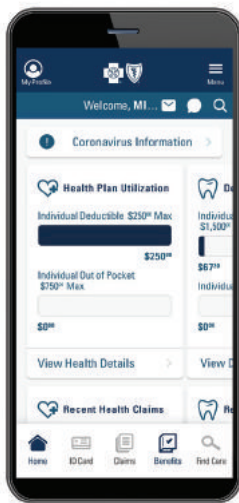


# GETTING STARTED WITH SHOPPING FOR CARE

Shopping for Care helps you find care based on your health plan. You can search based on things that matter to you, such as distance, quality or reviews.

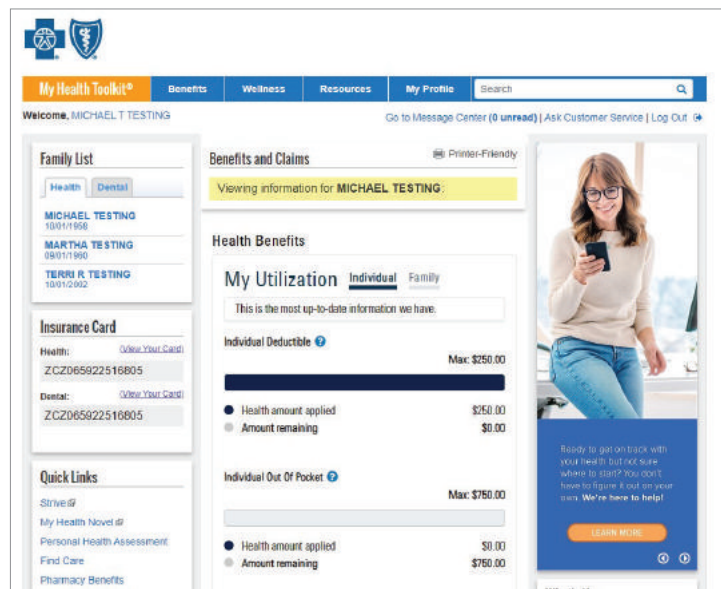
## 1. Accessing Shopping for Care

Use the My Health Toolkit mobile app:



In the My Health Toolkit mobile app, select **Find Care** in the bottom right corner.

Access My Health Toolkit on your desktop.



On the My Health Toolkit site, the Shopping for Care tool can be found under the **Resources** menu. Access the tool by selecting **Find Care**.

**Narrow Your Results without Logging In**

Enter the **first 3 characters** of your member ID number found on your insurance card for **care options in your network**.

XYZ | 356789

Go

Member Name	Dependents	Plan Name	ALPHA
Wendy Doe	Julie Doe Robbie Doe Billy Doe		Employer Group
Member ID	02457	Plan	PP0
Benefit Plan	187514	Office Visit	\$15
Effective Date	03/01/00	Specialist Copay	\$15
		Emergency	\$75
		Deductible	\$50

Use the **three-character prefix** as shown below to see results specific to your network, even if you are not enrolled yet.

