

First Choice Health PPO Network

Substance Abuse Care Directory

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.

First Choice Health (FCHN) disclaims any implied warranty or representation about completeness or applicability for particular purpose. First Choice Health Network, Inc. is not responsible for any claim, loss or damage resulting from use of this website.

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 However, a printed directory will always be at risk of being outdated.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 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 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

Substance Abuse Rehabilitation Facility

Alaska

Anchorage

Wisdom Traditions Counseling Services LLC
(907) 770-3656

Idaho

Boise

Saint Alphonsus Addiction Recovery Ctr.
(208) 367-3553

Lewiston

Riverside Recovery
(208) 746-4097

Montana

Billings

Rimrock Foundation
(406) 248-3175

Eureka

Flathead Vally Chemical Dependency Clinic
(406) 297-2822

Great Falls

Rocky Mountain Treatment Ctr.
(406) 727-8832

Kalispell

Flathead Vally Chemical Dependency Clinic
(406) 756-6453

Libby

Flathead Vally Chemical Dependency Clinic
(406) 293-7731

Thompson Falls

Flathead Vally Chemical Dependency Clinic
(406) 827-4241

Oregon

Albany

Catherine Freer Wilderness Therapy Programs
(541) 926-7252

Serenity Lane
(541) 928-9681

Astoria

Potentials, L.L.C.
(503) 325-2398

Beaverton

Serenity Lane
(503) 244-4500

Western Psychological & Counseling Services
(503) 626-9494

Bend

Serenity Lane
(541) 383-0844

Corvallis

Milestone's Women's Program
(541) 753-2230

YES House (In & Outpatient)
(541) 753-7801

YES House (In & Outpatient)
(541) 753-7801

Dallas

Clear Paths Behavioral Health
(503) 831-1423

Eugene

Ctr. for Family Development
(541) 342-8437

Serenity Lane
(541) 687-1110

Serenity Lane
(541) 484-2156

Gladstone

Northwest Behavioral Healthcare Services
(503) 722-4470

Hillsboro

DePaul Treatment Ctr.s, Inc.
(503) 693-3104

Western Psychological & Counseling Services
(503) 439-9531

Jefferson

Pacific Ridge Residential Alcohol & Drug Treatment Ctr.
(503) 361-7758

Keizer

Renaissance Recovery Resources
(503) 304-4358

Klamath Falls

BestCare Treatment Services, Inc.
(541) 205-3459

BestCare Treatment Services, Inc.
(541) 883-2795

Lake Oswego

Western Psychological & Counseling Services
(503) 624-2600

Madras

BestCare Treatment Services, Inc.
(541) 475-5300

BestCare Treatment Services, Inc.
(541) 475-6575

Medford

OnTrack, Inc
(541) 772-1777

North Bend

Serenity Lane
(541) 756-6813

Portland

DePaul Treatment Ctr.s, Inc.
(503) 535-1151

DePaul Treatment Ctr.s, Inc.
(503) 535-1181

LifeWorks NW
(503) 645-3581

Providence Behavioral Health & Chem. Dep. (Inpatient)
(503) 215-1550

Providence Behavioral Health & Chem. Dep. (Outpatient)
(503) 216-2057

Serenity Lane
(503) 244-4500

Serenity Lane
(503) 546-7677

Western Psychological & Counseling Services
(503) 253-4600

Prineville

Lutheran Community Services Northwest
(541) 416-1095

Rimrock Trails Adolescent Treatment Serv.
(541) 447-2631

Redmond

BestCare Treatment Services, Inc.
(541) 504-2218

BestCare Treatment Services, Inc.
(541) 504-9577

BestCare Treatment Services, Inc.
(541) 504-2218

Roseburg

ADAPT - Alcohol & Drug Abuse Prevention & Treatment
(541) 672-2691
Serenity Lane
(541) 673-3504

