

Physician Nomination Form

Your Relationship with Your Doctor Is Important

We understand the importance of having confidence in your doctor. You've built a trusting relationship and you want to keep it. Yet you can save a lot by using a doctor who participates in The **First Health**® Network. That's why we make it easy for you to nominate him or her to join.

To find out if your physician already participates in the network, call the toll-free number listed on your ID card or search our electronic directory at www.firsthealth.com.

Have your Login ID handy.

It's Easy to Nominate Your Doctor

This is all you need to do: Simply fill out the patient section on the back and send this entire sheet to your doctor. You may want to attach an addressed envelope.

Here's what your doctor will need to do: He or she should complete the physician portion and mail this form to:

First Health
Attention: Nominations Department
750 Riverpoint Drive
West Sacramento, CA 95605

We'll take over from there...

1. When we receive a complete nomination form from your doctor, we'll send you a letter to let you know. (If you don't receive a letter within 30 days, you may want to follow up with your doctor to see if the nomination form was sent.)
2. We'll contact your doctor to discuss participation in the network. If interested, we'll send him or her an application.
3. Once we receive the completed application, we'll call your doctor to discuss our criteria for joining our network, and gather any additional information we need.

Due to the number of steps involved, the physician nomination process may take up to six months to complete.

If you have questions, please call us at the toll-free number listed on your ID card.

