

TIPS FOR CHOOSING A HEALTH PLAN

CalPERS has a great **online tool** that allows you to **search and compare health plans**—you can even see which **plans your current doctor is in network with**. To access this tool, you'll first need to create your own myCalPERS account. To do so, visit my.calpers.ca.gov, select "Active Members & Retirees" and click "Register Now". After you have logged in to your newly created myCalPERS account, under the "Health" dropdown, select "Search Health Plans". Accept the terms of use and start your search.

If you are trying to determine which health plan is best for you or your family, CalPERS provides a [checklist](#) to guide you on which factors you should consider when deciding which health plan best fits you or your family's needs. You can also use the "Search Health Plans" tool in your myCalPERS account to conduct your own individual comparison of health plans based on your zip code.

If you are trying to determine if your doctor is in-network for a health plan you are considering for 2023, you can also use the "Search Health Plans" tool in your myCalPERS account to customize the search to your current doctor(s). Keep in mind, though, that the best way to confirm if your doctor is in a particular plan network is to contact the health plan directly. For the member services phone numbers for each health plan, please see our [Benefit Provider Contact Information](#) list.

If you are trying to search for a doctor that is in-network in a particular health plan, visit the health plan's website directly to find a list of providers that are in-network. Please use the applicable links below to access this information for each plan.

- [Anthem Select / Traditional](#)
- [Blue Shield Access+ / Trio](#)
- [Health Net Salud y Mas / SmartCare](#)
- [Kaiser](#)
- [PERS Gold](#)
- [PERS Platinum](#)
- [PORAC](#)
- [Sharp](#)
- [UnitedHealthcare Alliance / Harmony](#)

