



Network Organizations:
Edmonds Family Medicine
EvergreenHealth Partners
MultiCare Connected Care
Overlake Medical Center
Seattle Children's
Virginia Mason

Participating Organization Descriptions

UMP Plus – Puget Sound High Value Network (UMP Plus – PSHVN) is a group of industry-leading medical organizations that are collectively committed to serving you through a coordinated care network and providing excellent customer service in King, Kitsap, Pierce, Snohomish and Thurston counties.

Supported by Regence, UMP Plus – PSHVN connects eligible Public Employees Benefits Board (PEBB) Program members to high-quality primary and specialty care close to where people live and work. Our commitment is to provide members easy access to the right provider at the right time.

Important: *To receive the highest level of coverage, you and your family members must receive services from primary care and specialty providers through any of the participating organizations listed below.*

In addition to these participating organizations, Capital Medical Center in Olympia is designated as a network hospital for Thurston County. This means that all hospital services received at Capital Medical Center will be covered at the higher network level.

The UMP Plus – PSHVN participating medical organizations include:

Edmonds Family Medicine

EdmondsFamilyMed.com

Overview

Edmonds Family Medicine's mission is to 'empower people to lead healthier lives,' so its providers spend time teaching patients. The desire of the physicians and nursing staff is for each patient to understand the choices available to optimize their health. Along with decades of experience, Edmonds Family Medicine providers use an electronic medical record to track and assist patients on their journey to better health. In particular, they have special resources to care for hypertension, diabetes and asthma. As a 'medical home,' their providers coordinate many services for patients to keep chronic disease under control. Edmonds Family Medicine providers extend their

mission throughout the communities they serve by also contributing time at health fairs and youth events.

Recognition

- In 2014, Edmonds Family Medicine received a Super Service Award from Angie's List. Only about five percent of health care providers in Snohomish County have performed consistently enough to earn this recognition.
- The quality of their family medicine physicians is recognized by the National Commission of Quality Assurance (NCQA).
- The doctors also participate in local efforts to measure quality, such as the Washington Health Alliance.

Service area

Edmonds Family Medicine is the largest family practice group in South Snohomish and North King counties. It serves the following cities:

- Brier
- Edmonds
- Lynnwood
- Mountlake Terrace
- Mukilteo
- Shoreline

Clinic hours

- Monday–Thursday: 7:30 a.m. – 8 p.m.
- Friday: 7:30 a.m. – 5:30 p.m.

Walk-In Clinic (urgent care) hours

- Monday–Friday: 9 a.m. – 8 p.m.
- Saturdays, Sundays and holidays: 9 a.m. – 4 p.m.
- Closed Christmas and Thanksgiving

EvergreenHealth Partners

EvergreenHealth.com/EHP

Overview

EvergreenHealth Partners, the region's first clinically integrated network, launched in 2013 with a vision to transform the delivery of health care and offer the greatest value to both patients and providers. EvergreenHealth Partners brings together more than 550 independent-practice physicians, specialists and hospital-employed providers in more than 85 practices representing 45 specialties across King and Snohomish counties to streamline care, increase cost efficiencies

and improve access to resources. EvergreenHealth Partners is a physician-led organization managed by peers who hold each other accountable to quality standards determined by the group. Providers who are part of EvergreenHealth Partners are able to have a deeper, more patient-focused conversation and align around quality, patient experience and efficiency. EvergreenHealth Partners patients receive coordinated care made possible by a case management program and an extensive reporting system of physician quality data. This large group of skilled providers representing an array of specialties ensures each patient receives quality, expert care delivered in a team approach by physicians with access to shared resources. EvergreenHealth Partners is anchored by EvergreenHealth, a public hospital district and community-based health care organization established in 1972.

