

# First Choice Health PPO Network

## Skilled Nursing Services Directory

[www.fchn.com](http://www.fchn.com)

### When looking for a Provider...

The directory may include providers in Oregon who participated in the Healthcare Direct Network and who are not yet fully integrated into the First Choice Health credentialing program. The Directory may also include providers in Montana who participate in the Health InfoNet Network. Your ID card must display the Health InfoNet and/or First Choice Health logo in order to access these Networks. The provider you select may not be available to all First Choice Health Network customers due to individual benefit plan or network restrictions. Please confirm your benefits and level of Network access by contacting your Health Plan Benefit Administrator or Insurance Company.

The products on this web site may not be available in all areas. Inclusion of a provider or facility in this directory does not guarantee coverage. A provider's network participation can vary depending upon where he/she is providing services. Be sure to confirm the provider's network participation at the location you plan to visit. Please consult your benefits summary and contract to determine coverage.

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## Important Information

### **Please read before proceeding...**

The First Choice Health PPO Network makes every effort to ensure the accuracy of our provider directory. However, a printed directory will always be at risk of being outdated. Before receiving services, you should always verify that the provider is participating in our network. You can take these steps by calling our PPO Network Customer Service (800-231-6935, extension 2102). Have access to the internet? You can use the [www.fchn.com](http://www.fchn.com) website to produce customized real-time provider listings. Simply select "Find a Provider" on the navigation bar. Please note that actual coverage for the health care services you receive is determined by your benefit plan provisions.

## Check Our Web Site

For the most current provider information, our Web site, [www.fchn.com](http://www.fchn.com) allows you to look up specific health care providers or locate available providers in your area. You can search by city, zip code, and county or provider specialty. This is a convenient way to determine your provider's participation. You can also download a complete directory, hospital listing, facility listing, clinic or urgent care listing.

## Introduction

Just like you, First Choice Health, is concerned about the high cost of health care. To help lower the cost of care, we negotiate preferred rates with the health care providers in our network. These preferred rates are available to you because the First Choice Health PPO Network is part of your health care plan. Now whenever you choose one of our PPO Network providers, you and your family save on the cost of your health care. Besides lower health care costs, there are other advantages in using PPO Network preferred providers.

- There are no claims to submit. Preferred providers bill your insurance company or claims administrator for you;
- Your out-of-pocket costs are usually lower when you receive care in-network; and
- The First Choice Health PPO Network offers an extensive network of preferred providers from which to choose your family doctor, primary care physician (PCP) or other health care providers.

If you are new to the First Choice Health PPO Network, please take a few minutes to become acquainted with us as, as your network, and your health plan. Read your member handbook to understand the benefits provided by your health plan. Be prepared. Know your responsibilities and obligations before you or your family receives care. If you have questions on your health coverage, please call your insurance company, or plan administrator customer service representative.

## How to Use the First Choice Health PPO Network

If your health plan requires you to choose a primary care provider (PCP), you should select one from those listed in this directory. A primary care provider is a family or general practitioner, an internist or a pediatrician. When changing your primary care provider, you should advise your insurance company or plan administrator. This notification may be a requirement of your health plan. Some health plans also recognize Advanced Registered Nurse Practitioners (ARNP) as primary care providers. You should call your health plan administrator or insurance company customer service representative and determine if they recognize Advanced Registered Nurse Practitioner (ARNP) as a Primary Care Provider before you select one as a primary care provider.

All primary care providers are listed in **bold** print for easy identification. Not all primary care providers are able to accept new patients. Those who were not accepting new patients at the time this directory was printed are marked with an asterisk (\*). Whenever you select a new primary care provider, we recommend you call the provider's office first to be sure s/he is accepting new patients.

## If You Need to See a Specialist

Your health care plan may require a referral from your primary care provider if you need specialty care. If your plan requires a referral, the process is easy:

- First, you or your primary care provider should select a specialist from this directory or you or your primary care provider should contact our Customer Service Department at (800) 231-6935 ext. 2102 to verify the preferred status of any specialist;
- Second, have your primary care provider call the appropriate referral number on your insurance ID card; and
- Third, schedule your appointment with the specialist.

