

POWERED BY: ♥aetna™



A healthcare partnership between



MEMBERSHIP REFERENCE GUIDE

BETTER HEALTH. BETTER CARE. BETTER COST.

(210) 920-9301

QPICSA.COM

Welcome

Welcome to Aetna Whole Health (AWH), your health plan sponsored by Quality Partners in Care (QPIC). Your employer selected this health plan to provide you and your family with high quality, cost effective, and personalized care. We believe you will enjoy the unique advantages QPIC offers.

To ensure you receive the proper care and have access to all of your Aetna Whole Health benefits, the first step is to select your Primary Care Physician (PCP). Choosing a PCP is very important. Your PCP will learn your medical history should you become ill, your access to getting an appointment or referrals will be much simpler.

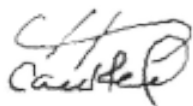
1. Go to www.QPICSA.com
2. Click on 'Doctors' then select 'Primary Care'
3. Select a PCP from the map or use the list above the map. Click on the physician name for more information or for verification if your provider is in our AWH network. Please call (210) 920-9301 or email QPIC@healthtexas.org for any assistance.
4. Once you've selected your PCP, then call your doctor to register as a new patient and schedule a new patient appointment. This will immediately put you on a path to enhancing your health!

As an Aetna Whole Health/QPIC Member, you have access to same day sick appointments, VIP referral processing, and lower co-payments for visits, and much more. Also remember, the best way to take full advantage of savings and personalized coordinated care is to stay in network.

Thank you for choosing us for your healthcare. All of us at QPIC – your doctor and health care team – are here for you and we look forward to seeing how Aetna Whole Health & QPIC will enhance your health.

Simply said, Aetna Whole Health – Better Health. Better Care. Better Cost.

Yours in health,



Chris Caulfield, MD
Medical Director,
Quality Partners in Care

Fullest savings occur when Aetna Whole Health members remain in network for primary, specialty and hospital care.

Primary Care

*Preferred

- Caritas Family Medicine
- Ching HealthCare Institute
- Carlos Lozano
- Community Family Medicine
- Comprehensive Primary Care
- Deerwood Family Practice
- Eman Mina, M.D., PA
- Family Medical Home (Wellmed)
- Gonzaba Medical Group
- HealthTexas Medical Group*
- Huebner Family Practice
- Hillside Primary Care
- Joseph Marrotta, MD
- MacGregor Medical Center
- Marcos Medical Care
- MedFirst/Baptist Health System
- Mercy Wellness Clinics
- North San Antonio Healthcare Associates
- North San Antonio Family Medicine
- North Hills Family Medicine
- Pro Care Internal Medicine
- R Family Medical Group
- RMC Rocha Medical Clinic (wellmed)
- Southtown Clinic
- Sports and Family Medicine of Boerne
- Total Health Primary Care
- Trinity Family Medicine
- Wellmed (Aetna Contracted Providers only)

Pediatrics

- A thru Z Pediatrics
- ABCD Pediatrics
- Acorn Pediatrics
- Aguirre Pediatrics
- Alamo Heights Pediatrics
- Alpha Pediatrics
- Aquarius Pediatrics
- Caring for Kids Pediatrics, PA
- Cevey Pediatrics
- Child Care Associates of Bexar County
- FireFly Pediatrics
- Gruene Lake Medical
- Helotes Pediatrics
- Heritage Pediatrics, PLLC
- Holcomb Pediatrics
- Honeybee Pediatrics
- Huebner Pediatrics
- Hillside Primary Care
- Josephine H. Ruiz-Healy, M.D.
- Kid-Doc Pediatrics
- Kinder Haus Pediatrics
- Kubena Pediatrics
- Leon Spring Pediatrics
- Maged M. George, M.D. (Thousand Oaks Pediatrics)
- Neo2Teen
- New Braunfels Pediatric Associates
- NG Federico Roman, MD PA
- Night & Day Pediatrics
- North San Antonio Family Medicine
- Northeast Pediatric Associates PA
- Pedi Place @ Westover Hills
- Pediatric Medicine, PA
- Pediatrics & Adolescents
- PediDocs
- Pegasus Pediatrics
- Priority Pediatrics
- Scott Cuming, M.D. Pediatrics
- Southtown Clinic
- Southwest Children's Center
- Sports & Family Medicine of Boerne
- Step by Step Pediatrics
- Stone Oak Pediatrics
- Viva Pediatrics
- Wellmed - South Alamo Medical Group
- Wonder Kids Pediatrics

