

FIND A PROVIDER

Aura

Once your plan starts you'll receive an email from Aura. Simply follow the instructions on the email and you'll be able to start using your plan!

MetLife Dental

MetLife makes finding a dentist easy. Simply head to www.metlife.com and click "Find a Dentist." If you have the HMO plan, select "Dental HMO/Managed Care". Then enter Zip, City or State. From the 'Select Your Plan' drop down choose MET100. "Filter Your Results" drop down select ONLY General Dentist. If you have the PPO plan, select "PDP Plus." Then, enter your Zip, City or State, then click search! From there you'll get a list of dentists that you can choose from.

MetLife Legal

Once your plan starts you'll need to either call MetLife or make an online account so you can generate a list of lawyers and get a case number. Their phone number is 800-821-6400 and their website is www.legalplans.com. Both options will lead you to the same information, so do what you're comfortable with! Once you find the lawyer you'd like to use, you can just contact them directly and provide them your case number to bill MetLife Legal!

Nationwide Pet Insurance

Nationwide Pet Insurance can be used at any veterinarian in the country, so it's up to you to find your local vet! The [San Diego County Veterinarian Medical Association](#) offers an online search tool to find vets in their association. This is not a comprehensive list of veterinarians, just a handful. We recommend you do your own research to find the best vet for your pet. After all, depending on the services you need, a different vet might be the better choice.

Sharp Healthcare

Go to www.sharphealthplan.com/findadoctor. You'll need to select a network for your search: Non-Medicare Classic plan is the Value network, Non-Medicare Select plan is the Performance network, and the Medicare plan is in the Sharp Direct Advantage.

Unum Long Term Care

Finding a long term care provider really varies from case to case. Luckily Unum doesn't have a "network" so you can find your own provider that works best for you. This might be a bit overwhelming, but usually the doctor that recommends you for long term care will have a referral for you. Once you are receiving long term care, you can submit a claim to Unum. You can contact SDPEBA by calling 888-315-8027 for help with this or head to Unum's site on your own www.unum.com/employees.

VSP Vision Care

Head to www.VSP.com and click "Find a Doctor." Enter your information and click "search." Then click "advanced search" and make sure the doctor network is set to "Choice." From there you can refine your search by services, brands, and location.

To find a provider for CIGNA, Delta Dental, Dental Health Services or Kaiser, please consult the plan information available at www.sandiego.gov/risk-management/flexible-benefits