Network Access Directions

Plans administered by Aetna

1. Go to: www.aetna.com/docfind
2. Click on “I Accept”
3. Follow the steps on the website
4. For step 3, click on “Select a Plan”, then use the following grid to check network access for a specific plan:

<table>
<thead>
<tr>
<th>If You Have...</th>
<th>Look Under the Heading...</th>
<th>And Select Plan...</th>
</tr>
</thead>
<tbody>
<tr>
<td>HMO</td>
<td>Aetna Standard Plans</td>
<td>HMO</td>
</tr>
<tr>
<td>Health Fund</td>
<td>Aetna Health Fund Plan</td>
<td>Open Choice PPO</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Aetna Health Fund)</td>
</tr>
</tbody>
</table>

Plans administered by Empire BCBS

1. Go to: www.empireblue.com/medicaltrust
2. Click on: To Enter site, click here
3. Click on: Find a Doctor on left side of page
4. Select the: PPO/EPO Network and continue with the directions on the screen.

Plans Administered by CIGNA Dental

1. Go to: www.cigna.com
2. Click on Provider Directory on the left hand side of the screen
3. Select dental for the type of provider you are looking for
4. Enter your zip code or city/state and indicate how far you are willing to travel
5. Choose Managed care plan with open access to dentists – CIGNA Dental PPO