

# 2026 PROVIDER LOCATOR

## UMR

- Go to the [UHC Provider Locator](#)
- Change the **location** by searching by a street address, city & state, zip code, or county
- Either search for a provider or service, or find care by selecting one category:
  - People
  - Places
  - Services and Treatments
  - Care by Condition
  - Cost Estimates



## Cigna Dental

- Go to [www.Cigna.com](http://www.Cigna.com) and click Find a Doctor
- Select the Plans offered through Employer or School
- Enter in your **address, city, or zip code**
- Search by Doctor by Type, and enter in **Dentist**
- Continue as Guest
- Select Plan: DPPO Total or Cigna Dental Care HMO Access (HMO is in California only)



## VSP

- Go to [www.vsp.com](http://www.vsp.com) and click Find a VSP Doctor
- Search by **Location, Office, or Doctor**



## HMSA Hawaii Plan

- Go to [www.hmsa.com/search/providers/](http://www.hmsa.com/search/providers/)
- Select Preferred Provider Plan (PPO)



## CVS Caremark

All the TCWGlobal medical plans include a PBM to manage all your prescription drug needs. The new pharmacy benefits cover generic, brand-name formulary, non-formulary brand and specialty drugs. The best way to save on prescriptions is to use generic or over the counter medications as opposed to brand name drugs. When you use generic medications, you will pay the lowest copay.

Email [benefits@tcwglobal.com](mailto:benefits@tcwglobal.com) for a full list of covered medical and tier level.

To locate a participating pharmacy in your area or to price out the cost of prescription medications, call 800-237-2767 or visit [www.caremark.com](http://www.caremark.com).