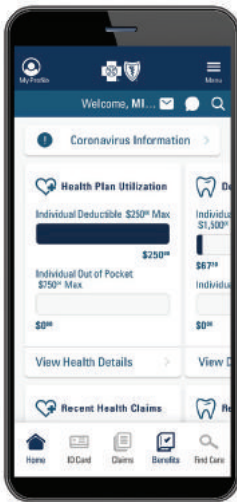


GETTING STARTED WITH SHOPPING FOR CARE

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 **Providers & Services** menu. Access the tool by selecting **Find Care**.

Not yet a member? No worries! You can browse providers by selecting the Find Care link on the My Health Toolkit homepage prior to signing in.

Narrow Your Results without Logging In

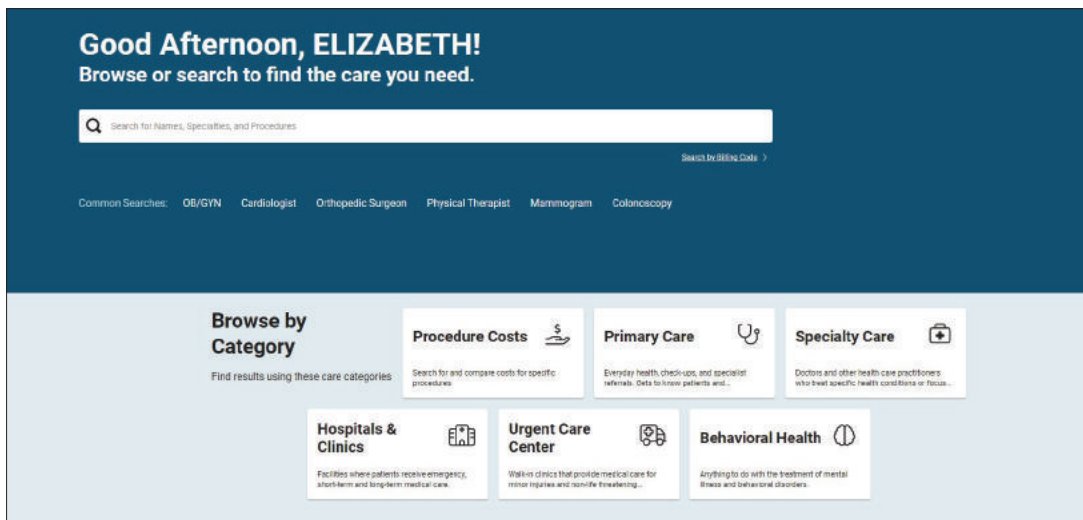
Enter the **first 3 characters** of your member ID number found on your insurance card for **care options in your network**.

Plan Name		ALPHA	Employer Group
Member Name	Dependents		
WILLIE DOE	John Doe		
XYZ 356789	Robbie Doe		
	Billy Doe		
Plan	022457	Plan	990
Office Visit	187514	Office Visit	\$15
Specialist Copay	HIPT	Specialist Copay	\$15
Emergency	00/00/00	Emergency	\$75
Deductible		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

