ISO Student Health Insurance cooperates with both the First Health and Multiplan provider networks, which have thousands of in-network doctors and hospitals within the United States.

In the First Health network, there are several ways to find in-network doctors/hospitals in your area. Below is a quick tutorial guide of finding in-network doctors/hospitals.

1. Go to www.myfirsthealth.com and click Start now
2. Select types of providers, type in your current **zip code** and click **Search now**

### Type of provider

<table>
<thead>
<tr>
<th>What type of provider are you looking for?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provider type:</td>
</tr>
</tbody>
</table>

### Search by

**Do you want to search by ZIP or state?**

- **Select ZIP or state:**
  - **Search by ZIP code**
  - **Search by state**

  **ZIP code:** 10001
  - **within:** 10 miles
  - **Distance:**
    - Minimum 5 miles
    - Maximum 100 miles

---

*You can type the zip code to search for doctor in your area*

**[+] Show more options**

**Clear criteria**

**Search now**
3. Narrow down the number of doctors/hospitals by decreasing the distance, selecting the type of provider, or specialty. By narrowing your search you can find doctors that are closer to you and meet your needs.

You can filter the results by choosing distance from your zip code.
You can also filter the results by searching for a specific provider name or choosing type of provider or by specialty.

You can also narrow your search by gender option or language spoken option.
Example:
I want to find a doctor for all of my family members. I would select Physicians, Family Practice, zip code 10001 within 5 miles. The results changed from 22982 doctors to 156 doctors.

You can remove the selection if you made the wrong selection.
You can also compare two providers with Compare List option.

Click [Compare] and you can find two provider’s information side by side.

<table>
<thead>
<tr>
<th></th>
<th>Leonid Bukhman</th>
<th>Lawrence G Hitzeman</th>
</tr>
</thead>
<tbody>
<tr>
<td>Specialty Type</td>
<td>Family Medicine, Family Practice</td>
<td>Family Medicine, Family Practice, Internal Medicine</td>
</tr>
<tr>
<td>Type of provider</td>
<td>Physician</td>
<td>Physician</td>
</tr>
<tr>
<td>Gender</td>
<td>Male</td>
<td>Male</td>
</tr>
<tr>
<td>Distance</td>
<td>0.29 miles</td>
<td>0.39 miles</td>
</tr>
<tr>
<td>Phone number</td>
<td>212-475-8066</td>
<td>646-660-9999</td>
</tr>
<tr>
<td>Address</td>
<td>131 W 35th St Ste 700 NEW YORK NY 10001211</td>
<td>275 7th Ave 3rd floor NEW YORK NY 100016708</td>
</tr>
<tr>
<td>Accept New Patients</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Hospital Affiliations</td>
<td>Roosevelt Hospital, Woodhull Medical and Mental Health Center</td>
<td>Beth Israel Medical Center - Peru Division</td>
</tr>
</tbody>
</table>
4. You can find the doctors' information and the offices' contact information on the website. Make an appointment by calling the doctor office before you visit so you can avoid excessive waiting time and crowded waiting rooms.

You can also map the office from the contact information.
5. Here are the results

Still cannot find a doctor? Call First Health (800) 226-5116
Or click here to find a Multiplan provider