



Prescription copayments for members.

The State of Maryland requires that all Health Choice Managed Care Organizations (including MedStar Family Choice) charge a co-pay for medicines. A co-pay is a cost that you will need to pay when you pick up your medicine.

Most formulary (covered) brand name or generic medicines have a co-pay (cost) of \$1.00. Covered medicines can be found on the MedStar Family Choice website at medstarfamilychoice.com. There is a small number of drugs that are covered by MedStar Family Choice but have a copay (cost) of \$3.00. These drugs are labeled on the formulary document as "Tier 2".

- All HIV/AIDS drugs have a co-pay (cost) of \$1.00.
- There is NO co-pay (cost) for family planning options (condoms, IUD, birth control pills, etc.).
- Non-formulary (non-covered) brand name medicines you will have a co-pay (cost) of \$3.00.
- Please note that the following MedStar Family Choice members will not have a co-pay for their medicine.
 - Members under the age of 21
 - Members who are pregnant people
 - Members who are in hospice care (programs that give special care to people who are near the end of life and have stopped treatment to cure or control their illness/disease).
 - Members who are Native Americans

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Para obtener una versión en español de este boletín, visite MedStarFamilyChoice.com o llame a Servicios para Miembros al **888-404-3549**.

Update your information.

Make changes to your Maryland Health Connection account any time there are changes in your life—including pregnancy, change of address, or change in job status.

You may lose benefits if your account is not up to date. Visit the [Maryland Health Connection Reporting Life & Income Changes website](#) for more information.

You can make updates to your account using any of the following options:

- After signing into your account on [MarylandHealthConnection.gov](#); use the “Change My Information” button on your homepage.
 - Get in-person help from a connector entity, local health department, or local department of social services.
 - Download the free [Enroll MHC app](#).
 - Call Maryland Health Connection at **855-642-8572 (TTY: 711)**.
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Understand your benefits.

You can find valuable information about all the healthcare benefits offered at MedStar Family Choice on our website, [MedStarFamilyChoice.com](#). If you are interested in additional information about MedStar Health hospitals, please visit [MedStarHealth.org](#). If you do not have access to the internet, you may call our Member Services department at **888-404-3549**.

Dental benefits are included as a member.

Dental Services are provided to all MedStar Family Choice members by the Maryland Healthy Smiles Dental Program which covers a wide range of dental services. There are no premiums, deductibles, or copays for covered services. There is no maximum benefit amount each year. Members should never pay for covered services out of pocket. The Maryland Healthy Smiles Dental Program will send you a member handbook and dental ID card in addition to what you have received from MFC-MD.

Covered Benefits and Services

- Fillings
- Regular checkups
- Teeth cleaning
- Fluoride treatments
- X-rays
- Root canals
- Crowns
- Pulling teeth - extractions
- Anesthesia
- Denture adjustments for adults

Other Covered Services for Children Under 21 Years Old:

- Sealants
- Orthodontics
- Fluoride varnish
- Children may also be able to get fluoride varnish from their pediatrician or primary care provider through the Maryland Mouths Matter Program

To learn more about your dental benefits, find a dentist, or request a dental ID card, call Maryland Healthy Smiles Member Services at **1-855-934-9812** or visit member.mdhealthysmiles.com

A list of approved medications are online.

The MedStar Family Choice Formulary is the list of prescription medicines covered by MedStar Family Choice. When changes are made to the formulary they will be included in the newsletter. The MedStar Family Choice Formulary is available online at Bit.ly/MFC-pharmacy. If you don't have access to our website and you have questions about whether or not a specific drug is on the formulary, we can send the information you are requesting. Please call Member Services at **888-404-3549**.

Learn about the member complaint, grievance, and appeal process.

The MedStar Family Choice complaint, grievance, and appeal procedure can be found at Med-Star-FamilyChoice.com or in your member handbook. If you do not have access to our website, you may call our Member Services department at **888-404-3549** for a copy of the process.

