

# Maintaining *your health*



## Midlands Choice Find A Provider

Selecting a health care professional is important, and with the Midlands Choice Find A Provider, it's easy. Through their provider search, Midlands Choice offers a health care network of more than 20,000 physicians and other health-care professionals, 320 hospitals and 1,500 other health care facilities to help meet your needs.

Midlands Choice Find A Provider is available 24 hours a day, seven days a week, wherever Internet access is available. With the easy-to-use format, you can search online by specifics, such as hospital, specialty, gender and distance. The information also includes a detailed map of the physicians practice(s), as well as any additional locations.

Please be sure to verify your search results and remember that directory information is for reference only - always confirm the providers address, phone number, specialty and any other information before making an appointment.

### Step-by-Step Instructions

To access the Midlands Choice Find A Provider, simply log on to [myCBS.org/health](http://myCBS.org/health).

- 1) Under **Resources**, click on **Find a PPO Provider**. Next, under **Choose PPO Type**, click on **Medical PPOs**. Locate **Midlands Choice** on the **Medical PPO Links**, and click on it to be directed to the Midlands Choice Find A Provider website.
- 2) Below the **Search** header, under **What kind of provider are you looking for?**, use the pull down tab to search for a doctor, hospital/medical facility, urgent care center or medical supply services. Make a selection. Next, under **Insurance Company**, use the pull down tab to locate **Christian Brothers Services**. Under **Network**, select **Midlands Choice with Mayo**. Under **Provider or Practice Name**, you have the option to enter specific information, although it is not a required field to fill in for optimum search results. Next, enter the address, city and state or zip code and use the pull down tab to narrow or broaden your search results by mileage. Finally, click on the blue **Search** button.
- 3) You will be presented with a list of results that match your search. You can also click on the map link to get detailed directions, as well as view **Additional Locations**, if available.
- 4) On the bottom left of the screen, under **Customize Results**, you can refine your search by gender and check either **Female** or **Male**. If you searched by Specialist, you will also see a **Specialty** header in this section. Click on this header for a detailed list of specialties to appear. Check the box that best fits your needs.