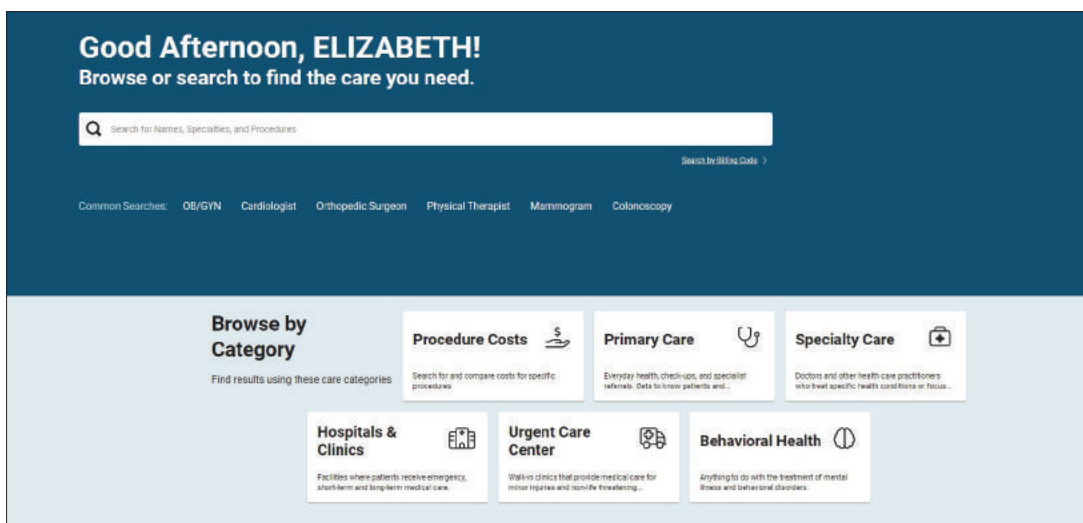
**Roper Technologies Alpha Prefixes**

RTL - for Florida residents

RTK - for Georgia residents

RTC - for residents of other states

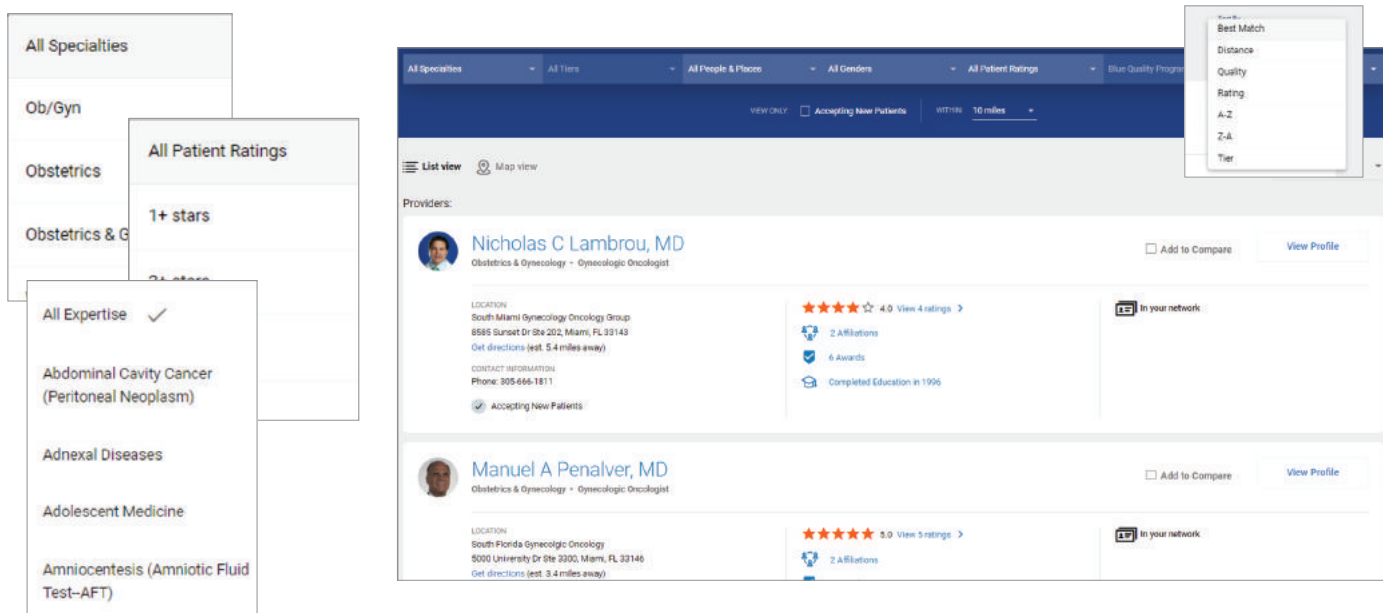
## 2. Finding an In-Network Provider



Once you've entered a **three-character prefix** or selected a network, you can search for a specific provider, specialty or procedure by name. You can also browse by selecting the common search links or using the Browse by Category tiles.

## 3. Filtering and Sorting Your Search Results

You'll probably want to narrow down your options. Look at the helpful categories that appear with your search results. They include specialties, gender, patient ratings and areas of expertise. Your results are automatically sorted for the best match to your original search, but they also can be sorted alphabetically and by distance, patient ratings and quality.



Looking for Spanish?


Use the drop-down list in the top right corner to select your preferred language.