Salem

Creekside Counseling
(503) 371-4160

Creekside Counseling
(503) 371-4160

Pacific Recovery
(503) 362-4980

Serenity Lane
(541) 588-2804

Seaside

Awakenings by the Sea
(503) 738-7700

Washington

Aberdeen	CCS Recovery Center (360) 676-2187	Lakeside Recovery Ctr.s - North (206) 670-3664	Kent
Social Treatment Opportunity Programs (STOP) (360) 533-4997	Sea Mar Community Health Ctr. (360) 647-4266	Enumclaw	Kent Youth & Family Services (253) 859-0300
Arlington	Bothell	Rainier Counseling & Services LLC (360) 802-0446	Kirkland
Alpine Recovery Services, Inc. (360) 658-1388	Alpha Center for Treatment (425) 483-4664	Everett	Lakeside-Milam Recovery Ctr.s, Inc. (425) 823-3116
Auburn	Canyon Park Treatment Solutions (760) 918-8709	Catholic Community Services (425) 258-5270	Lakeside Recovery Ctr.s - Kirkland (425) 822-5095
Auburn Youth Resources (253) 939-2202	Bremerton	Catholic Community Services (425) 258-5270	Northwest Center For Change (425) 827-2401
Creative Change Counseling Ctr. (253) 813-2011	Advantages Counseling Services, Inc. (360) 479-0853	Everett Treatment Services (425) 347-9070	Residence XII (425) 823-8844
Future Visions Program, Inc. (253) 735-2718	Agape Unlimited (360) 373-1529	Evergreen Manor (425) 493-5310	Lacey
Lakeside-Milam Recovery Ctr.s - Auburn (253) 859-6436	Olympic Psychiatric & Wellness Ctr. (360) 782-1933	Insights & Perspectives, L.L.C. (425) 252-1779	Providence St. Peter Chemical Dependency Ctr. (360) 456-7575
Morgan Counseling Services/Alcohol Drug Services (253) 939-2243	Burien	Lakeside Recovery Ctr.s - Everett (425) 267-9573	The Right Step, Inc. (360) 923-9585
Valley Cities Counseling & Consultation (253) 833-7444	2nd Chance Recovery Center (206) 242-4915	Therapeutic Health Services (425) 347-5121	Lakewood
Belfair	Lakeside-Milam Recovery Ctr.s, Inc. (206) 241-0890	Federal Way	Action Association (253) 627-1226
Providence St. Peter Chemical Dependency Ctr. (360) 277-0523	Lakeside-Milam Recovery Ctr.s, Inc. (206) 241-0890	Intercept Assoc. (253) 941-7555	Crossroads Treatment Center (253) 473-7474
Bellevue	Burlington	Lakeside-Milam Recovery Ctr.s - Federal Way (253) 942-8686	Metropolitan Development Council (253) 284-9061
Associated Behavioral Health (425) 646-7279	Follman Agency, L.L.C. (360) 755-1125	Forks	Metropolitan Development Council (253) 284-9047
Coastal Treatment Services, Inc. (425) 646-4406	Cathlamet	West End Outreach Services (360) 374-6177	Tacoma Treatment Solutions (253) 584-3996
Eastside Addiction Professionals, L.L.C. (425) 462-8558	Wahkiakum County Health & Human Services (360) 795-8630	Hoquiam	Longview
New Life Recovery Solutions LLC (425) 454-2238	Colville	Providence St. Peter Chemical Dependency Ctr. (360) 533-8813	Peacehealth - Columbia Rehab. (360) 425-2782
Therapeutic Health Services (425) 747-7892	Northeast Washington Alliance Counseling Service (509) 684-4597	Issaquah	Peacehealth - Rehab. Services Clinic (360) 414-2700
Bellingham	Des Moines	Lakeside Recovery Ctr.s - Issaquah (425) 392-8468	Lynnwood
Advanced Choices (360) 752-3262	Northwest Resources One, Inc. (206) 824-9273	Kennewick	Alpine Recovery Services, Inc. (425) 778-1136
Belair Clinic (360) 676-4485	Edmonds	Advocates for Wellness, LLC (509) 783-8833	Evergreen Manor (425) 248-4900
Bridges Treatment & Recovery, LLC (360) 714-8180	A New Spirit Recovery Program (425) 771-1194	First Step Community Counseling Services (509) 735-6900	Options Treatment & Evaluation, Inc. (425) 742-6410

