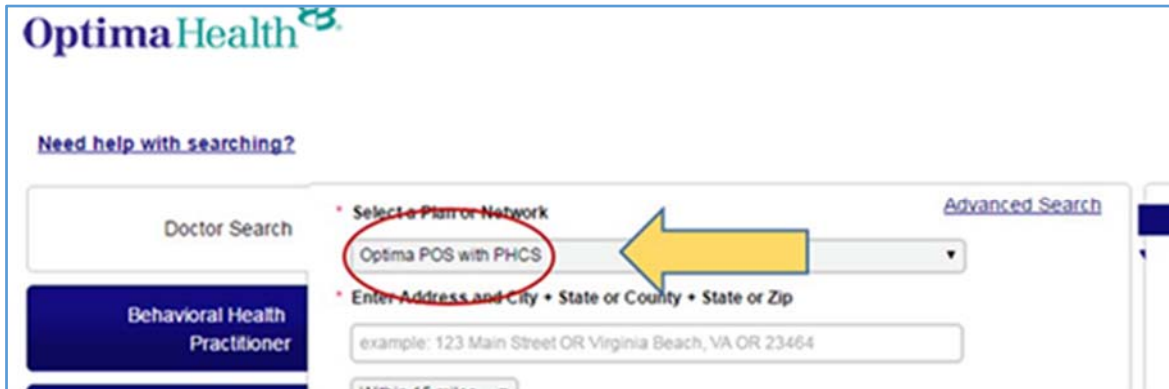


How to tell if a physician or specialist is in the Sentara Quality Care Network (SQCN):

1. Go to OptimaHealth.com
2. Click "Providers"
3. Click "Find a Doctor"
4. Click "Doctor Search"
5. Under "Select a Plan or Network," select "Optima POS with PHCS" (see screenshot below)



6. Fill in the required fields and click "Search"
7. When the results page loads, it will list physicians' details. If the physician or specialist is in the SQCN network, there will be a block labelled "CIN" in the description on the page (see screenshot below). When you hover over CIN, it will display "Sentara Quality Care Network (SQCN)."

