

# 2025 PROVIDER LOCATOR

## UMR

- Go to the [UHC Provider Locator](#)
- Update the **location** by searching by a street address, city & state, zip code, or county
- Either search for a provider or service, or find care by selecting one category:
  - People
  - Places
  - Services and Treatments
  - Care by Condition
  - Cost Estimates



## Cigna Dental

- Go to [www.Cigna.com](http://www.Cigna.com) and click **Find a Doctor**
- Select the Plans offered through **Work or School** directory
- Select the **Dentist** tab and enter in your location
- Click on **Pick** to find a plan
- Select Plan: **Total Cigna DPPO** or the **Cigna Dental Care HMO** (HMO is in California only)



## VSP

- Go to [www.vsp.com](http://www.vsp.com) and enter in your zip code and click **Find a VSP Doctor**



## HMSA Hawaii Plan

- Go to [www.hmsa.com/search/providers/](http://www.hmsa.com/search/providers/) and select **Preferred Provider Plan (PPO)**



## CVS Caremark

All the TCWGlobal medical plans include a PBM to manage all your prescription drug needs. The new pharmacy benefits cover generic, brand-name formulary, non-formulary brand and specialty drugs. The best way to save on prescriptions is to use generic or over the counter medications as opposed to brand name drugs. When you use generic medications, you will pay the lowest copay.

Email [benefits@tcwglobal.com](mailto:benefits@tcwglobal.com) for a full list of covered medical and tier level.

To locate a participating pharmacy in your area or to price out the cost of prescription medications, call 800-237-2767 or visit [www.caremark.com](http://www.caremark.com).



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