



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

Participating Organization Descriptions

UMP Plus – Puget Sound High Value Network is a group of eight industry-leading medical organizations — Edmonds Family Medicine, EvergreenHealth Partners, MultiCare Connected Care, Overlake Medical Center, Rockwood Health System, Seattle Children's, SignalHealth and Virginia Mason — that are collectively committed to serving as your coordinated provider network and providing excellent customer service in Grays Harbor, King, Kitsap, Pierce, Snohomish, Spokane, Thurston and Yakima counties.

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

Supported by Regence, UMP Plus – PSHVN connects members to high-quality primary and specialty care close to where people live and work. Our commitment is to provide you and any covered dependents with easy access to the right provider at the right time.

Important: To receive the highest level of coverage, you and your covered dependents must receive health care services from primary care and specialty providers through any of the participating organizations listed above. In addition to these participating organizations, Capital Medical Center in Olympia is designated as a network hospital for Thurston County. UMP Plus – PSHVN covers facility charges at Capital Medical Center in Olympia at the network level. However, other services at Capital — including all physician charges — are considered non-network, unless the services are due to a medical emergency. Emergency services are covered at the network rate.

The UMP Plus – PSHVN participating medical organizations include:

Edmonds Family Medicine

EdmondsFamilyMed.com

Overview

Edmonds Family Medicine (EFM) is the largest family practice group in South Snohomish and North King counties. It serves Brier, Edmonds, Lynnwood, Mountlake Terrace, Mukilteo and Shoreline. Since EFM's mission is to "empower people to lead healthier lives," 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's 30 physicians 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.

Recognition

- In 2015, 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.

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/Partners

Overview

EvergreenHealth Partners, the region's first clinically integrated network, launched in 2013 with a vision to transform health care delivery and offer the greatest value to patients and providers. It brings together more than 620 independent-practice physicians, specialists and hospital-employed providers in more than 85 practices representing more than 50 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. EvergreenHealth Partners patients receive coordinated



care made possible by a case management program and an extensive reporting system of physician quality data.

EvergreenHealth is an integrated health care system that serves nearly one million residents in King and Snohomish counties. More than 1,000 physicians provide clinical excellence in more than 80 specialties. EvergreenHealth includes a 318-bed acute care medical center in Kirkland, a 74-bed hospital in Monroe, 10 primary care practices, two urgent care centers, more than two dozen specialty care practices and emergency care at its Kirkland, Monroe and Redmond campuses.

Recognition

- In 2016, EvergreenHealth was named — for the fourth year in a row — among the best hospitals in the Puget Sound area and Washington state by *U.S. News & World Report* (#5 and #7 respectively). U.S. News also recognized EvergreenHealth for high performance Gastroenterology and GI Surgery, Nephrology, Pulmonology and in the treatment of Heart Failure and Chronic Obstructive Pulmonary Disease.

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. 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 centers, labs and pharmacies connected to one another to transform the way care is delivered to improve the health of our region. 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.

Tacoma-based MultiCare Health System 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. Its heritage dates back to the founding of Tacoma's first hospital in 1882. MultiCare Health System 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.

In 2013, MultiCare Health System and Grays Harbor Community Hospital formed an affiliation network to share clinical best practices and expand services in Grays

Harbor County and the surrounding region. Grays Harbor Community Hospital is a not-for-profit Public Hospital District that serves more than 72,000 residents. It operates two campuses. One provides acute care and the other is a specialty medical center. Harbor Medical Group is a multispecialty group that is a subsidiary of Grays Harbor Community Hospital. It includes eight conveniently located clinics throughout Grays Harbor County.

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. It has more than 1,000 active and courtesy physicians on staff. Overlake opened the first Level III Trauma Center on the Eastside and is known for providing award-winning, compassionate and patient-centered care recognized for the highest quality and value.

As part of Overlake's integrated network, 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 an array of specialty services.

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.