If your plan does not require a referral, you may select a specialist from this directory, confirm that they are currently a preferred provider and schedule an appointment at any time.

**Not all specialty care may be covered by your health plan.** For example, some health plans do not cover care from chiropractors, social workers, physician assistants and others. Before you schedule an appointment, check the schedule of benefits in your member handbook, or please call your insurance company to be sure you are covered for these services. If you choose an out-of-network Choice Health PPO provider or if the specialty care is not covered, your out-of-pocket cost for care is usually higher. Your member handbook, insurance company, or claims administrator customer service representative will be able to tell you what your benefit levels are, if any, when you receive care from an out-of-network provider.

## **Women's Health Care (For the state of Washington)**

For some health plans, Washington state law provides that women may self-refer to providers who specialize in the treatment of women's health care needs. This means a woman does not need a referral from her primary care provider in order to see a women's health care provider for the diagnosis and treatment of reproductive health services, gynecological care, maternity care, general examinations or preventative care, as well as medically appropriate follow-up visits for these services. This right to self-referral is not a guarantee of coverage. Before you schedule your appointment you should:

- Call your insurance company or health plan administrator to be sure the care you want is covered;
- Call to confirm whether or not you can self refer to providers who specialize in women's health care needs;
- Schedule your appointment with a recognized women's health care provider; and
- Be sure the women's health care provider is one of our PPO Network preferred providers.

The following providers are recognized as women's health care providers:

- An MD or DO (osteopath) who is a family or general practitioner, internist, obstetrician or gynecologist;
- A licensed physician assistant for any of the above listed MDs or DOs;
- An advanced registered nurse practitioner (ARNP) who specializes in women's health, family practice or midwifery;
- Certified nurse midwife; or
- Licensed midwife.

## **Physician Assistant**

Please call and confirm with each listed Physician Assistant to ensure he/she is accepting patients as a Primary Care Physician. As noted above, not all specialty care may be covered by your health plan. Please call your insurance company or check with your benefit plan to establish whether coverage is available for services provided by a Physician's Assistant under your health benefits from your health plan.

## **Complementary and Alternative Medicine Providers (CAM) (Naturopaths, Acupuncturist and Licensed Massage Therapist)**

The First Choice Health PPO Network offers a CAM network for those health plans which have CAM benefits. **Not all CAM care may be covered by your health plan.** For example, some health plans do not cover care from Naturopaths, Acupuncturists or Licensed Massage Therapists. Before you schedule an appointment, check the schedule of benefits in your member handbook or please call your insurance company to be sure you are covered for these services. If you choose an out-of-network provider or if the specialty care is not covered, your out-of-pocket cost for care is usually higher. Your member handbook, insurance company or claims administrator customer service representative will be able to tell you what your benefit levels are, if any, when you receive care from an out-of-network provider. If you have any questions about coverage, we recommend you contact your insurance company/claims administrator or if you have questions about a CAM provider, please call First Choice Health's Customer Service at (800) 231-6935 ext. 2102.

### **If You Need Hospital Care**

Some health care plans require pre-certification of non-emergent hospital care. Check our health care ID card to see if your plan requires pre-certification. If pre-certification is required, you or your doctor must call the number printed on your ID card to obtain the necessary authorization before you are admitted to the hospital.

### **In Case of an Emergency**

In the case of a life threatening emergency, whether at home or away from home, seek the most immediate care available. If you are admitted to a hospital for an emergency, you, your doctor, or the hospital may need to obtain retroactive authorization for the admission within the time specified by your benefit plan, or as soon as you are reasonably able to do so. To obtain certification, please call the number on your ID card.

### **How to File a Claim**

In most instances, First Choice Health's PPO Network preferred providers will file a claim for the health care services you receive. However, occasionally you may receive a bill for services. If you receive a bill, be sure your name, member ID number, and group number are written on the bill. Please send the bill to the claims address on your ID card.

## **Your Health Care Identification Card is Very Important**

Your health care ID card identifies you as eligible to see our PPO Network providers. It lists the name, address, and telephone number of your insurance company or health plan administrator, and contains important information about hospital and surgical preauthorization. Please show your health care ID card every time you visit one of our PPO Network providers.