OB/GYN

- Acacia OB/GYN:
- Advanced Women's Center
- Alamo Women's OBGYN
- Caring Center for Women
- Comal Women's Medical Associates
- Heights OBGYN
- Healthy Women PA (Acacia OBGYN)
- Hillside Primary Care
- Legacy Women's Health
- Live Oak Women's Health
- Lone Star OB/GYN
- Mary E. Geldernick
- New Braunfels OBGYN
- Aspire Fertility SA
- Riverwalk OBGYN
- Serrano OBGYN
- Southeast OB/GYN Associates
- Synergy Healthcare Associates
- Women's Health Institute
- Women's Partners in OBGYN
- Women's Health Texas
- Stone Oak Women's Center
- Perinatal and Infertility specialists
- Virtuosa Women's Health (Live Oak)

Nutritionists

- Alamo City Healthy Kids & Families
- JTA Wellness



What can I do when I am sick or have health concerns?

For Life threatening issues please call 911

✓ Urgent Care

Save time and money when an ER is not necessary!

✓ Same Day Sick Appointments

(210) 572-8890

- Over 30 locations
- HealthTexas Clinics

✓ Walk-in services & open on weekends for minor injuries

Some illnesses & Injuries include:

- Ear infection
- Sore Throat
- Sprains
- UTI
- FLU
- Allergies/ Asthma
- Stomach Aches
- Fever or headaches

✓ 24 Hour Nurse Line

Save time, money, and a trip to the doctor

(800) 556-1555

✓ Telehealth Visits

CVS Virtual Care

[CVS.com/minuteclinic/virtual-care](https://www.cvs.com/minuteclinic/virtual-care)

For support, call 1-877-993-4321

RediMD: 866-989-2873

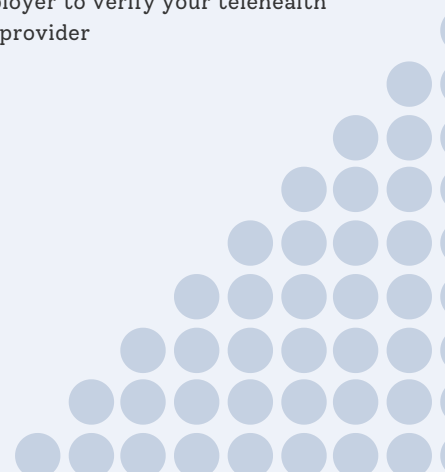
[Redimd.com](https://www.redimd.com)

*Check with your employer to verify your telehealth provider

Teladoc: 855-835-2362

member.teladoc.com/aetna

*Check with your employer to verify your telehealth provider



Urgent Care

Adults & Pediatrics (Cheaper than an ER/Hospital)

- Next Level Urgent Care
- Main Street Urgent Care
- Texas MedClinic
- Concentra
- Quality Impact Urgent Care
- Fast Aid Urgent Care
- NextCare Urgent Care
- Alamo City Urgent Care

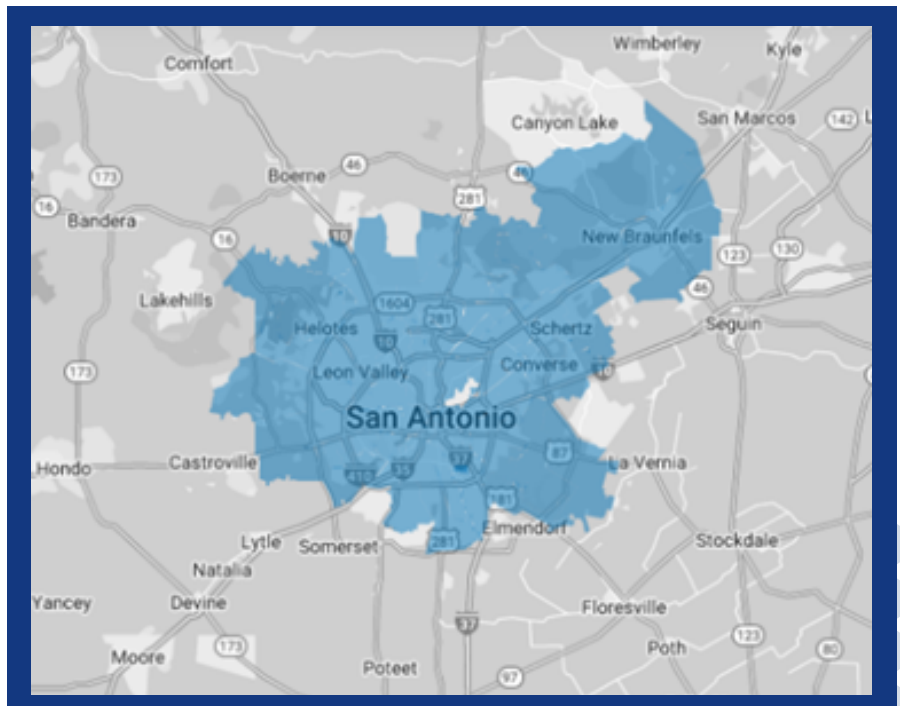
Pediatrics Only

- Hopscotch Health
- Little Spurs Pediatric Urgent Care
- Children's Night clinic