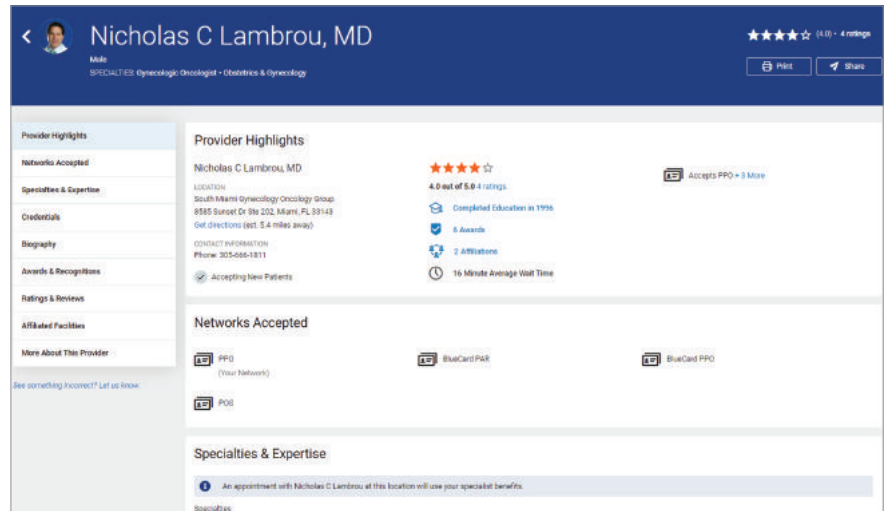
## 4. Viewing a Provider's Information

When you find a provider you are interested in, you can select the name or the [View Profile](#) button to see more details, such as patient reviews, awards, affiliations, licenses, areas of expertise and other details about the provider.

Is the provider accepting new patients?

Keep an eye out for the circle with check mark.

 Accepting New Patients



**Nicholas C Lambrou, MD**  
Male  
SPECIALTIES: Gynecologic Oncologist - Obstetrics & Gynecology

★★★★☆ (4.0) · 4 ratings

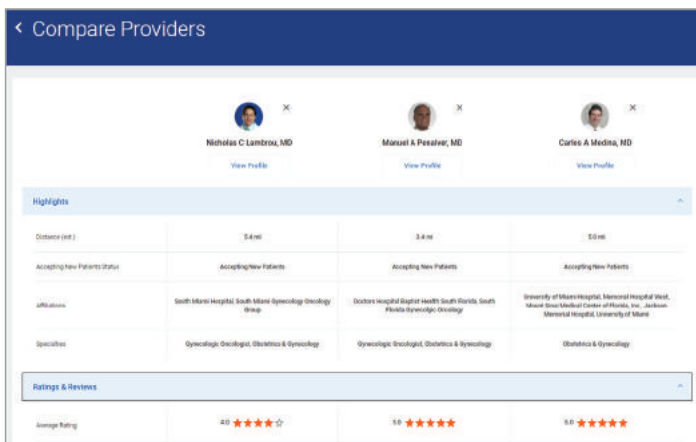
Accepts PPO + 3 More

**Provider Highlights**  
Nicholas C Lambrou, MD  
4.0 out of 5.0 4 ratings  
Completed Education in 1996  
3 Awards  
2 Affiliations  
16 Minute Average Wait Time

**Networks Accepted**  
PPO (Your Network)  
BlueCard P&R  
BlueCard PPO  
PDI

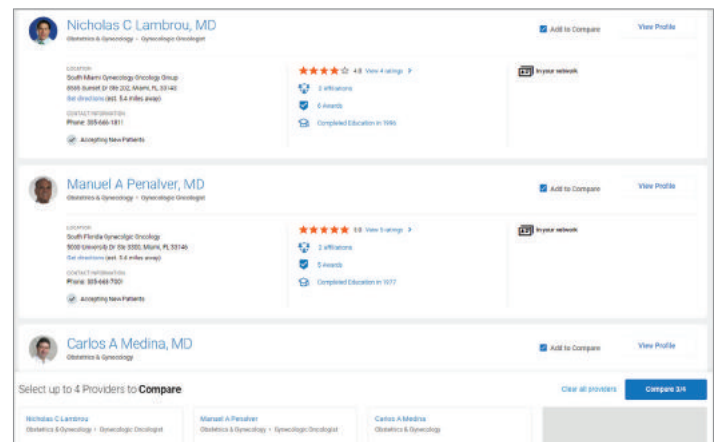
**Specialties & Expertise**  
An appointment with Nicholas C Lambrou at this location will use your specialist benefits.