The process includes information on:

- How to file a complaint, grievance, or appeal, and the differences between them
- How quickly we will respond to you
- What to do if you do not agree with our decision

If you have a concern about a decision made by MedStar Family Choice, members always have the right to contact the HealthChoice Enrollee Help Line at **800-284-4510** Monday through Friday, 8:00 a.m. to 5:00 p.m.

Help us to help you avoid medical bills and get access to care.

- Always show your insurance ID card when you need prescriptions, medical services, and medical products.
- Always update your address and contact information with the Maryland Department of Health.
- Always share any phone number updates with your insurance company so we can help you.
- Always seek care from in-network facilities and with in-network providers when possible.



MedStar Family Choice is on Facebook.

The MedStar Family Choice has a private Facebook group just for our members. Our Facebook group includes information about member benefits, wellness incentives, COVID-19, events, healthy tips, provider scheduling recommendations, and more.

We encourage all members to join our new group to remain connected. Please visit [Bit.ly/MF-CGroup](https://bit.ly/MF-CGroup) and click on “+ Join Group” as soon as possible.

Please take the member satisfaction survey.

MedStar Family Choice is always looking for ways to improve the quality of care you and your family receive. A random survey is conducted on an annual basis. If you receive a HEDIS®/CAHPS® 2024 satisfaction survey, don't forget to complete it.

The CAHPS surveys collect data from health plan members that measure the experience of care for children with chronic conditions. Visit [MedStarFamilyChoice.com](https://www.MedStarFamilyChoice.com) to find additional information about the CAHPS satisfaction survey.

Your Voice Matters!

Share your thoughts to help us improve and provide better care for you and all our Enrollees.



We Need You!

As a MedStar Family Choice Enrollee, you may be randomly selected for the anonymous Consumer Assessment of Healthcare Providers and Systems (CAHPS) survey. This survey helps us see how we're doing and find ways to improve. It takes place February through May 2025. Your feedback is important. **Together, we can make the services you count on even better.**



Watch for the Survey

Keep an eye out for the CAHPS survey in the mail or by phone.



Complete It

Let us know how we're doing—your answers are anonymous.



Make a Difference

Your input helps us improve and be the best we can be!



For More Information

To learn more about the CAHPS survey and its impact, scan the QR code to the right or visit [AHRQ.gov/cahps/surveys-guidance/index.html](https://www.ahrq.gov/cahps/surveys-guidance/index.html).



What are some early warning signs of an asthma attack?

If your child has asthma, watch for these T early warning signs of an asthma attack. Giving your child their asthma medicine as recommended by their doctor may prevent them from getting worse and having to go to the Emergency Room.

Early signs include:

- Coughing
- Wheezing
- Shortness of breath
- Chest feeling tight or painful
- Feeling tired after playing
- Fast breathing while at rest

Be sure to call the doctor if you are worried that your child is getting worse or is having frequent episodes of breathing problems, even though you have given the prescribed asthma medicine.



HEDIS[®] MY 2023 scores are available.

The National Committee on Quality Assurance (NCQA) is a national not-for-profit company that measures quality across the country. NCQA has many quality measures that they ask each health plan to report on yearly. The quality measures are rolled up in a tool called HEDIS[®]. The results are audited and reported to NCQA.

MedStar Family Choice reports many different quality measures for HEDIS each year. The measures include how care is provided to children, adults, and pregnant women. The scores look at how all managed care organizations provide care. Overall, MedStar Family Choice scored above the Maryland average for HEDIS MY 2022 in many of the areas.

If you would like additional information about the HEDIS report, visit the website at **MeStarFamilyChoice.com** and enter "HEDIS" in the search bar in the top right corner.

HEDIS is a registered trademark of the National Committee for Quality Assurance (NCQA).

Here are your options for urgent care.

We understand that it can be hard to know the difference between what is or is not an emergency.

As a MedStar Family Choice member, your primary care provider (PCP) can assist you with and give you guidance about your illness, minor injury, or emergency issue. If you need assistance finding a PCP, please call the Outreach department at **800-905-1722, option 1**.