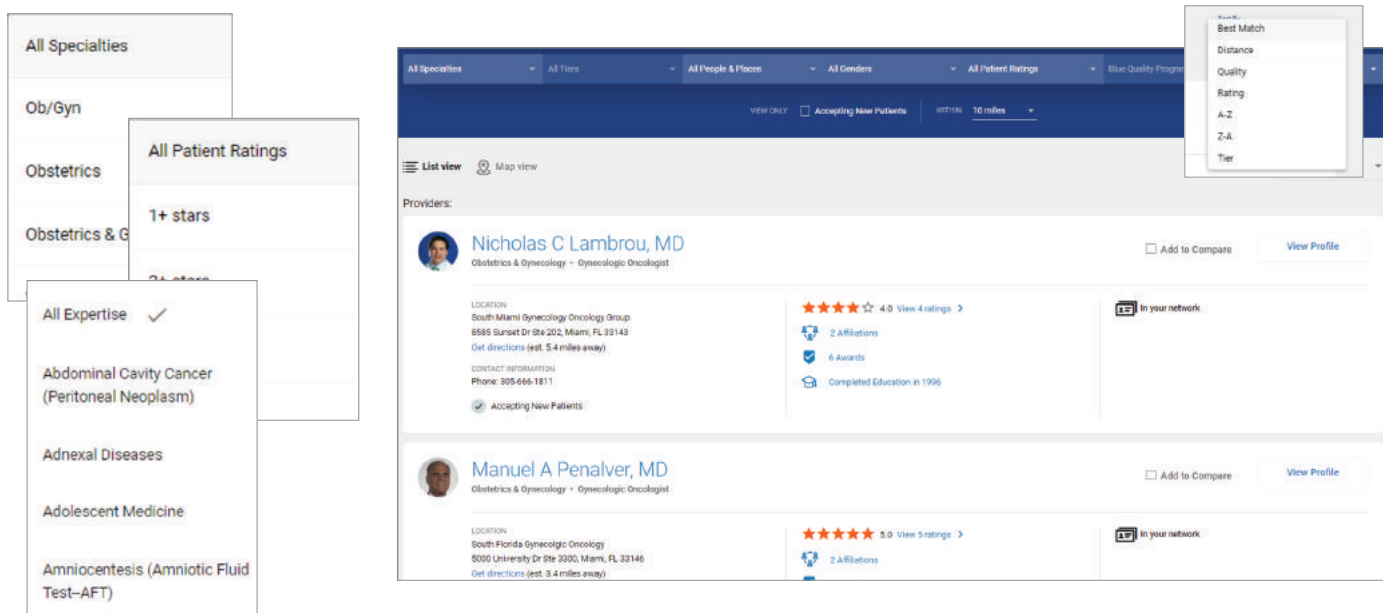
2. Finding an In-Network Provider



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.

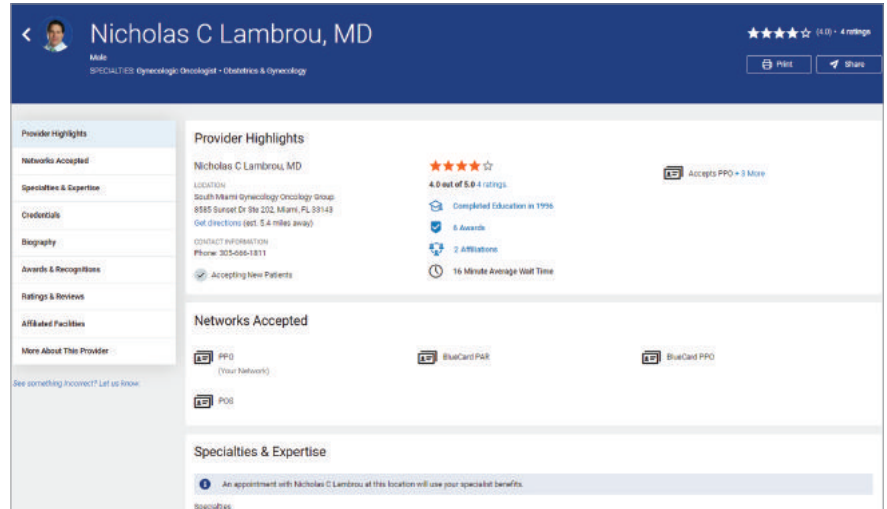
4. Viewing a Provider's Information

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

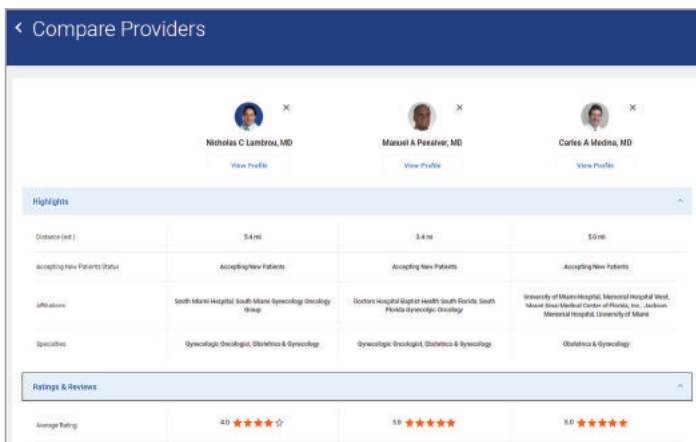
Provider Highlights
Nicholas C Lambrou, MD
4.0 out of 5.0 4 ratings
Completed Education in 1996
3 Awards
2 Affiliations
16 Minute Average Wait Time