At Home Urgent Care:

Adult & Pediatrics

- Dispatch Health



Urgent Care



24 hour locations:

1. Loop 1604 N/Culebra
2. IH 10 W/Wurzbach
3. IH 35 N/Loop 1603

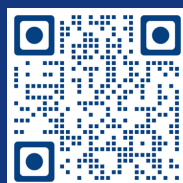
For life threatening issues please call 911



Urgent Care Centers are quicker and more affordable than an ER, and more likely down the street from you. Many offer online check-in and short wait times!

For a full list of locations, please visit QPICSA.com

Scan Code to view
Urgent Care map



Hospitals



St. Luke's Baptist Hospital

7930 Floyd Curl Dr,
San Antonio, TX 78229
210-297-5000



Baptist Medical Center

111 Dallas St,
San Antonio, TX 78205
210-297-7000



North Central Baptist Hospital

520 Madison Oak Dr,
San Antonio, TX 78258
210-297-4000



Northeast Baptist Hospital

8811 Village Dr,
San Antonio, TX 78217
210-297-2000



Mission Trail Baptist Hospital

3333 Research Plaza,
San Antonio, TX 78235
210-297-3000



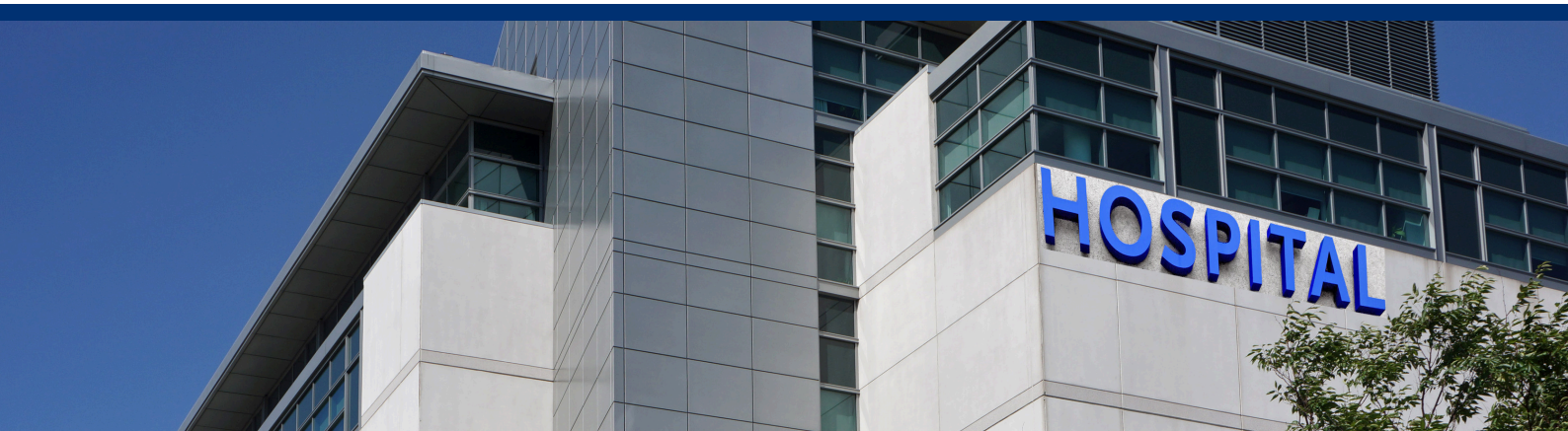
Resolute Baptist Hospital

555 Creekside Crossing,
New Braunfels, TX 78130
830-500-6000



Westover Hills Baptist Hospital

3011 W Loop 1604 N,
San Antonio, TX 78251



Emergency Room



Baptist Neighborhood Hospital-Converse

3011 W Loop 1604 N,
San Antonio, TX 78251
210-622-8220



Emergency

Baptist Neighborhood

7719 Interstate 35
San Antonio, 78224
210-572-2955



Emergency

Baptist Neighborhood

16088 San Pedro Ave
San Antonio, 78232
210-402-4092



Emergency

Baptist Neighborhood

25615 US-281
San Antonio, 78258
210-572-2911



Emergency

Baptist Neighborhood

4103 TX-1604 Loop
San Antonio, 78249
210-572-8415



Emergency

Baptist Neighborhood

10811 Town Center Dr
San Antonio, 78251
210-572-0911



Emergency

Baptist Neighborhood

806 Cupples Rd
San Antonio, 78237
726-800-2040



Emergency

Baptist Neighborhood

8230 N Loop 1604 W
San Antonio, 78249
210-572-8885



Emergency

Baptist Neighborhood

16977 IH-35
Schertz, 78154
210- 572-8400

Emergency





Multidisciplinary GI care for lasting symptom relief

Referral Guide

What is Oshi Health?

QPIC has partnered with Oshi Health, a virtual gastrointestinal (GI) care program — **in-network with Aetna® and other major health plans**. With Oshi Health, patients can get seen by GI provider within two days to get started on a **personalized, evidence-based care plan** and more.

