

# How to Look Up In-Network Providers

## **Medical – Cigna**

1. Go to [hcpdirectory.cigna.com](http://hcpdirectory.cigna.com)
2. Enter your location
3. Select the Open Access Plus medical plan
4. Search by Doctor, Practice name or specialty

## **Dental – Humana**

1. Go to [humana.com](http://humana.com)
2. Scroll down the page and click “search” under Find a doctor or pharmacy
3. Change the search type to “dental” and hit “go”
4. Select and enter your member ID for the best results
5. OR select the PPO option and enter your zip code.
6. For network select “PPO/Traditional Preferred”
7. You can search based on name or specialty

## **Vision – VSP**

1. Go to [vsp.com](http://vsp.com)
2. Under find a VSP doctor enter your zip code and hit search
3. Use the tabs at the top to search by location, doctor name or office name