EvergreenHealth is a two-hospital health care system serving nearly 850,000 residents in northern King and southern Snohomish counties. EvergreenHealth's campus in Kirkland includes a 318-bed medical center, 15-bed inpatient hospice facility, four medical specialty buildings and a Level III emergency department. EvergreenHealth also has 10 primary care practices, two urgent care clinics, a free-standing emergency department in Redmond, specialty care ranging from neurosciences, orthopedics, oncology to obstetrics and cardiology and the largest Home Health and Hospice agency in the Puget Sound area.

EvergreenHealth offers extensive community health outreach and education programs, anchored by its 24/7 Nurse Navigator and Healthline. A free consulting nurse and referral service available to the community and EvergreenHealth Partner patients, Healthline callers are connected to registered triage nurses who can help determine the appropriate level of care for a range of health care needs or experts who can help make a referral to a provider. In March 2015, EvergreenHealth finalized an alliance with Valley General Hospital in Monroe, which became EvergreenHealth Monroe. EvergreenHealth Monroe serves east Snohomish County with inpatient services, emergency services, inpatient chemical dependency therapy, hyperbaric facilities and general medical/surgical care. Access to behavioral health services will increase in late 2015 when Fairfax Behavioral Health opens a 34-bed inpatient mental health unit on the EvergreenHealth Monroe campus.

Recognition

- *U.S. News & World Report* named EvergreenHealth the No. 3 best hospital in the Seattle metropolitan

region, and the No. 4 best hospital in Washington state in the 2015–16 edition of its 'Best Hospitals' rankings.

MultiCare Connected Care

MulticareConnectedCare.com

Overview

MultiCare Connected Care, a wholly owned subsidiary of MultiCare Health System, is an accountable care organization that supports a clinically integrated network called MultiCare Connected Care Network. This provider network is comprised of MultiCare and select non-MultiCare health providers, including physicians and other health care providers, hospitals, clinics and health care services such as imaging, labs and pharmacies that are connected to one another to transform the way care is delivered to improve the health of our region. MultiCare Health System, based in Tacoma, is a nonprofit health care organization with five hospitals, more than 10,000 employees and more than 130 sites of specialty, primary and urgent care for the region. It includes the South Puget Sound region's children's hospital and state-designated Level II Pediatric Trauma Center for Western Washington, and the region's only Level IV Neonatal Intensive Care Unit as well as Home Health and Hospice and Behavioral Health Services. Tacoma General Hospital provides Level II Adult Trauma Services.

Its heritage dates to the founding of Tacoma's first hospital in 1882. In response to the growing community's needs, MultiCare Health System has built an integrated health care delivery system that offers skilled, personal care for every stage of life. Members of MultiCare Connected Care Network have been recognized for the care they provide, as well as their commitment to patients, investment in technology and involvement in the community. MultiCare Connected Care serves residents of Pierce, King, Thurston and Kitsap counties.

Recognition

- In 2015, MultiCare hospitals and more than 100 MultiCare clinics received Stage 7 Awards from HIMSS Analytics, which represents the pinnacle of achievement in digital health records — an honor attained by just a small percentage of U.S. hospitals.

Overlake Medical Center

OverlakeHospital.org

Overview

Overlake Medical Center is a 349-bed, nonprofit regional medical center offering a full range of advanced

medical services to the Puget Sound region. Overlake has more than 1,000 active and courtesy physicians on staff to serve patients. Overlake opened the first Level III Trauma Center on the Eastside and is known for providing award-winning, compassionate and patient-centered care that is recognized by national and regional organizations for the highest quality and value. As part of Overlake's integrated network of care, Overlake Medical Clinics include five primary care clinics with same-day appointments; urgent care clinics in Issaquah, Redmond and downtown Bellevue; and 16 specialty clinics that provide a broad array of services including cancer, orthopedic, cardiac, neurosciences, bariatric, pulmonology, weight loss, psychiatric, breast health, and colon and rectal care. Overlake Medical Center and Overlake Medical Clinics are supported by an integrated electronic health record, which allows for easy flow of critical health information so patients receive care that is highly coordinated across Overlake's continuum of services. Recently, Overlake Medical Center created the Overlake Physician Network (OPN). OPN is in the process of becoming an integrated network of community physicians and Overlake-employed physicians. Currently, a committee of physicians from 12 different organizations is meeting to formalize the network to ensure OPN will optimize its care delivery for its patients and its physicians. The network will be dedicated to improving quality of care and meeting the needs of its patients through better access, enhanced communication and improved coordination. OPN will provide an opportunity for physicians and patients to collaborate to improve health care for all on the Eastside.

