



## Navigating the Changing Health Care System for Merrimack Valley Chamber of Commerce Members



With rising demands for affordable health care and ever-increasing health care costs, Limited Networks provide patients and small business owners with a growing solution: comprehensive, quality health care at a lower cost. Families and small businesses can save anywhere from 15%-20% annually with these new products.

These limited networks consist of medical care organizations, like Lawrence General Hospital and its physicians, and offer consumers overall health care savings by ensuring providers within the network keep their costs more affordable, while ensuring a high level of quality.

I hope you find this information relevant and informative.

A handwritten signature in cursive script that reads "Dianne J. Anderson".

President and Chief Executive Officer  
Lawrence General Hospital

### Locating High Quality Health Care in the Merrimack Valley Region:

1. Ask your primary care physician for referral to the top specialists in the local area.
2. Seek hospitals like Lawrence General, with top Boston specialists on-site locally for your convenience.
3. Visit the national Leapfrog Group website to compare quality ratings of all facilities serving the Merrimack Valley.

[http://www.leapfroggroup.org/for\\_consumers](http://www.leapfroggroup.org/for_consumers)



**The Most Affordable Limited Network  
Health Insurance Plans Serving  
the Merrimack Valley Region**

- **Harvard Pilgrim Health Care**  
Focus Network, Primary Choice HMO  
<https://www.harvardpilgrim.org>  
1-888-333-4742
- **Fallon Community Health Plan**  
Direct Care  
<http://www.fchp.org/>  
1-800-868-5200
- **Tufts Health Plan**  
Select Care, Spirit  
<http://www.tuftshealthplan.com/>  
1-800- 462-0224

**Still Have Questions?**

**We Can Help.**

Insurance Help Line: 978-683-4000 x.2817

Find a local specialist: 978-946-8185

Free Health Care Library and more:

[www.lawrencegeneral.org](http://www.lawrencegeneral.org)



**So good. So caring. So close.**

**All Major Insurance Plans Serving  
the Merrimack Valley Region**

- **Aetna**  
<http://www.aetna.com/>  
1-800-US-AETNA
- **Anthem Blue Cross (NH)**  
<http://www.anthem.com>  
1-866-920-1391
- **Boston Medical Center HealthNet Plan -  
Commonwealth Care and Medicaid products**  
<http://www.bmchp.org/>  
1-800-792-4355
- **Fallon Community Health Plan -  
Select Care, Direct Care**  
<http://www.fchp.org/>  
1-800-868-5200
- **Harvard Pilgrim Healthcare**  
<https://www.harvardpilgrim.org>  
1-888-333-4742
- **HMO Blue (BC of Mass. HMO)**  
<http://www.bluecrossma.com>  
1-800-262-BLUE (2583)
- **Neighborhood Health Plan - Commonwealth Care,  
Medicaid and commercial products**  
<http://www.nhp.org/>  
1-800-433-5556
- **Network Health - Commonwealth Care and Medicaid  
products**  
<http://www.network-health.org/>  
1-888- 257-1985
- **Tufts Associated Health Plans - HMO, Select Network,  
Spirit, Navigator**  
<http://www.tuftshealthplan.com/>  
1-800- 462-0224
- **United Healthcare of New England**  
<http://www.uhc.com/>  
1-888-545-5205