expensive. I also rely on my specialist a great deal for my care and opinion. 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 a third-party vendor 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 personnel, payroll, or benefits office. Retirees, PEBB and SEBB Continuation Coverage members: Call the Health Care Authority at 1-800-200-1004 (TRS: 711).