## **Who to Call if You Have Questions**

Call your insurance company or claims administrator if you have questions about:

- Your insurance coverage or coverage exclusions.
- Your eligibility for health care services.
- Your health care bills and claim processing.
- Referral requirements.

You will find your insurance company's customer service phone number on your ID card or in your member handbook. The First Choice Health PPO cannot provide eligibility, coverage or claims information. Call First Choice Health in Seattle at (206) 292-8255 ext. 2102, or toll-free at (800) 231-6935 ext. 2102 if you have questions about:

- Finding a provider.
- Preferred provider status of a provider or facility.

Call the preauthorization telephone number on your ID card if you have questions about:

- Preauthorization of hospital services.

Thank you for choosing First Choice Health PPO Network.  
We look forward to meeting your health care needs.

**The First Choice Health PPO Network ... The Right Choice!**

**FACILITIES**

**Skilled Nursing Facility**

**Alaska**

**Anchorage**

Prestige Care & Rehab. of Anchorage  
(907) 333-8100

**Idaho**

**Boise**

Hillcrest Rehab. & Care Ctr.  
(208) 345-4464

Kindred Transitional Care Rehab. - Boise  
(208) 345-4464

Lcc of Boise  
(208) 376-5273

Lcc of Treasure Valley  
(208) 377-1900

Northview Hospital  
(208) 327-0504

Saint Alphonse Skilled Nursing Unit  
(208) 367-2121

**Caldwell**

Cascade Rehab. & Care Ctr.  
(208) 459-0808

Kindred Nursing & Rehab.-Canyon West  
(208) 459-0808

Kindred Nursing & Rehab.-Caldwell  
(208) 459-1522

West Valley Skilled Nursing Unit  
(208) 459-4641

**Coeur D Alene**

Extencare Homes, Inc.  
(208) 667-6486

Extencare Homes, Inc.  
(208) 664-2185

Lcc of Coeur D'Alene  
(208) 762-1122

**Emmett**

Emmett Rehab. & Healthcare  
(208) 365-4425

Holly Hills Care Center  
(208) 365-3597

**Grangeville**

SunBridge Care & Rehab. for Grangeville  
(208) 983-1131

**Idaho Falls**

Lcc of Idaho Falls  
(208) 529-4567

**Kellogg**

Kindred Nursing & Rehab.-Mountain Valley  
(208) 784-1283

**Lewiston**

Kindred Transitional Care & Rehab.-Lewiston  
(208) 743-9543

SunBridge Care & Rehab for Lewiston  
(208) 743-4558

**Mccall**

SunBridge Care & Rehab. for McCall  
(208) 634-2112

**Meridian**

SunBridge Rehab. & Living Ctr. for Meridian  
(208) 888-7049

**Moscow**

Kindred Nursing & Rehab.-Aspen Park  
(208) 882-4576

**Nampa**

Karcher Estates  
(208) 465-4935

Kindred Nursing & Rehab.-Nampa  
(208) 466-9292

SunBridge Retirement & Rehab. Ctr. for Nampa  
(208) 467-7298

**Payette**

SunBridge Care & Rehab. for Payette  
(208) 642-4455

**Pocatello**

Pocatello Health Services Inc  
(208) 478-3333

Quinn Meadows Rehab. & Care Ctr.  
(208) 637-8888

**Twin Falls**

SunBridge Care & Rehab. for Twin Falls  
(208) 734-8645

**Weiser**

Kindred Nursing & Rehab.-Weiser  
(208) 549-2416

**Illinois**

**Naperville**

ManorCare Health Services  
(708) 369-5900

**Montana**

**Billings**

Aspen Meadows Retirement Community  
(406) 656-8818

**Bozeman**

Mountain View Care Center  
(406) 587-2218

**Dillon**

Parkview Acres Care & Rehab  
(406) 283-5105

**Great Falls**

Benefis Skilled Nursing Ctr.  
(406) 455-5903

Park Place Health Care  
(406) 761-4300

**Hot Springs**

Hot Springs Health & Rehab. Ctr.  
(406) 741-2992

**Oregon**

**Albany**

Timberview Care Center  
(541) 926-8664

**Coos Bay**

Lcc of Coos Bay  
(541) 267-5433

**Corvallis**

Corvallis Manor Nursing & Rehab. Ctr.  
(541) 757-1651

**Cottage Grove**

Coast Fork Nursing Center  