## 5. Comparing Providers



**Compare Providers**

	Nicholas C Lambrou, MD	Manuel A Penalver, MD	Carlos A Medina, MD
Distance (mi)	5.4 mi	3.8 mi	5.0 mi
Accepting New Patients Status	Accepting New Patients	Accepting New Patients	Accepting New Patients
Affiliations	South Miami Hospital, South Miami Gynecology Oncology Group	Doctors Hospital Digital Health, South Florida, South Florida Gynecology Oncology	University of Miami Hospital, Memorial Hospital West, Mount Sinai Medical Center Affiliates, Inc., Jackson Memorial Hospital, University of Miami
Specialties	Gynecologic Oncologist, Obstetrics & Gynecology	Gynecologic Oncologist, Obstetrics & Gynecology	Obstetrics & Gynecology
Average Rating	4.0 ★★★★★	5.0 ★★★★★	5.0 ★★★★★



**Nicholas C Lambrou, MD**  
Obstetrics & Gynecology - Gynecologic Oncologist  
Add to Compare View Profile

**Manuel A Penalver, MD**  
Obstetrics & Gynecology - Gynecologic Oncologist  
Add to Compare View Profile

**Carlos A Medina, MD**  
Obstetrics & Gynecology  
Add to Compare View Profile

Select up to 4 Providers to Compare  
Clear all providers Compare 3/4

Having trouble comparing a couple of providers and choosing which one is right for you? Just select the [Add to Compare](#) button at the top of each provider's result card, and you can compare them side by side.

You can compare providers by distance, affiliations, whether they are accepting new patients and other factors. This takes a lot of the guesswork out of deciding which provider best meets your needs, and it ticks off the priorities that are most important to you.

## 6. Estimate Procedure Costs

Good Afternoon, ELIZABETH!  
Browse or search to find the care you need.

Search for Names, Specialists, and Procedures

Common Searches: OB/GYN, Cardiologist, Orthopedic Surgeon, Physical Therapist, Mammogram, Colonoscopy

**Browse by Category**  
Find results using these care categories:

- Procedure Costs**: Search for and compare costs for specific procedures.
- Primary Care**: Everyday health, check-ups, and specialist referrals. Get to know patients and...
- Specialty Care**: Doctors and other health care practitioners who treat specific health conditions or focus...
- Hospitals & Clinics**: Facilities where patients receive emergency, short-term and long-term medical care.
- Urgent Care Center**: Walk-in clinics that provide medical care for minor injuries and non-life threatening...
- Behavioral Health**: Anything to do with the treatment of mental illness and behavioral disorders.

Shopping for Care has a built-in tool that allows you to view procedure cost estimates in an easy-to-understand way. This helps you find lower-cost, high-quality care. You'll also see how the complexity of a procedure — along with your coverage details — can affect your cost. View cost estimates for a procedure by selecting the **Procedure Costs** tile on the Shopping for Care homepage. You must be logged in as a member to view cost estimates.

**Procedure Costs**  
Search for and compare costs for specific procedures.

- Women's Health**: Care for disorders or diseases in the female reproductive system, and care for pregnancy.
- MRIs and Other Imaging**: Imaging tests send energy (like x-rays, radioactive particles, or magnetic fields) through the body to make a picture.
- Colonoscopy**: Colonoscopy is an outpatient procedure that uses a thin tube with a camera to examine the large intestine. During the procedure, tissues may be collected for analysis and growths may be removed. It is a routine procedure in patients between the ages of 50 and 75.
- All Procedures (A-Z)**: See all procedures and get estimated costs.

**Procedure Costs**  
**All Procedures (A-Z)**  
See all procedures and get estimated costs

Type to filter

Jump to: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

- Lymphocytotoxicity Count**: A Lymphocytotoxicity Count checks a blood sample to measure the levels of immune cells that can attack transplanted organs.
- Magnesium Test**: A Magnesium Test checks the blood to measure the level of magnesium, a mineral needed by the body.
- Magnetic Resonance Angiography of the Chest without and with Dye**: Magnetic Resonance Angiography of the Chest without and with dye is a scan to create a detailed 3-D image of the blood vessels of the chest. The myocardium is not included in the image. Contrast may be used during the procedure.

