Self-referred services available

For HMO plans

Patients can self-refer for some services. The provider must be in the member's HMO network.

PCP referral is not required.

- Acupuncture
- Chiropractic
- Family Practice
- Mammography
- Mental Health and Wellness/Substance Use Services
- Naturopath
- OB/GYN/Midwifery/Women's Healthcare- In-network family practice specialist, general practitioners, obstetricians and gynecologists (OB/GYNs), internal medicine specialists, advanced registered nurse practitioners (ARNPs) specialists in women's health and midwifery, certified nurse midwives (CNMs), licensed midwives (LMs), physician assistants (PAs), and pediatricians if the diagnosis is on this list diagnosis list.
- Optometry
- Smoking Cessation

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