(541) 942-5528

**Creswell**

Creswell Care Center  
(541) 895-3333

**Eugene**

Green Valley Rehab. Health Ctr.  
(541) 683-5032

Hillside Heights Rehab. Ctr.  
(541) 683-2155

South Hills Rehab. Ctr.  
(541) 345-0534

Valley W. Health Care Ctr  
(541) 686-2828

**Forest Grove**

Forest Grove Rehab. & Care Ctr.  
(503) 359-0449

**Grants Pass**

Highland House Nursing & Rehab. Ctr.  
(541) 474-1901

Royale Gardens Health & Rehab. Ctr.  
(541) 476-8891

**Hood River**

Hood River Care Center  
(541) 386-2688

**Klamath Falls**

Extencare Homes, Inc. (541) 882-4471	Grandview Care Center (541) 672-1638	Mission Healthcare at Bellevue (425) 641-1166	Highline Care Center, L.L.C. (509) 884-6602
<b>Lincoln City</b>	Rose Haven Nursing Center (541) 672-1631	The Springs at Pacific Regent (425) 646-9808	<b>Edmonds</b>
Lincoln City Rehab. Ctr. (541) 994-8111	Umpqua Valley Nursing & Rehab. Ctr. (541) 677-2199	<b>Bellingham</b>	Extencare Homes, Inc. (425) 775-1961
<b>Mcminville</b>	<b>Saint Helens</b>	Bellingham Health Care & Rehab. Services (360) 734-9295	Prestige Care & Rehab of Edmonds (425) 778-0107
Life Care Ctr. Of McMinnville (503) 472-4678	Extencare Homes, Inc. (503) 397-2713	St. Francis Operations, L.L.C. (360) 734-6760	<b>Ellensburg</b>
<b>Medford</b>	<b>Salem</b>	<b>Bothell</b>	Extencare Homes, Inc. (509) 925-4171
Hearthstone Nursing & Rehab. Ctr. (541) 779-4221	Sunnyside Care Center (503) 370-8284	Bothell Health Care (425) 481-8500	Royal Vista Nursing & Rehab Ctr. (509) 925-1404
Medford Rehab & Health Care (541) 779-3551	<b>Woodburn</b>	LCC of Bothell (425) 481-8500	<b>Enumclaw</b>
<b>Molalla</b>	French Prairie Nursing & Rehab. Ctr. (503) 982-0111	North Creek Health & Rehab Ctr. (425) 486-7171	Evergreen Enumclaw Health & Rehab. Ctr. (360) 825-2541
Molalla Manor Care Center (503) 829-5591	<b>Washington</b>	<b>Bremerton</b>	<b>Everett</b>
<b>Mount Angel</b>	<b>Aberdeen</b>	Fir Lane Terrace Convalescent Ctr.s, Inc. (360) 377-3951	Everett Care & Rehab. Ctr. (425) 513-1600
Providence Benedictine Nursing Ctr. (503) 845-2761	Gray's Harbor Health & Rehab. Ctr. (360) 532-5122	Fir Lane Terrace Convalescent Ctr.s, Inc. (360) 479-4747	Everett Transitional Care Services (425) 258-7552
<b>Oregon City</b>	<b>Arlington</b>	<b>Burien</b>	<b>Federal Way</b>
Oregon City Health Care Ctr. (503) 656-4035	Regency Care Ctr. at Arlington (360) 403-2847	Burien Nursing & Rehab. Ctr. (206) 242-3213	Avalon Care Ctr. - Federal Way LLC (253) 835-7453 Hallmark Manor (253) 874-3580
<b>Pendleton</b>	<b>Auburn</b>	<b>Centralia</b>	Life Care Ctr. of Federal Way (253) 946-2273
Willowbrook Terrace (541) 276-3374	Canterbury House (253) 939-0090	Extencare Homes, Inc. (360) 736-2823	
<b>Portland</b>	Extencare Homes, Inc. (253) 833-1260	<b>Clarkston</b>	<b>Friday Harbor</b>
Cascade Terrace Nursing Ctr. (503) 761-3181	Regency Auburn (253) 833-1740	Clarkston Care Center (509) 758-2523	Islands Convalescent Ctr. (360) 378-2117
Extencare Homes, Inc. (503) 253-1181	<b>Bainbridge Island</b>	<b>Colfax</b>	<b>Gig Harbor</b>
Glisan Care Center (503) 256-3920	Extencare Homes, Inc. (206) 842-4765	Whitman Health & Rehab. Ctr. (509) 397-4603	Cottesmore of Life Care (253) 851-5433
Park Forest Care Center (503) 256-2151	<b>Battle Ground</b>	<b>Dayton</b>	MCHS - Gig Harbor (253) 858-8688
Porthaven Health Care Center (503) 288-6585	Victory Health & Rehab of Battle Ground, LLC (360) 687-5141	Booker Rest Home Annex (509) 382-2531	<b>Hoquiam</b>
<b>Roseburg</b>	<b>Bellevue</b>	<b>East Wenatchee</b>	Pacific Care Center (360) 532-7882

