Your ideal doctor is just three steps away.

Choosing your John Muir Health primary care physician.
9 out of 10 of those who use John Muir Health doctors would recommend them to their family and friends.

And switching to one is as easy as 1-2-3.
Choosing John Muir Health if you choose a PPO.

Step 1
Choose a health plan that allows you to see a John Muir Health primary care doctor. John Muir Health accepts nearly all major plans, including Medicare and most HMOs and PPOs. Among the accepted plans are Aetna, Blue Cross, Blue Shield, Cigna, Health Net and PacifiCare. Visit johnmuirhealth.com/insurance for a complete list.

Step 2
Choose your doctor. Visit johnmuirhealth.com and click on the “Find A Doctor” tab at the top of the page. You’ll be able to search by name, location or specialty, and many of the doctors have videos where you can learn more about them.

Step 3
Once you’ve found the one you like, just call the doctor to confirm that they’re accepting new patients and that they accept your particular insurance. Then simply schedule your first appointment.
Choosing John Muir Health if you choose an HMO.

Step 1
Choose a health plan that allows you to see a John Muir Health primary care doctor. John Muir Health accepts nearly all major plans, including Medicare and most HMOs and PPOs. Among the accepted plans are Aetna, Blue Cross, Blue Shield, Cigna, Health Net and PacifiCare. Visit johnmuirhealth.com/insurance for a complete list of plans.

Step 2
With an HMO, you’ll need to specify a John Muir Health physician on your enrollment form as your primary care doctor. It’s important that you fill in the correct Provider ID number on the form when you’re asked to select a Primary Care Physician, or PCP. The doctor’s Provider ID number indicates his or her medical group affiliation, but many doctors belong to more than one group. So it’s key that the Provider ID number you choose is the one for the John Muir Physician Network. Otherwise, you may inadvertently pick a different group. This won’t affect your plan’s benefits, but it will mean that you can’t access John Muir Health specialists or facilities.

Step 3
To choose your doctor and find his or her John Muir Physician Network Provider ID number, go to johnmuirhealth.com and click on the “Find A Doctor” tab at the top of the page. You’ll be able to search by name, location or specialty, and many of our doctors have videos where you can learn more about them. There will be a link to “Find your doctor’s Provider ID number” where you’ll learn how to locate ID numbers on the health plan’s websites for each of the major HMOs we accept. You can also call us at (925) 952-2887 for help. Once you have your doctor’s ID number, simply fill it in on your enrollment form. As soon as your new coverage begins, call your doctor and schedule your first appointment.