

## **Plumbers & Steamfitters Local 486**

### **Medical Fund**

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[www.associated-admin.com](http://www.associated-admin.com)

## Find a Doctor Instructions for Net Lease or Flex Link

### **Net Lease (Local Area MD, VA and DC area)**

1. Type [www.carefirst.com](http://www.carefirst.com) on your URL
2. Click on the "Members" link (Top Right corner of screen)
3. Click on the "Search Now" button under "Find a Doctor"
4. Click on the "CareFirst – Network Leasing" link
5. Click on either the "Medical" or "Mental Health" button
6. You may Search for a Provider by: Name, Specialty, or Facility. "Or choose the type of provider/facility you are looking for" by clicking on the: Primary Care Provider, OB/GYN, Specialists, Hospitals, Labs, Imaging Facilities, Immediate Care, or Other Providers/Facilities button

### **Flex Link (Out of Local Area)**

1. Type [www.bcbs.com](http://www.bcbs.com) on your URL
2. Hover over the "Find a Doctor" link (Top of screen)
3. Click on the "In the United States, Puerto Rico and US Virgin Islands" link
4. Specify "Your Location" by entering the City, State you are searching
5. Specify "Your Plan" by entering the first three letters or numbers of your member ID (PNA or PND), then click "Go"
6. You may "Select a Category" by choosing: All Categories, Doctors by name, Doctors by Specialty, Places by name, or places by type. You may also "Find Immediate Medical Care" by clicking on the "Search for Immediate Care" button