<b>Issaquah</b>	<b>Mercer Island</b>	<b>Port Townsend</b>	Leon Sullivan Health Care Ctr. (206) 325-6700
Issaquah Nursing & Rehab. Ctr. (425) 392-1271	New Hope Healthcare Systems-Mercer (206) 232-6600	Life Care Ctr. of Port Townsend (360) 385-3555	Life Care Ctr. of West Seattle (206) 935-2480
Providence Marianwood (425) 391-2800	<b>Montesano</b>	<b>Pullman</b>	Providence Mount St. Vincent (206) 320-3886
<b>Kennewick</b>	Cpl-Reit (360) 249-2273	Avalon Healthcare-Pullman (509) 332-1566	Seattle Keiro Rehad & Care Ctr. (206) 325-1502
Life Care Ctr. of Kennewick (509) 586-9185	<b>Moses Lake</b>	<b>Puyallup</b>	Seattle Medical & Rehab. Ctr. (360) 892-6628
<b>Kent</b>	Columbia Crest Care & Rehab. Ctr. (509) 765-6788	Cpl-Reit (253) 840-4400	Washington Center (206) 725-2800
Avalon Care Ctr. - Benson LLC (253) 852-7755	Lake Ridge Solana Alzheimer's Care Ctr. (509) 765-7835	Kindred Transitional Care & Rehab. - Rainier Vista (253) 841-3422	<b>Sedro Woolley</b>
<b>Kirkland</b>	SunBridge Care & Rehab. - Monroe House (509) 765-2200	Life Care Center of Puyallup (253) 845-7566	Skagit Valley Conval Ctr. (360) 856-6867
Life Care Center of Kirkland (425) 823-2323	<b>Mount Vernon</b>	<b>Raymond</b>	<b>Sequim</b>
<b>Lakewood</b>	Life Care Ctr.s of Mount Vernon (360) 424-4258	Willapa Harbor Care Center (360) 942-2424	Sequim Health & Rehab. (360) 582-2400
Avamere Georgian House of Lakewood (253) 588-2146	<b>North Bend</b>	<b>Renton</b>	<b>Shelton</b>
Kindred Transitional Care & Rehab. - Lakewood (253) 581-9002	Mount Si Transitional Health Ctr. (425) 888-2129	Regency at Renton Rehab. Ctr. (425) 226-4610	Fir Lane Terrace Convalescent Ctr.s, Inc. (360) 426-1651
<b>Longview</b>	<b>Olympia</b>	Talbot Ctr. for Rehab. & Healthcare (425) 226-7500	Shelton Health & Rehab. Ctr. (360) 427-2575
Evergreen Americana Health & Rehab. Ctr. (360) 425-5910	Extencicare Homes, Inc. (360) 754-9792	<b>Richland</b>	<b>Shoreline</b>
Evergreen Manor Health & Rehab. Ctr. (360) 425-6706	Extencicare Homes, Inc. (360) 491-9700	Lcc of Richland (509) 943-1117	Anderson House (206) 364-7131
Frontier Rehab. & Extended Care Ctr. (360) 423-8800	Providence Mother Joseph Care Ctr. (360) 493-4900	Richland Rehab. Ctr. (509) 946-8095	Park Ridge Care Center (206) 363-5856
Kindred Transitional Care & Rehab. - Beacon Hill (360) 423-4060	<b>Othello</b>	<b>Ritzville</b>	Shoreline Health & Rehab. Ctr. (206) 418-2900
Park Royal Health & Rehab. Ctr. (360) 423-2890	Avalon Healthcare-Othello (509) 488-9609	Lcc of Ritzville (509) 659-1600	<b>Silverdale</b>
<b>Lynnwood</b>	<b>Port Angeles</b>	<b>Seattle</b>	Northwoods Lodge (360) 698-3930
Emerald Hills Rehab. & Skilled Nursing (425) 776-5512	Fir Lane Terrace Convalescent Ctr.s, Inc. (360) 452-9206	Ballard Care & Rehab. Ctr. (206) 782-0100	<b>Snohomish</b>
Manor Care Health Services (Lynnwood) (425) 775-9222	Fir Lane Terrace Convalescent Ctr.s, Inc. (360) 452-6213	Health & Rehab. of North Seattle (206) 362-0303	Merry Haven Care Ctr., L.L.C. (360) 568-3161
<b>Marysville</b>	<b>Port Orchard</b>	Kindred Nursing & Rehab.-Arden (206) 542-3103	<b>Spokane</b>
Marysville Care Center (360) 659-3926	Life Care Ctr. of Port Orchard (360) 876-8035	Kindred Transitional Care & Rehab.-Queen Anne (206) 284-7012	Alderwood Manor (509) 535-2071