Overlake Medical Center created Overlake Provider Network (OPN). OPN is an integrated network of community providers and Overlake-employed providers. The network is dedicated to improving quality of care and meeting the needs of patients through better access, enhanced communication and improved coordination. OPN allows physicians and patients to collaborate to improve health care for all on the Eastside.

Recognition

- In 2015, Overlake received a Hospital Safety Score "A" 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.



Rockwood Health System

RockwoodHealthSystem.com

Overview

Deaconess Hospital, Valley Hospital and Rockwood Clinic make up Spokane-based Rockwood Health System, an integrated health care delivery system that strives to increase access to health services, improve coordination of patient care, and focus on building quality relationships.

Deaconess Hospital is a 388-bed acute care hospital that offers high-quality inpatient and outpatient services, diagnostic imaging, medical, surgical and emergency services. It has a Level III Trauma Center, a Certified Chest Pain Center, a Certified Total Joint Restoration Center, and an accredited Primary Stroke Center.

Rockwood is a multispecialty clinic that provides primary care, urgent care and specialty care at multiple locations throughout the Inland Northwest. It employs more than 300 physicians and providers, offers more than 40 specialties and operates from 12 primary clinical locations, including Spokane, Coeur d'Alene, Cheney and Medical Lake.

Valley Hospital is a 123-bed acute care facility supported by 530 medical and allied health professionals. It includes advanced medical technology and modern facilities that offer inpatient and outpatient services, diagnostic imaging, medical, surgical, emergency services and a Level III Trauma Center.

Recognition

- Deaconess and Valley Hospitals are the only hospitals in the Spokane area to be recognized in 2015 as Top Performers for Key Quality Measures by The Joint Commission. Deaconess was also rated the No. 1 Bariatric Surgery program in Washington state based on clinical performance by Comparion® Medical Analytics.

Seattle Children's

SeattleChildrens.org

Overview

Seattle Children's Hospital, Foundation and Research Institute 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.

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. Internally 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 2016, *U.S. News & World Report* ranked Seattle Children's No. 1 on the West Coast — and No. 5 in the country among the nation's best children's hospitals for the 24th consecutive year.

SignalHealth

SignalHealthWA.com

Overview

SignalHealth is a clinically integrated network of physicians located throughout the Yakima Valley. The network's model moves beyond treating illness to focus on the patient experience and the promotion of health and wellness. As part of Memorial Family of Services (YakimaMemorial.org), which is now part of Virginia Mason Health System, SignalHealth also offers local pharmacy services; physical, occupational and speech therapy services; specialty care, along with clinic- and hospital-based services.

Providers in the SignalHealth network follow the highest quality care standards — focusing on prevention and working with patients to navigate the local health care system. SignalHealth is actively working to improve the overall wellness of Yakima County residents by integrating community clinical health care services through innovative communication systems and population health initiatives that facilitate appropriate access to services for patients, while ensuring providers are operating with the right patient information, at the right place, at the right time, every time.

Virginia Mason

VirginiaMason.org

Overview

Virginia Mason is a Seattle-based, nonprofit health care system that serves the Pacific Northwest. It includes a 336-bed acute-care hospital; a primary and specialty care group practice of more than 480 physicians; eight regional medical centers throughout the Puget Sound area; and Bailey-Boushay House, the first skilled-nursing and outpatient chronic care management program in the United States that was planned, funded, built and staffed to meet the needs of people living with HIV/AIDS and other chronic or terminal illnesses. 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 costs 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 reports; 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.

Virginia Mason also includes Yakima-based Memorial Family of Services, and Yakima Valley Memorial Hospital, a 226-bed facility serving the Yakima Valley in Central Washington. Memorial Family of Services comprises primary care practices and specialty care services.

Recognition

- Virginia Mason received the Healthgrades 2016 America's 100 Best Hospitals Award™ for the third straight year. The prestigious distinction makes Virginia Mason one of the top 2 percent of more than 4,500 hospitals nationwide for its consistent, year-over-year superior clinical performance.

Finding a Provider

To search for a provider in PSHVN, visit **PugetSoundHighValueNetwork.org**.

For More Information

For more information about 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**.