Recognition

- In 2015, Overlake received a Hospital Safety Score 'A' letter grade from The Leapfrog Group for the third year in a row. The Leapfrog Group, an independent nonprofit organization and advocate for patient safety nationwide, awards letter grades to hospitals on a semi-annual basis. Only 11 of the 43 Leapfrog-graded hospitals in Washington state received an 'A' grade.

Seattle Children's

SeattleChildrens.org

Overview

Seattle Children's Hospital, Foundation and Research Institute together deliver superior patient care, advance new discoveries and treatments through pediatric research, and serve as the pediatric and adolescent

academic medical referral center for Washington, Alaska, Montana and Idaho — the largest region of any children's hospital in the country. Consistently ranked as one of the best children's hospitals in the country by *U.S. News & World Report*, Seattle Children's Hospital specializes in meeting the unique physical, emotional and developmental needs of children from infancy through young adulthood. For more than 100 years, the hospital has been dedicated to providing top-quality care to every child who needs it, regardless of the family's ability to pay. Seattle Children's Hospital and Research Foundation gathers community support and raises funds for Seattle Children's Hospital and Seattle Children's Research Institute. Located in downtown Seattle's biotech corridor, Seattle Children's Research Institute is pushing the boundaries of medical research to find cures for pediatric diseases and improve outcomes for children all over the world. Internationally recognized investigators and staff at the research institute are advancing new discoveries in cancer, genetics, immunology, pathology, infectious disease, injury prevention and bioethics, among others.

Recognition

- In 2015, *U.S. News & World Report* ranked Seattle Children's No. 6 in the country among the nation's best children's hospitals for the 23rd consecutive year and the only pediatric medical center in Washington state to be ranked.

Virginia Mason

VirginiaMason.org

Overview

Virginia Mason is a Seattle-based, nonprofit regional health care system that serves the Pacific Northwest. Virginia Mason includes a 336-bed acute-care hospital; a primary and specialty care group practice of more than 480 physicians; regional medical centers throughout the Puget Sound area; and Bailey-Boushay House, the first skilled-nursing and outpatient chronic care management program in the U.S. designed and built specifically to meet the needs of people with HIV/AIDS. Benaroya Research Institute at Virginia Mason is internationally recognized for its breakthrough autoimmune disease research. Since 2002, Virginia Mason has applied lean manufacturing principles to health care delivery to eliminate waste, lower cost and improve quality and patient safety. MyVirginiaMason.org is an example of the health system's ongoing commitment to transparency, engagement and enhancing the patient experience. The portal allows patients to request

appointments online; view lab, radiology and pathology results; self-schedule select appointments; securely message care team members 24/7; renew prescriptions online; and access a summary of medications, allergies, clinical notes, immunizations and any medical issues.

Recognition

- Virginia Mason received the Healthgrades 2015 America's 100 Best Hospitals Award™ for the second straight year. The distinction makes Virginia Mason one of the top two percent of more than 4,500 hospitals nationwide for its consistent, year-over-year superior clinical performance as measured by Healthgrades.

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Finding a Provider

To search for a provider in UMP Plus – PSHVN, visit PugetSoundHighValueNetwork.org.

For More Information

For more information about UMP Plus – PSHVN and to find a network provider, visit PugetSoundHighValueNetwork.org or call 1-855-776-9503.

For information about your medical coverage, call Regence at 1-888-849-3681.