

New York State Insurance PAR List

Participating insurance plans 2023

Optum participates in the following plans:

Individual Exchange

Affinity Essential
 BCBS HealthPlus Essential/Gatekeeper,
 CDPHP, Fidelis, HealthFirst Leaf Plans or
 Qualified Health Plans

Shop Exchange (Small Business Health Plans)

CDPHP
 MVP
 HealthFirst Pro Plans



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Aetna*

HMO, Health Network Only HMO, Select EPO, Open Access Elect Choice EPO, Quality Point of Service, Managed Choice POS, Open Access Managed Choice POS, Choice POS II, Health Network Option, Open Choice PPO, Aexcel, Signature Administrators, Aetna Premier Care Network (APCN), Aetna High Performance Network, Medicare HMO & PPO Group Plans (Individual MA Plans in select counties), Local 1199

Affinity by Molina Healthcare**

Medicaid Managed Care, Child Health Plus, Essential Plans (Excludes Molina Healthcare Plus - HARP)

CDPHP*

Commercial Plans (Excludes Medicare Plans, Essential Plans, Child Health Plus, Family Health Plus & Medicaid)

Centivo

Focus Plan

Cigna

HMO, POS, PPO, EPO, Oscar, Cigna True Choice Medicare PPO (Effective January 1, 2023 - Includes Cigna True Choice Medicare PPO Plans: Access, Courage, Plus, Savings)

Connecticare

PAR through Emblem Health Prime Network

Consumer Health Network (CHN)

Coventry

PPO (Through First Health)

Emblem Health Insurance Company (a.k.a. HIPIC)

Prime Network, Bridge Network (Excludes Select Care Network & Millenium Network)

Emblem Health Plan, Inc. (a.k.a. GHI)

CBP Network, HMO, EPO, PPO, Bridge Network, Medicare PPO

Empire Blue Cross/Blue Shield

HMO, PPO, EPO, Connection Network, Blue Access Network, Medicare Advantage/MediBlue (HMO, PPO, DSNP, Select), HealthPlus Gatekeeper, HealthPlus (Medicaid, CHP, Essential Plan, HARP) (Excludes Blue Priority Networks)

Fidelis

Medicaid Managed Care, Child Health Plus, Essential Plans, HealthierLife (HARP), Qualified Health Plans (Bronze, Silver, Gold, Platinum) (Excludes Wellcare by Fidelis Medicare Advantage & Dual Advantage Plans)

First Health PPO, Coventry PPO

Great West Healthcare HMO & PPO

Healthfirst

Medicaid Managed Care, Child Health Plus, Personal Wellness Plan (HARP), Basic Health Plan, Essential Plans, Medicare Advantage Plans, Qualified Health Plans, Commercial Plans, Dual Advantage Plans, Medicaid Advantage Plus

HIP

Prime Network (Includes Child Health Plus, Vyrtra, Connecticare), Enhanced Care Prime Network (Medicaid Plans) (Excludes VIP Bold Network, VIP Prime Network, VIP Reserve Network, Millenium Network, Select Care Network)

Humana

Medicare Network PFFS, Medicare HMO & Medicare PPO, Medicare Humana Choice Partnered (PPO)

Magnacare

Includes Brighton Health Plan Solutions

Medicare

Traditional (Includes Railroad Retirees), Aetna Medicare HMO and PPO Group Plans (Individual MA Plans in select counties), Empire BCBS Medicare Advantage/MediBlue (HMO, PPO, DSNP, Select), GHI Medicare PPO, MVP, Partners Health Plan, AARP Medicare Advantage Plans HMO & PPO (Excludes Mosaic), UHC Group Medicare Advantage Plans HMO & PPO, UHC Medicare Advantage Plan 1, 3 & 4, UHC Medicare Advantage Patriot Regional PPO, UHC Community Plan Dual Complete, Medicare Network PFFS, Medicare HMO & Medicare PPO, Medicare Humana Choice Partnered (PPO), Cigna True Choice Medicare PPO (Effective January 1, 2023 - Includes Cigna True Choice Medicare PPO Plans: Access, Courage, Plus, Savings) (Excludes CDPHP, HIP and WellCare)

Multiplan

PPO Only

MVP*

Commercial, Medicare and Medicaid (Excludes Essential Plan and Premier Individual)

Northwell Direct

NYSHIP Empire Plan

Oscar PAR through Cigna

Oxford

Liberty & Freedom (Excludes Metro Network)

Partners Health Plan

Commercial and Medicare

PHCS PPO Only

Tricare

East, West, US Family Health Prime, Martins Point, Overseas, TriCare for Life Health Insurance

United Healthcare EPO, HMO, POS, HMO Plus,

PPO (Includes Choice Plus, Select Plus), Nexus ACO, AARP Medicare Advantage Plans HMO & PPO (Excludes Mosaic), UHC Group Medicare Advantage Plans HMO & PPO, UHC Medicare Advantage Plan 1, 3 & 4, UHC Medicare Advantage Patriot Regional PPO, UHC Community Plan Dual Complete (Excludes UHC Community Plan - Medicaid Plans)

Optum accepts most major health insurance plans. Before selecting a provider, please check with your insurance company to verify your eligibility and coverage to ensure the provider participates in your plan.

If you have insurance coverage from a company other than one listed, services are probably "out of network" and you will be responsible for a greater out of pocket expense.

For help selecting a plan that Optum participates with please contact our Patient Assistance Department at 1-888-859-9473.

Additional participating plans in Long Island, Brooklyn and Queens:

Aetna-Medicare Advantage Individual Plans
 Fidelis-Medicare Advantage Plans
 Local 1199
 Metroplus (5 NYC boroughs only)
 Oscar
 United Healthcare-Compass, Nexus and Metro

Insurance plans accepted in Long Island and NYC Urgent Cares and Ambulatory Surgery Centers may vary.

* Local 1199, CDPHP and MVP plans are currently non participating in the Manhattan region.

** Affinity by Molina Healthcare plans are currently participating with select providers in the Manhattan region.