Accepting New Patients

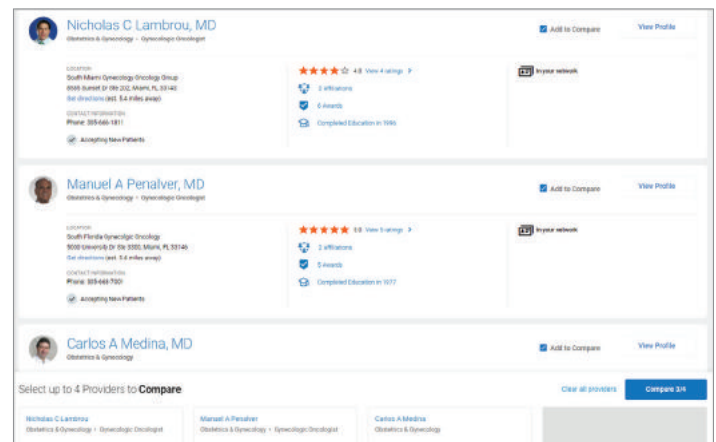
Networks Accepted
PPO (Your Network)
BlueCard P&R
BlueCard PPO
PDI

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

5. Comparing Providers



Highlights	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
Ratings & Reviews	4.0 ★★★★★	5.0 ★★★★★	5.0 ★★★★★



Nicholas C Lambrou, MD
4.0 out of 5.0 4 ratings
3 Affiliations
3 Awards
Completed Education in 1996

Manuel A Penalver, MD
5.0 out of 5.0 3 ratings
2 Affiliations
5 Awards
Completed Education in 1977

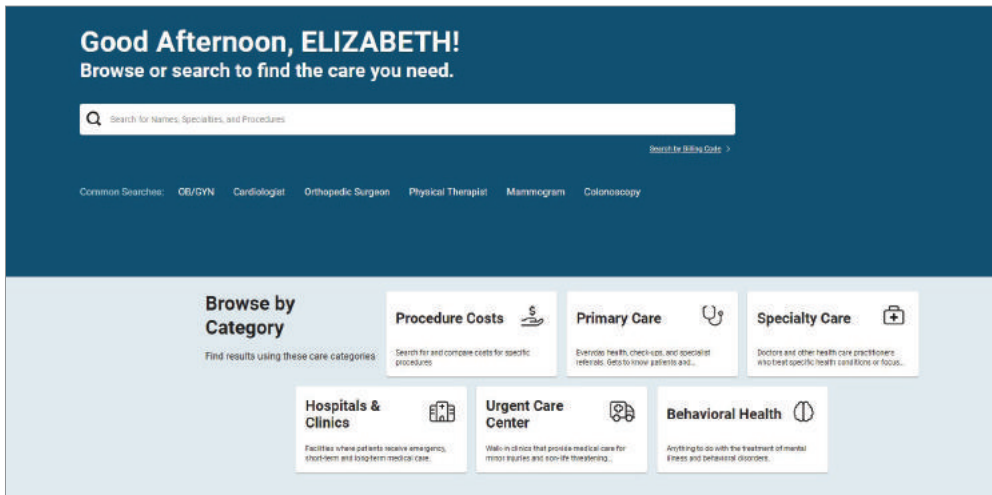
Carlos A Medina, MD
5.0 out of 5.0 3 ratings

