



# Where You Get Your Health Care Matters.

Your health is important, and each day you make choices to ensure the wellness of your family and you. Finding the right doctor is another very important choice you need to make for your health. During open enrollment, select a health insurance plan that includes Scripps. We put our patients at the center of everything we do. It's been that way for more than 100 years, and still is today. We're here for good — your good health. With more than 25 clinics throughout San Diego County, Scripps offers extended hours for primary care and multiple telemedicine options to ensure the primary care needs of you and your family are covered.

There are two simple ways to find the Scripps provider who is right for you and your family:

- Search now with our easy-to-use Doctor Finder: [scripps.org/findadoctor](https://scripps.org/findadoctor).
- Call **858-264-3143** Monday–Friday, 7 a.m.–7 p.m., to speak with a physician referral specialist who can help you find the right doctor and schedule your first appointment.



# Now is the time to consider your options.

Make the change to better health today by selecting a health insurance plan with a network that includes Scripps facilities and providers. It's easy to switch to Scripps. We can help you make the process a smooth one with full doctor profiles and online scheduling for new patients. We accept most insurance plans, including HMO plans. Here's a checklist to help make the process easier.



- Know your deadlines!** The annual open enrollment period for most health insurance plans often takes place during the fall. However, specific deadlines to renew or change health plans vary:

Employer-provided health insurance:	Check with your employer for specific enrollment dates and deadlines during the fall.
Covered California:	Open enrollment for Covered California is Nov. 1, 2021–Jan. 31, 2022.
Medicare:	Sign up or make changes to your coverage during the annual enrollment period for Medicare October 15–December 7.
Special Enrollment Period:	You can make changes to your health coverage at any time due to a qualifying event, including: <ul style="list-style-type: none"><li>• Birth/adoption of child</li><li>• Marriage/ divorce</li><li>• New job</li><li>• Moving</li><li>• Loss of coverage</li><li>• Earning U.S. citizenship</li><li>• Turning 26</li><li>• Death of someone who shares your plan</li></ul>

- Examine your health coverage** and the needs of your family:

- Is my health plan cost-effective and within my budget?
- Does the plan cover telemedicine options?
- What do you like and dislike about your current plan?
- What are your premium, deductible and co-pays?
- How many routine doctor visits do you make each year?
- Do you require care from a specialist?
- Do you take medication?

- Next, think carefully about your preferences:**

- **Providers:** Review the network for the plan you are selecting to be sure the doctors and facilities you prefer are included. You may be able to keep your existing providers or may be required to select new providers.
- **Medications:** Check the health plan's drug formulary if you take medications to make sure your prescriptions will be covered.
- **Procedures:** If you are anticipating a medical procedure such as childbirth or surgery, check the plan to understand your coverage





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Remember to ask questions and carefully understand the health plan you select. Now that you have selected a health insurance plan that includes Scripps, it's time to familiarize yourself with the system and plan for your medical care.



These tips will help you prepare for the first visit with your Scripps doctor:

- Sign up for MyScripps, the online patient portal
- Visit [scripps.org](https://scripps.org) to select a provider.
- Schedule your first visit by using the convenient online scheduling option at [scripps.org](https://scripps.org) or call 1-800-SCRIPPS (727-4777) for personal assistance.
- Plan your first visit after your coverage effective date.
- Refill current prescriptions to ensure you do not run out prior to your first appointment with your Scripps doctor.
- Request your medical records be sent to your new provider.
- Visit [scripps.org](https://scripps.org) for more information about your provider and locations including directions, parking and more.