How does it work?

Oshi Health's **clinically-proven GI care is designed to meet each member's needs**. The care experience begins with a GI provider visit to get to know the member, their health history, and their care goals. From there, a tailored care plan includes **access to step-by-step medical, dietary, and behavioral health support** to gain symptom control.

What type of providers are available?

Oshi Health members have **unlimited access** to:

- Board-certified gastroenterologists
- GI nurse practitioners and physician assistants
- GI registered dietitians
- GI behavioral health providers
- GI care coordinators

How to refer to Oshi Health:

Please direct your patients to enroll in Oshi Health at oshihealth.com/qpik.



In-network with Aetna and many other health plans

How much does Oshi Health cost? Is it covered by insurance?

Oshi Health GI provider visits, including unlimited dietary and behavioral health support services are included with Aetna® plans. All standard co-pays and deductibles may apply as noted in plan benefit details.

What conditions does Oshi Health treat?

Oshi Health helps patients with **all types of GI conditions and symptoms, regardless of whether they have a diagnosis**. Oshi Health provides support for:

- Crohn's disease and ulcerative colitis
- Irritable bowel syndrome (IBS)
- Small intestinal bacterial overgrowth (SIBO)
- Gastroesophageal reflux disease (GERD)
- Abdominal pain and bloating
- Constipation and/or diarrhea
- Stress-induced digestive symptoms
- And more

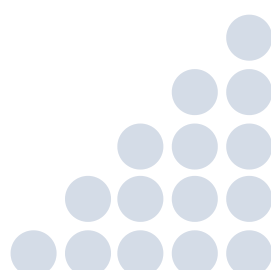
Questions about how Oshi Health can support your patients?

 enrollment@oshihealth.com or

 **(646) 876-8455** (9 a.m. - 7 p.m. EST)



Scan the QR code to learn more.





Imaging Centers

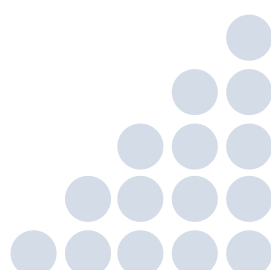
Lexington Bldg. Downtown	Medical Center	Stone Oak Medical Center	Westover Hills
215 E. Quincy St., Suite 100 San Antonio, TX 78215	8435 Wurzbach Rd, STE 109 San Antonio, TX 78229	540 Madison Oak Dr #160, San Antonio, TX 78258	3903 Wiseman Blvd., Suite 101 San Antonio, TX 78251
Monday - Friday 7 am - 6:30 pm Saturday 8 am - 12 Noon	Monday - Friday 7 am - 7 pm Saturday 8 am - 12 Noon	Monday - Friday 8 am - 5 pm Saturday 8 am - 12 Noon	Monday - Friday 8 am - 5 pm Saturday 8 am - 12 Noon

