

Sound Integrative Health In-network status as of 12/15/2017

	Premera	Lifewise	Regence	Uniform	First Choice	Bridgespan	Kaiser
In network	AK Global AK Heritage Plus AK Heritage Select Foundation & Foundation Plus 1	Lifewise Lifewise Connect (EPO) Lifewise Health Plan of Washington Preferred Preferred or PPO	Washington Preferred, Classic, Innova, Engage, HSA (2.0,3.0) UW medicine	UMP-Plus PSVH	First Choice PPO network	Washington Gold Silver Bronze Evergreen Health Partners-Virginia Mason UW Medicine	Not for any individual or personal care plans. May be for employer plans such as : Alliant Plus, Options, Options PPO, Access PPO, or Connect
	Global Heritage & Heritage Plus 1		Washington ActiveCare, Platinum, Gold, Silver, Bronze	UWP plus-UW-Medicine ACN		MultiCare Connected Care	
	Heritage Prime Heritage Signature Heritage Signature EPO		Washington Individual and family Gold, Silver, Bronze	UW medicine		Providence-Swedish Health	
PCP status	All plans that I am in network for Must call Premera and select me as PCP	All plans that I am in network for Must call Lifewise and select me as PCP	Must be selected through Regence.com/pick-a-pcp	Call Uniform	All plans that I am in network for	Select through https://www.bridgespanhealth.com/web/bridgespan_individual/pick-a-pcp	Call Kaiser
Specialty Care where patient can self-refer	All plans that I am in network for	All plans that I am in network for	All plans that I am in network for	All plans that I am in network for	All plans that I am in network for		Alliant Plus, Options, Options PPO, Access PPO, or Connect