

## Patient Protection Disclosure

For plans and issuers that require or allow for the designation of primary care providers by participants or beneficiaries, Premera Blue Cross HMO generally requires the designation of a primary care provider.

You have the right to designate any primary care provider who participates in our network and who is available to accept you or your family members. Until you make this designation, Premera Blue Cross HMO designates one for you. For information on how to select a primary care provider, and for a list of the participating primary care providers, contact the medical plan.

For children, you may designate a pediatrician as the primary care provider.

You do not need prior authorization from Premera Blue Cross High PPO, or Standard PPO and Uniform Medical Plan Achieve 1 & 2 or from any other person (including a primary care provider) in order to obtain access to obstetrical or gynecological care from a health care professional in our network who specializes in obstetrics or gynecology. The health care professional, however, may be required to comply with certain procedures, including obtaining prior authorization for certain services, following a pre-approved treatment plan, or procedures for making referrals. For a list of participating health care professionals who specialize in obstetrics or gynecology, contact your own medical plan.