After selecting **Procedure Costs**, you can select from a list of common procedure types — or see a list of all procedures — by selecting **All Procedures (A-Z)**. Also, you can search for a procedure by entering a keyword or by the first letter of its name.

## Choosing a Provider

Help us compare your options

Do you have a specific provider in mind?

*E.G. referral from your doctor*

Accept [Terms of Use](#)

**Yes** **No**

When you estimate a procedure cost, you will have the option to enter a provider's name or see a list of providers. If you have a specific provider in mind, you also can enter his or her details to search for that provider.

If you do not have a specific provider in mind, you'll be taken to a results page that lists all providers who offer the service in your area.

## Viewing a Personalized Cost Estimate

Once you pick a provider who performs the procedure for which you want an estimate, you'll be able to see your estimated out-of-pocket cost.

**Elizabeth S Erickson, MD**  
Pediatrics

LOCATION  
Erickson, Elizabeth S MD  
4620 W. Rouseboro St, Durham, NC 27704  
Get directions (est. 4.3 miles away)

CONTACT INFORMATION  
Phone: 919-620-5333

Estimated Procedure Cost  
**\$151**

**Estimated Procedure Cost for Ultrasound - Pelvis at North Shore Medical Center**

THE LOCATION  
North Shore Medical Center  
1100 NW 95th St, Miami, FL 33158

COST ASSISTANT  
Save up to \$98 with similar providers  
See your savings

You pay **\$203**  
Your plan pays \$0

- You pay towards your copay: \$0
- You pay towards your deductible: \$203
- You pay towards coinsurance: \$0
- Your plan pays: \$0

Total cost: **\$203**

You can select the provider's name or select [View Profile](#) to see a detailed cost estimate. It will list the estimated amount you would pay toward your copay, deductible and/or coinsurance, as well as the estimated portion your plan would pay.

Your actual out-of-pocket costs may be higher or lower than the cost estimates the site provides as a result of changes in the provider's contract or status, additional services that arise during the course of treatment, or other reason .

## Shop and Save With the Cost Assistant

Compare Providers

Provider	Cost	Overview
Musc Womens Health Lugoff Medical Pavil	\$0	Not Applicable
Fairfield Medical Assoc Pa	\$0	Not Applicable
Kraemer Womens Care	\$35	Not Applicable
PH Obgyn Hardscrabble	\$35	Not Applicable

The Cost Assistant is a built-in feature that automatically displays providers who offer high-quality, better-value health care. Depending on the provider you select for a procedure, you may be shown other value-based provider options in your area that might be right for you.

You have the option to select an alternative provider if you wish.

## 7. Leaving a Provider Review

Online reviews help people select books, movies, and restaurants — and can help them find the right health care provider, too. Other patients' experiences give you insights about a particular provider.

If you'd like to help others with their search, take a moment to rate and review the provider by answering a few easy questions. You can share your feedback by selecting [Review this provider](#).

**Ratings & Reviews**

100% Recommend this provider

4.5 Average rating (21 Rating(s)) [Review this provider](#)

4.2 Convenient Access to Care  
A high rating means it's easy to get an appointment with this provider when you need one.

4.5 Friendly Comfortable Office  
A high rating means office staff is friendly and professional and the office is comfortable and clean.

4.0 Communicates Clearly  
A high rating means the provider communicates with patients, listens and explains treatment well.

**Individual Member Reviews**

**Good**  
Sep 14, 2016, 2:43:55 PM

**Positive reviews are true**  
Dr. Iglesias is very friendly, patient, and great with my kids. I went based on the positive reviews I've read and am not disappointed.

Sep 14, 2016, 2:43:54 PM

**Good practice**  
The practice has a nice, efficient system for check in. We were called to see the doctor after only a 4 or 5 minute wait

**Tell us about your experience with Lawrence J Menditto DPM PC**

*\*Required*

**Experience\***  
How would you rate your overall experience and satisfaction with this provider?  
★★★★☆

**Recommend\***  
Would you recommend this provider to your friends/ family?  
 Yes  No

**Promptness**  
How promptly were your needs addressed by the provider's staff?  
★★★★☆

**Wait Time**  
How long did you wait to be seen at the provider's location?  
20 minutes

**Appointment Time**  
How long was it before you were able to schedule an appointment?  
3-7 days

I verify that I have received services from this provider.

[Submit ✓](#)

