

# FIND A PROVIDER



## Find a Primary Care Provider (PCP) or Urgent Care Facility by Plan...

Trust Plan	Providence Plan	Kaiser Plan
<ol style="list-style-type: none"><li>1. Go to <a href="http://www.Regence.com">www.Regence.com</a></li><li>2. Select <i>Find a doctor</i></li><li>3. Search by City, State OR Zip Code, and the type of care you need</li><li>4. From the <i>Filter by</i> feature on the left side of the webpage, click <i>Preferred</i> and <i>Participating</i> to find in-network Regence providers for your Trust-sponsored medical plan</li></ol>	<ol style="list-style-type: none"><li>1. Go to <a href="http://www.ProvidenceHealthPlan.com">www.ProvidenceHealthPlan.com</a></li><li>2. Select <i>Get Started</i></li><li>3. Search by your member ID number or select Providence EPO Network in the drop down menu to search all of our providers</li><li>4. Filter by name, specialty or location</li><li>5. Print or email your results</li></ol>	<ol style="list-style-type: none"><li>1. Go to <a href="http://www.kp.org/chooseyourdoctor">www.kp.org/chooseyourdoctor</a></li><li>2. Select <i>Find a doctor</i></li><li>3. Choose <i>Oregon/Washington</i> from the dropdown menu and select <i>Go</i></li></ol>
<b>Need help locating a provider?</b> Call <b>866-240-9580</b> Monday – Friday from 6 a.m. to 6 p.m.	Call <b>800-878-4445</b> Monday – Friday from 8 a.m. to 5 p.m.	Call <b>800-813-2000</b> Monday – Friday from 8 a.m. to 6 p.m.



### Find a VSP Provider:

1. Go to [www.vsp.com](http://www.vsp.com)
2. Select *FIND A VSP DOCTOR*
3. Enter your Zip Code or City and State and click *SEARCH*  
Or, call **800-877-7195**