

# Blue Care Network's Woman's Choice program

**FYI**

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## You choose. No referral needed.

Woman's Choice is a self-referral program. This means for routine women's health services, you may visit certain Blue Care Network specialists without a referral from your primary care provider.

To find a Woman's Choice doctor, log in to your Blue Cross member account at [bcbsm.com](https://bcbsm.com). Select *Doctors & Hospitals* in the navigation menu, then select *Primary Care Physicians* from the drop-down menu.

## Women's health services

Woman's Choice health specialists include obstetrician-gynecologists, gynecologic oncologists, reproductive endocrinologists, maternal and fetal medicine specialists, neonatal perinatal medicine specialists (M.D. only), nurse practitioners (OB-GYN and women's health) and certified nurse midwives. Your women's health specialist may perform or order various services\* **without** your PCP's referral.

### Gynecological care — no referral needed

- Bone density studies
- Breast exams and mammograms
- Contraceptive management
- Gynecological exams, Pap smears
- Laboratory\*\* services related to gynecological problems
- Pelvic ultrasounds

### Obstetrical care — no referral needed

- Fetal nonstress tests
- Laboratory\*\* services related to obstetrical care
- Maternity ultrasounds

**Your provider must notify BCN** before performing these services\*:

- Amniocentesis
- Gynecological surgical procedures
- Maternity inpatient: up to 48 hours following routine delivery and up to 96 hours following C-section
- Surgical treatment of spontaneous or missed abortion
- Treatment of suspected or confirmed malignancies

\*Benefits vary by plan. To check your coverage, log in to your account on [bcbsm.com](https://bcbsm.com).

\*\*Must be sent to a laboratory in the Joint Venture Hospital Laboratories network or to the designated laboratory vendor.

The information included in this document doesn't apply to Medicare members.

**TIP**

Consider selecting a women's health specialist who belongs to the same physician group as your primary care provider or has privileges at the same hospital. This makes it easier for them to care for you as a team.