

Premera Blue Cross PersonalCare Health Plans

Specially selected physicians with offices near you

PersonalCare Plans from Premera Blue Cross provide streamlined, coordinated care within a select group of healthcare providers. These plans are available to you if you live or work in King, Pierce, or Snohomish counties. Providers are located in Seattle, Bellevue, Redmond, Everett, Tacoma, and surrounding areas. Each member of your family on the plan can select their own PersonalCare Partner System, making this one of the most flexible health plan options available.

Coordinate your care

Your primary care doctor will refer you within your partner care system for specialty care, if the needed services are available within your partner care system. If the specialty care service is not available within your partner care system, your primary care doctor will refer you to a specialist outside of your partner care system. Non-emergency services outside your partner care system are covered only when you're referred by your primary care doctor.

Premera PersonalCare Plans are managed plans that provide

- Monthly premiums that are among the most affordable of all Premera's plans.
- A streamlined healthcare experience if you're managing a condition.
- Excellent customer service from Premera, the #1 health plan brand in the Northwest.*
- A simplified, more efficient healthcare experience. They're designed to keep costs low, which may help keep healthcare prices lower in the future.
- Award-winning providers and hospitals that are among the best in the nation.

* Source for "Premera is the #1 health plan brand in the Northwest": [HealthInsurance.org](https://www.healthinsurance.org)

See the following pages for more details on the six PersonalCare Partner systems

1. The Everett Clinic
2. EvergreenHealth Partners
3. MultiCare Connected Care
4. Northwest Physicians Network
5. UW Medicine
6. Virginia Mason

The Six PersonalCare Partner System choices:

- The Everett Clinic

The Everett Clinic has been providing care in Everett, Lake Stevens, Harbour Pointe, Marysville, Mill Creek, Snohomish, Shoreline, Silver Lake, and Stanwood for more than 90 years. The Everett Clinic is a physician-led, patient-centered multispecialty medical group practice focused on clinical excellence. It offers 21 clinical sites of care and walk-in clinics in Snohomish and King counties. They also have an outpatient surgery center, lab services, advanced imaging center, center for behavioral health, vision center, hearing aid center, and cancer partnership. Doctors, surgeons, and all healthcare providers use one electronic medical record to keep care coordinated. More than 20 Everett Clinic physicians have been recognized as doctors who other doctors would recommend to their loved ones. The team strives to excel, improve, and set national standards in healthcare. The Everett Clinic is committed to prescribing medication based on research, not marketing. The group has banned pharmaceutical companies from physician offices. A team of pharmacists and physicians research and recommend medications. Search [The Everett Clinic Integrated Care Network](#).

- EvergreenHealth Partners ([Learn more](#))

EvergreenHealth has cared for generations of patients on the Eastside of King County for more than 40 years. EvergreenHealth offers 500 physicians, 90 practices, and 53 specialties. EvergreenHealth also runs 2 urgent care locations, 3 emergency departments (Kirkland, Monroe and Redmond), and two hospitals (Kirkland and Monroe). EvergreenHealth has received a Healthgrades® Distinguished Hospital Award for Clinical Excellence. EvergreenHealth was also recognized by U.S. News & World Report as among the top hospitals in the nation and for high performance in the following 9 physician specialty areas: cancer, diabetes and endocrinology, gastroenterology & GI surgery, geriatrics; nephrology (care of the kidneys), neurology & neurosurgery, orthopedics, pulmonology and urology. EvergreenHealth has hospitals in Kirkland and Monroe and primary care clinics in the following towns and cities: Bellevue, Bothell (Canyon Park), Duvall, Everett, Federal Way, Kenmore, Kirkland, Lake Forest Park, Lynnwood, Mill Creek, Monroe, Mountlake Terrace, Redmond, Sammamish, Seattle, Sultan, Woodinville. Search [EvergreenHealth Partner network](#).

