

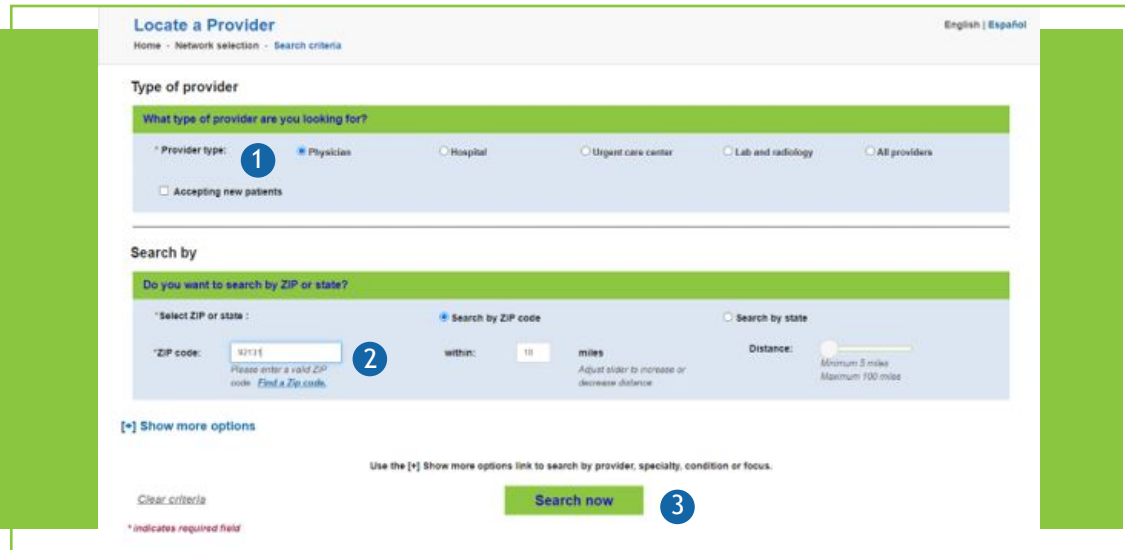
It's easy to find a First Health® doctor or hospital

You can quickly and easily find a provider with our online search tool. You can also create a listing of your results to save or print.

To get started: Go to www.myfirsthealth.com and click the "Start now" button

To find a provider:

- 1 Pick a provider type
- 2 Choose to search by ZIP code or State
 - You can also pick specific counties or cities with a state search
 - To include more search options, click "Show more options"
 - You can search by provider last name, specialty, condition or focus
- 3 Click the "Search now" button

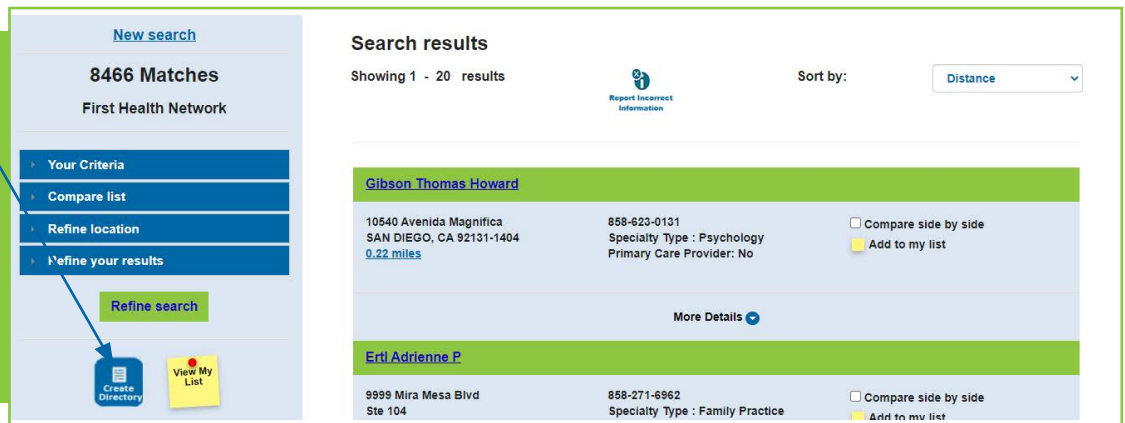


From your search results, you can:

- Sort by distance, name or specialty
- Refine your search to narrow the results
- Add providers to a list for a custom directory
- Create a directory with all your search results
- See more details about each provider
- Compare providers side by side
- Text or email results