Extencare Homes, Inc. (509) 489-3323	Kindred Transitional Care & Rehab. - Vancouver (360) 696-2561
Extencare Homes, Inc. (509) 924-4650	Manor Care Health Services - Salmon Creek (360) 574-5247
ManorCare Health Services (Spokane) #544 (509) 326-8282	<b>Wenatchee</b>
Providence St. Joseph Care Ctr. (509) 474-5678	Colonial Vista Care, L.L.C. (509) 663-1171
Regency at Northpointe (509) 465-8800	<b>Yakima</b>
Royal Park Care Ctr., L.L.C. (509) 489-2273	Crescent Health Care Inc (509) 248-4446
Sullivan Park Care Center (509) 922-1644	Good Samaritan Health Care Ctr. (509) 248-5320
<b>Stanwood</b>	<b>Wyoming</b>
Josephine Sunset Home (360) 629-2126	<b>Cheyenne</b>
<b>Tacoma</b>	CRMC Transitional Care Unit (307) 633-7300
Avamore Heritage Rehab. of Tacoma (253) 474-8456	Mountain Towers Healthcare & Rehab Ctr. (307) 632-7901
Manorcare Health Services-Tacoma (253) 474-8421	<b>Rawlins</b>
Orchard Park Health & Rehab (253) 475-4611	South Central Wyoming Healthcare (307) 324-2759
Park Rose Care Center (253) 752-5677	<b>Riverton</b>
Tacoma Rehab & Specialty Care (253) 475-2507	Wind River Healthcare & Rehab Ctr. (307) 856-9471
The Highlands Dementia Care Ctr. (253) 752-7713	<b>Rock Springs</b>
<b>Toppenish</b>	Sage View Care Center (307) 362-3780
Toppenish Nursing & Rehab Ctr. (509) 865-3955	
Toppenish Nursing & Rehab. Ctr. (509) 865-3955	
<b>Vancouver</b>	
Cascade Park Care Center (360) 260-2200	
Discovery Nursing & Rehab of Vancouver (360) 735-7155	
Extencare Homes, Inc. (360) 694-7501	