

Insurance Participation List

Below is a list of insurance plans for which our practice is **in network** or **out of network**. **This list is subject to change at any time.** Patients are responsible for verifying their own benefits and coverage. **Please contact your insurance carrier directly to confirm eligibility, referral requirements, copayments, deductibles, and out-of-network responsibilities.**

For questions regarding insurance participation, please contact our Billing Department at **301-695-6800 ext. 9004**.

<p>Aetna Insurance Plans In-Network</p> <p>Aetna HMO (<i>referral required from PCP</i>) Aetna HMO Gold (<i>referral required from PCP</i>) Aetna EPO (<i>referral required from PCP</i>) Aetna HMO Open Access Aetna PPO Aetna International Choice POS Aetna Managed Choice POS Aetna Signature Administrators PPO Aetna World Bank Aetna Medicare Advantage Plans (HMO, HMO Dual/SNP, PPO, SmartFit HMO POS) First Health (Aetna, CVS Health)</p>	<p>Aetna Insurance Plans Out of Network</p> <p>Aetna Better Health (All State Plans – Medicaid)</p>
<p>CareFirst BCBS Plans In-Network</p> <p>CareFirst Administrators CareFirst BlueChoice Open Access CareFirst BlueChoice HMO (<i>referral required from PCP</i>) CareFirst HMO Exchange (Bronze, Silver, Gold) CareFirst Federal BCBS PPO, HMO (<i>referral required</i>), POS</p> <p>CareFirst BCBS Medicare Advantage PPO *****Residence Requirements*****</p> <p>Individual Essential Maryland (<i>excluding Baltimore City and Washington DC</i>)</p> <p>Individual Complete Maryland and Washington DC</p> <p>Individual Salute Maryland and Washington DC</p> <p>Group Medicare PPO <i>Any where in the US</i></p>	<p>CareFirst BCBS Plans Out of Network:</p> <p>CareFirst Medicare Advantage HMO Dual Prime CareFirst Community Health Plan (Medicaid MCO)</p> <p>Anthem Blue HPN EPO Plan of CA</p>
<p>Cigna Plans In-Network:</p> <p>Cigna HMO (<i>referral maybe required from PCP</i>) Cigna PPO Cigna OAP</p>	<p>Cigna Plans Out of Network:</p> <p>Cigna Virginia EPO Connect Cigna Medicare Advantage HMO</p> <p>Cigna Medicare Advantage *PPO</p> <p>*PPO may be scheduled with a signed Out-of-Network Waiver. Patients may have higher out-of-pocket costs due to non-contracted status. Patients must contact their insurance plan for benefit clarification.</p>

<p>Government Plans In-Network:</p> <p>Medicare Part B Railroad Medicare Part B</p> <p>Mayland Medicaid (ESTABLISHED PATIENTS ONLY)</p> <p>Priority Partners Medicaid MCO</p> <p>ChampVA</p> <p>US Family Health Plan through Johns Hopkins (Tricare)</p>	<p>Government Plans Out of Network:</p> <p>All out of Maryland Medicaid Plans</p> <p>CareFirst Community Health Plan MCO Maryland Physicians Care MCO United Healthcare Community Plans MCO Wellpoint MCO</p> <p>*Tricare: Non-Network Certified Providers *Tricare Prime & Tricare Young Adult Prime referral from PCM required. *Tricare Reserve Select, Retired Reserve, Young Adult Select. *Tricare may be scheduled with a signed Out-of-Network Waiver. Patients may have higher out-of-pocket costs due to non-contracted status. Patients must contact their insurance plan for benefit clarification</p> <p>Department Of Veterans Affairs (VA Community Plan)</p>
<p>Medicare Advantage Plans In- Network</p> <p>Aetna Medicare Advantage Plans HMO, HMO Dual/SNP, PPO, Smart Fit HMO POS</p> <p>CareFirst Medicare Advantage Plans HMO, PPO</p>	<p>Medicare Advantage Plans Out of Network</p> <p>AARP Medicare Advantage HMO, *PPO Alterwood Medicare Advantage HMO, *PPO Braven Medicare Advantage HMO, PPO CareFirst Medicare Advantage HMO Dual Prime Cigna Medicare Advantage Plan HMO, *PPO GEHA Medicare Advantage Plan HMO, *PPO Highmark Medicare Advantage HMO, *PPO Humana Medicare Advantage HMO, Dual, *PPO Independence Medicare Advantage HMO, *PPO Johns Hopkins Medicare Advantage HMO, *PPO Kaiser Medicare Advantage (All Plans) United Healthcare HMO, *PPO</p> <p>*PPO PLANS may be scheduled with a signed Out-of-Network Waiver. Patients may have higher out-of-pocket costs due to non-contracted status. Patients must contact their insurance plan for benefit clarification.</p>
<p>United Healthcare Plans In-Network</p> <p>United Healthcare Choice Plus HRA, United Healthcare Core Essential United Healthcare Golden Rule United Healthcare Empire Plan United Healthcare Oxford Freedom Network Shared Services GEHA MDIPA (Employer Plans Only) Optimum Choice (Employer Plans Only) UMR UMR Frederick Health Hospital Plans -Practice Tier 1 -FacilityTier 2 (high out of pocket)</p>	<p>United Healthcare Plans Out of Network</p> <p>MDIPA Individual Exchange Plans</p> <p>Optimum Choice Individual Exchange Plans Bronze, Silver, Gold</p>
<p>Additional In-Network Plans</p> <p>Prime Health Services Plans</p> <p>Revision 01/09/2026 jj</p>	<p>Additional Out of Network Plans</p> <p>Humana Kaiser Permanente Multiplan/PHCS</p>