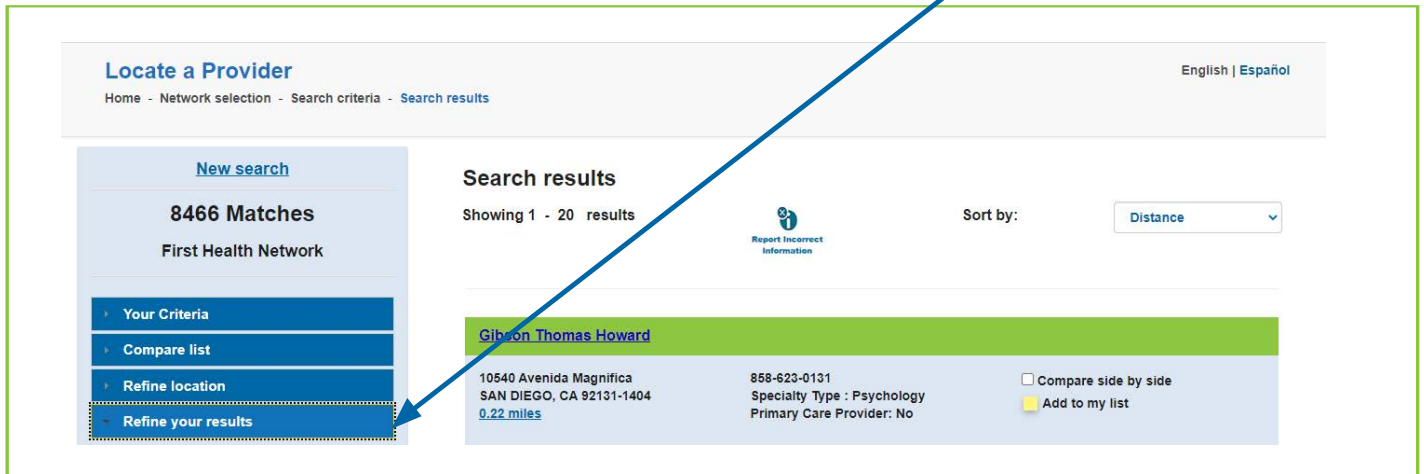
To create a directory:

- Click the "Create Directory" icon
- Pick a directory type
- Add a name for your directory
- Include a table of contents and/or index
- Pick a delivery option
- Click the "Create directory" button



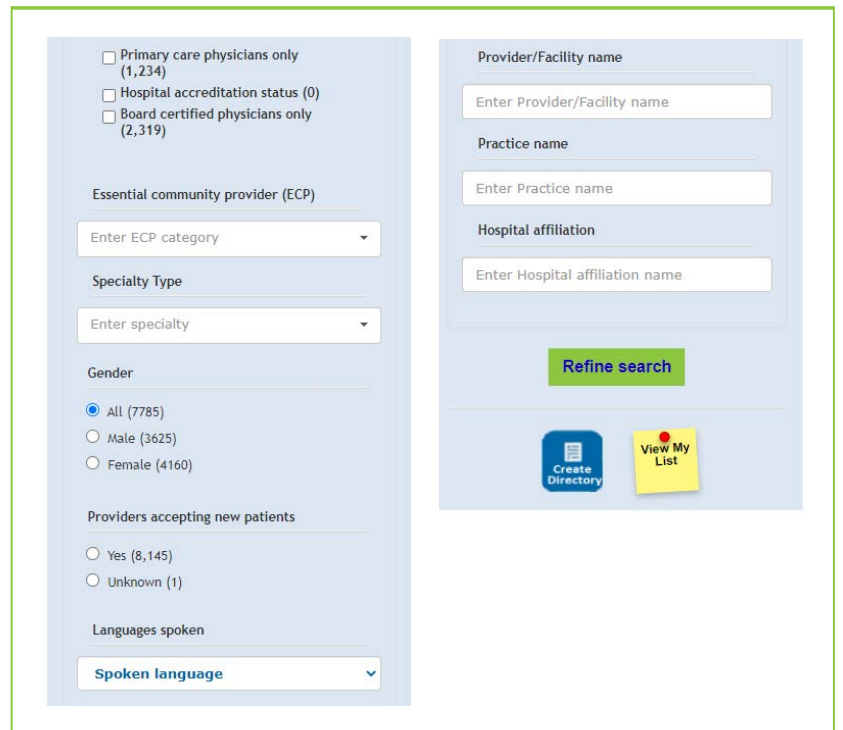


You can also narrow down your search results by clicking the “Refine your results” button and then selecting from the options shown. For example:



To refine your results by practice name scroll down the screen to the “Practice name” field and enter the name of the group your physician belongs to. Click “Refine search” to get updated search results based on your revised criteria.

Note: The "refine your results" options are in one column down the left side of the search results page. The illustration to the right has been altered to fit the available space.



Still have questions? Call us.

You’ve followed the steps outlined. Still didn’t get what you need? Call us at **1-800-226-5116** – we’re happy to help.