Marysville	Port Orchard	Choices & Changes, Inc. (509) 735-7899	New Directions Counseling, L.L.C. (360) 427-5232
Catholic Community Services (360) 651-2366	West Sound Treatment Center (360) 876-9430	Seattle	Northwest Resources II, Inc. (360) 426-0890
Monroe	Port Townsend	Associated Behavioral Health (206) 935-1282	Providence St. Peter Chemical Dependency Ctr. (360) 432-8692
Alpha Center for Treatment (360) 794-7187	Safe Harbor Recovery Ctr., Inc. (360) 385-3866	Associated Behavioral Health (206) 781-2661	Social Treatment Opportunity Programs (STOP) (360) 426-5654
Montesano	Pullman	Avalon Center, Inc. (206) 935-6228	Shoreline
A Healthy Risk, Inc. (360) 249-2297	Palouse Recovery Center, Llc (509) 334-0718	Highline Recovery Services (206) 242-2260	Therapeutic Health Services (206) 546-9766
Social Treatment Opportunity Programs (STOP) (360) 249-3000	Palouse River Counseling (800) 833-6388	Island Assessment & Counseling Ctr., Inc. (206) 547-2171	Spokane
Mount Vernon	Puyallup	Lakeside-Milam Recovery Ctr. - Downtown Seattle (206) 341-9373	Abstemious Outpatient Clinic (509) 326-7721
Skagit Recovery Center (360) 428-7835	Abate Abuse Counseling (253) 848-6887	Recovery Options Northwest, Inc. (206) 361-4707	American Behavioral Health Systems, Inc. (509) 232-5766
Oak Harbor	Lakeside Recovery Ctr.s - Puyallup (253) 840-8687	Recovery Options Northwest, Inc. (206) 362-4141	Colonial Clinic Inc (509) 327-9831
Island Assessment & Counseling Ctr., Inc. (360) 675-5782	Social Treatment Opportunity Programs II Inc (253) 770-4720	Ryther (206) 525-5050	Daybreak Youth Services - Spokane (509) 927-1991
Olalla	Sound Counseling, Incorporated (253) 841-8165	Schick Shadel Hospital (206) 244-8100	Lakeside Recovery Ctr., Inc. (509) 328-5234
Olalla Guest Lodge (253) 857-6201	Redmond	Sea Mar Community Health Ctr. (206) 766-6960	New Horizon Care Ctr.s, Inc. (509) 838-6092
Olympia	Square One (425) 881-7084	Sunrise Centers (206) 248-3006	Social Treatment Opportunity Programs (STOP) (509) 326-5172
Alternatives Professional Counseling, Inc. (360) 357-7986	Renton	Therapeutic Health Services (206) 723-1980	Social Treatment Opportunity Programs (STOP) (509) 927-3668
Northwest Resources II, Inc. (360) 943-8810	Creative Change Counseling Ctr. (425) 207-5040	Therapeutic Health Services (206) 323-0930	Spokane Valley
Northwest Resources II, Inc. (360) 943-8810	Lakeside Recovery Ctr.s - South (206) 248-4358	Therapeutic Health Services (206) 323-0934	Abstemious Outpatient Clinic (509) 927-7814
Pasco	Morgan Counseling & Alcohol Drug Services of Washington (Renton) (425) 430-9548	THS-Rainier (206) 723-1980	Stevenson
Unity Counseling Services (509) 547-9545	Northwest Recovery Ctr.s LLC (425) 254-2899	Sedro Woolley	Corridor I, LTD (509) 427-8447
Port Angeles	Renton Clinic (425) 687-7082	United Northwest Recovery Ctr., Inc. (360) 856-6300	Sunnyside
Cedar Grove Counseling, Inc. (360) 452-2443	Valley Cities Counseling & Consultation (425) 656-5504	Sequim	MERIT Resource Services (509) 837-7700
Highland Courte (360) 417-5356	Vital Changes Treatment Inc (425) 687-9600	Safe Harbor Recover Ctr.-Sequim, Inc. (360) 681-7494	Tacoma
True Star Recovery Program (360) 417-2282	Richland	Shelton	Affirmation Counseling (253) 473-0150

First Choice Health Directory

Castelee, Williams & Assoc.
(253) 536-2881

MERIT Resource Services
(509) 877-7271

Community Counseling Institute
(253) 759-0852

Wenatchee

El Camino
(253) 572-3214

Quality Resources, L.L.C.
(509) 664-4013

Lakeside Recovery Ctr.s
- Tacoma
(253) 272-2242

Yakima

Metropolitan Development Council
(253) 593-2740

Barth Clinic
(509) 457-5653

Metropolitan Development Council
(253) 627-5445

Casa De Esperanza
(509) 453-9387

Social Treatment Opportunity
Programs
(253) 471-0890

Ctr. for Counseling
& Psychotherapy, L.L.C.
(509) 966-7246

Western Washington Alcohol
& Drug Treatment
(253) 536-5549

Dependency Health Services
(509) 248-1200

Toppenish

MERIT Resource Services
(509) 469-9366

MERIT Resource Services
(509) 865-5233

Sundown M Ranch
(509) 457-0990

Tumwater

Yelm

Balanced Perspectives Inc
(360) 352-1052

Discovery Counseling, Alcohol
& Drug Services
(360) 400-2242

Union Gap

Wyoming

Community Counseling Clinic,
L.L.C.
(509) 452-6546

Cody

Vancouver

Cedar Mountain Treatment Ctr.
(307) 578-2421

Cowlitz Tribal Treatment
(360) 397-8228

Sheridan

Daybreak Youth Services
- Spokane
(360) 750-9635

Big Horn Mountain Recovery Ctr.
(307) 673-4647

Lifeline Connections
(360) 397-8246

Peacehealth - Recovery
Northwest Outpatient
(360) 695-1297

Serenity Lane
(503) 844-4500

Vancouver Treatment Solutions
(360) 566-9112

Western Psychological &
Counseling Services
(360) 906-1190

Wapato