Imaging & Breast Centers

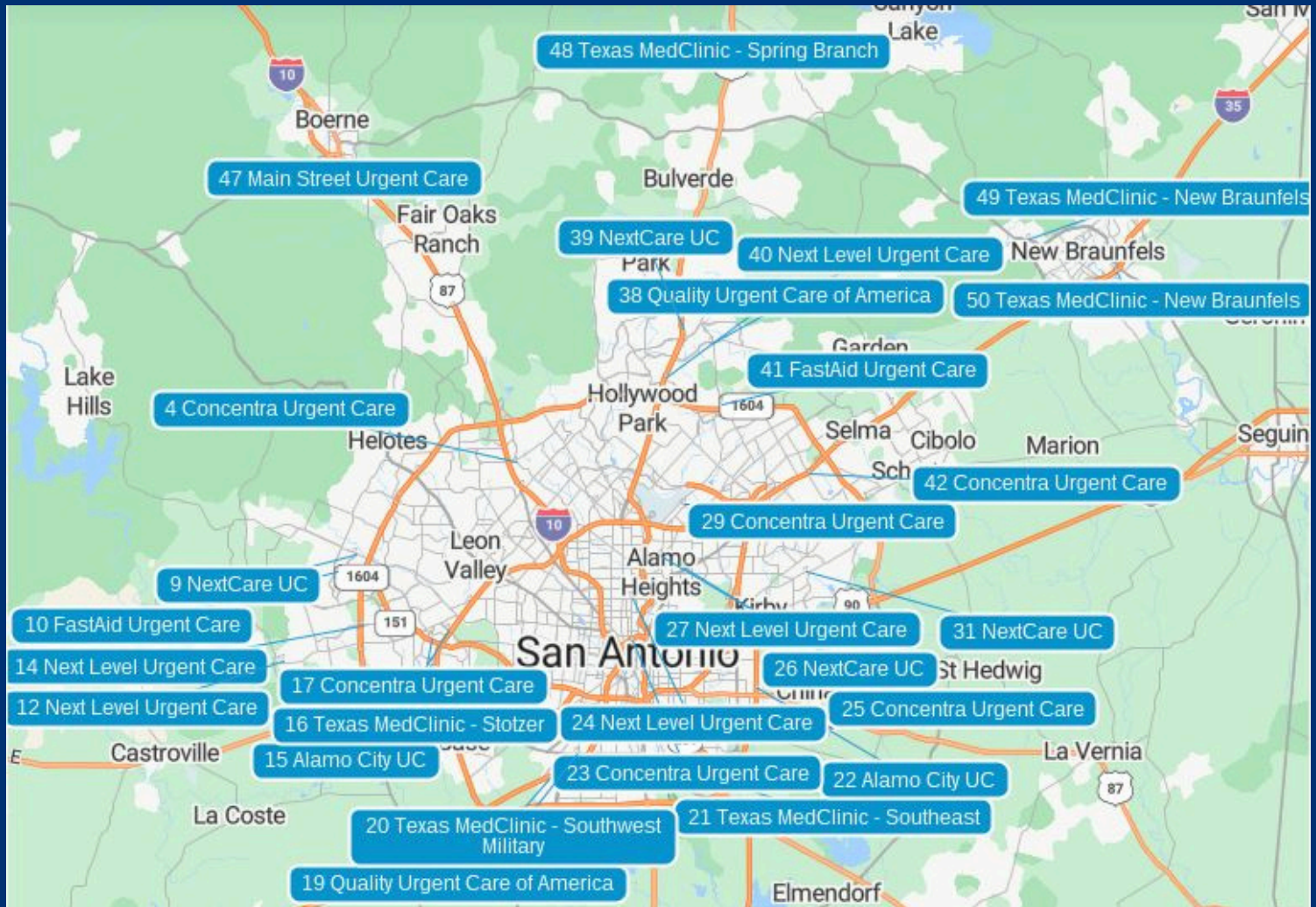
Mission Trail Medical Plaza	North Central	Schertz
3327 Research Plaza #108, San Antonio, TX 78235	540 Madison Oak Dr #160, San Antonio, TX 78258	16977 IH - 35 N, Suite 220 Schertz, TX 78154
Monday - Friday 7 am - 7 pm Saturday 8 am - 12 Noon	Monday - Friday 8 am - 5 pm Saturday 8 am - 12 Noon	Monday - Friday 8 am - 5 pm

Breast Centers

Legacy Oaks	North Central	Westover Hills
5368 Fredericksburg Rd., Bldg. C, Suite 305 San Antonio, TX 78229	502 Madison Oak Dr., Suite 450 San Antonio, TX 78258	3903 Wiseman Blvd., Suite 321 San Antonio, TX 78251
M/W/F 7 am - 5:30 pm T/Th 8 am - 5 pm Saturday 8 am - 12 pm	Monday - Friday 7:30 am - 5 pm Saturday 8 am - 12 Noon	M/T/Th/F 8 am-5 pm Wednesday 7:00 am -4:00 pm



Urgent Care



Urgent Care Centers are quicker and more affordable than an ER, and more likely down the street from you. Many offer online check-in and short wait times!

For a full list of locations, please visit QPICSA.com