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

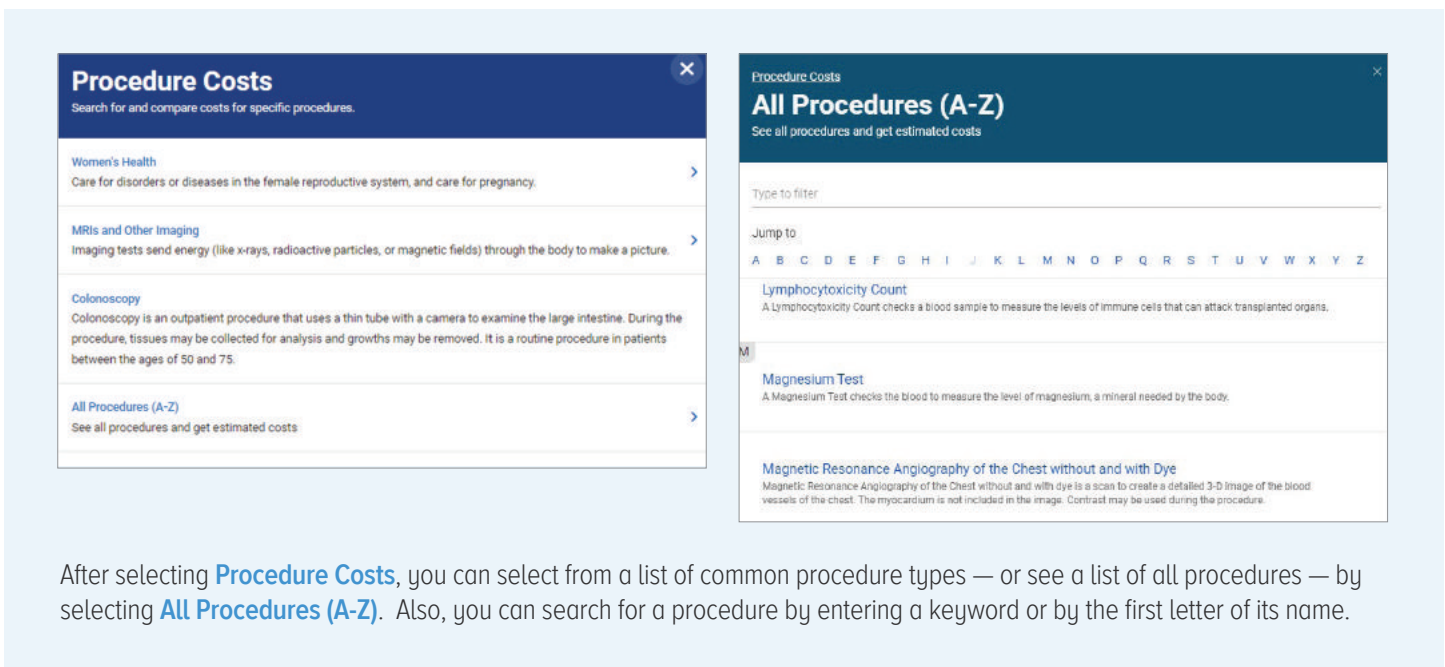
Having trouble comparing a couple of providers and choosing which one is right for you? Just select the [Add to Compare](#) button at the top of each provider's result card, and you can compare them side by side.

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



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.



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](#).

● ○

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
Cost Details

In your network

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	Music Womens Health Lugoff Medical Pavil	Fairfield Medical Assoc Pa	Kraemer Womens Care	PH Obgyn Hardscrabble
Total Estimated Cost	\$0	\$0	\$35	\$35
Accepting New Patients Status	Not Applicable	Not Applicable	Not Applicable	Not Applicable
Distance From 29201	21.5 mi	23.7 mi	2.8 mi	8.7 mi
Address	1160 Highway 1 S Ste 500 Lugoff, SC 29578	880 W Main St Ste 200 Wrensboro, SC 29180	1333 Taylor St Ste 201 Columbia, SC 29201	4311 Hard Scrabble Rd Columbia, SC 29225
Phone	(803) 458-0825	(803) 633-4461	(803) 436-3800	(803) 434-7870

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, 2:43:56 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 ✓](#)