- MultiCare Connected Care ([Learn more](#))

The MultiCare Connected Care system includes MultiCare and select non-MultiCare health providers that include physicians, hospitals, and clinics. MultiCare's network includes 5 hospitals, 12 urgent care clinics, retail clinics in area RiteAid stores, plus dozens of primary and specialty clinics. Mary Bridge Children's Hospital offers a range of family-friendly pediatric care. Mary Bridge is southwest Washington's only pediatric hospital and is the state-designated Level II Pediatric Trauma Center for Western Washington. MultiCare also offers innovative women's services. MultiCare provides seamless, coordinated care tailored for women and their families. MultiCare has over 200 primary care providers, 900 specialists, 250 clinics and 6 emergency departments. MultiCare Connected Care providers practice throughout the South Sound area, with hospitals and medical centers located in cities including Auburn, Covington, Gig Harbor, Puyallup, and Tacoma, and additional urgent care clinics in Kent, Lakewood, Olympia, Spanaway, University Place, and West Tacoma. Search [MultiCare Connected Care network](#).

- Northwest Physicians Network ([Learn more](#))

The Northwest Physicians Network is the largest independent network of physicians in the Pacific Northwest. Northwest Physicians Network was founded in 1995 and has offices throughout Seattle area and King and Pierce counties. They offer a full spectrum of imaging services (X-rays, MRIs, etc.), and surgical diagnostic centers. The network is focused on providing a patient-centered experience that helps lower costs while providing high-quality healthcare, especially for the management of chronic illnesses. All primary care providers offer an array of evening and weekend options and appointment times including 24-hour/after-hours options for urgent care. Northwest Physicians Network provides coordinated nursing care from experienced providers including obstetricians, pediatricians, and geriatric specialists. NPN also offers diverse, multilingual healthcare providers. Northwest Physicians Network has served the greater south Puget Sound community for more than 20 years and focuses on supporting long-term relationships between primary care providers and patients. Northwest Physicians Network offers healthcare throughout King, Pierce, and Snohomish counties. Search [Northwest Physicians network](#).

- UW Medicine ([Learn more](#))

UW Medicine Accountable Care Network offers world-class preventive and primary care as well as highly specialized, complex care. The plan features the largest, most comprehensive network in the Puget Sound region. This network offers high-quality care with specialized treatments for cancer, cardiology, neurological disorders, and stroke, among many other conditions. Additional key areas of care include OB/GYN and pediatrics. The healthcare staff includes specialists who rank among the top in the nation. The providers at UW Medicine Accountable Care Network work hard to provide patients with information they need to make informed choices about their care. The UW Medicine Accountable Care Network includes Seattle Children's Hospital, plus Harborview Medical Center, Northwest Hospital & Medical Center, UW Medical Center and Clinics, UW Neighborhood Clinics, Capital Medical Center, Cascade Valley Hospital & Clinics, Island Hospital, Overlake Medical Center and Medical Clinics, Skagit Regional Health, and Valley Medical Center and Clinics. Neighborhood clinics are located throughout Seattle as well as Arlington, Bellevue, Edmonds, Federal Way, Issaquah, Kent/Des Moines, Lake Forest Park, Shoreline, and Woodinville. Search [UW Medicine network](#).

- Virginia Mason ([Learn more](#))

Virginia Mason is a non-profit healthcare system with more than 480 physicians. Virginia Mason's hospital and medical center is located on First Hill in downtown Seattle and clinics are located on Bainbridge Island, and in Bellevue, Federal Way, Issaquah, Kirkland, Lynnwood, and in Seattle's University Village. Virginia system also includes the over 28 providers at Edmonds Family Medicine. Virginia Mason received the Healthgrades 2015 America's 100 Best Hospitals Award™ for the second straight year. The distinction makes Virginia Mason among the top 2 percent of more than 4,500 hospitals nationwide for superior clinical performance. Virginia Mason was also named by U.S. News & World Report as one of the best hospitals for orthopedics, nephrology, and gastroenterology. Virginia Mason customers may request appointments online; view lab, radiology and pathology results; self-schedule select appointments; send secure messages to their care team members 24/7; renew prescriptions online; and access a summary of their medical history including medications, allergies, clinical notes, and immunizations. Virginia Mason gives patients an estimate of what their out-of-pocket costs will be for numerous medical and surgical services. Search [Virginia Mason network](#).