Follow this simple checklist for minor emergencies:

- Call your PCP during normal business hours; ask if you can be seen that day for an urgent sick appointment or your minor injury. If you are calling your PCP after normal business hours, listen to their message carefully regarding an after-hours phone number that can also assist you.

If you are unable to get an appointment with your PCP, you have other options:

- MedStar Family Choice offers a 24/7 Nurse Advice Hotline. Call the hotline at **855-210-6204** and a nurse can advise you on your next steps.
 - Advice on how you can take care of your minor emergency at home, or
 - Recommend going to an Urgent Care Center, or
 - Recommend going to your closest Emergency Department (ED) to get medical attention.



MedStar Family Choice offers MedStar eVisit. MedStar eVisit gives you 24/7 video access to trusted medical providers from your tablet, smart- phone, or computer. A doctor can offer consultation, diagnosis, and treatment recommendations as well as send prescriptions to your pharmacy and help with referrals. This service is now available for members at no cost! To learn more or sign up, please visit [MedStarFamilyChoice.com/eVisit](https://www.MedStarFamilyChoice.com/eVisit). Or, using your tablet or smartphone, download the MedStar eVisit app.

If you are unable to get an appointment with your PCP, you can go to an Urgent Care Center to handle your minor emergency. Most Urgent Care Centers can perform x-rays and some lab testing. An Urgent Care Center can also call an ambulance to take you to the Emergency Department when needed.

What is a minor emergency?

- Colds, coughs, and flu
- Vomiting and diarrhea
- Cuts and bruises
- Headaches
- Earaches/infections
- Sore throats and fevers
- Burns, rashes, and bites
- Dental pain
- Sprains and minor broken bones
- STD concerns (sexually transmitted infections)

It pays to think about the right place to go. It will often take longer for you to be seen in the emergency room, and you may be exposed to other illnesses while in the waiting room.

If you have a true medical emergency, call **911** or go to the nearest emergency room

How to request out-of-network services.

If MedStar Family Choice is unable to provide a necessary and covered service to a member within our network, MedStar Family Choice may allow the service to be provided outside of the network. For this to happen, the provider must contact MedStar Family Choice for approval.

MedStar Family Choice requires two business days to process a request once all necessary information has been received. However, the final decision cannot take longer than 14 days, even if all the information has not been received.

The decision may be shorter, depending on the urgency of the request. MedStar Family Choice will review all requests on an individual basis.

In cases where out-of-network services have been approved, you are not responsible for the cost of these services.

Help prevent fraud, waste, and abuse.

MedStar Family Choice works to prevent healthcare fraud, waste, and abuse, and follows state and federal laws to prevent fraud and abuse. Fraud is when someone knowingly does something wrong or dishonest to obtain healthcare benefits for himself or herself or someone else. Waste is when too many unnecessary tests or procedures are ordered that lead to extra costs. Abuse describes provider behaviors that do not follow sound financial, business, or medical practice and result in unnecessary costs or do not meet a standard of care.

Some examples of member healthcare fraud are:

- Not reporting all of your financial information or giving false information when you apply for benefits
- Allowing someone else to use your health insurance card
- Permanently living in another state while still receiving health benefits from Maryland
- Selling medicines or supplies given to you by your doctor
- Changing or forging prescriptions given to you by your doctor.

Some examples of how providers might commit fraud, waste, and abuse are:

- Performing services that are not needed
- Billing for services that were actually performed by another provider
- Billing for non-covered services using incorrect billing codes to receive payment
- Billing for services that were never performed
- Billing numerous times for the same service

When someone is reported for possible fraud, waste, and abuse, MedStar Family Choice will perform an investigation. The results are reported to the Maryland Department of Health (MDH), and they may perform its own investigation. People who perform these activities or any other dishonest activity on purpose may lose their health benefits, be fined, or jailed.

While MedStar Family Choice looks for possible fraud, waste, and abuse activities, we need your help to identify and report potential issues. MedStar Family Choice has a strict non-retaliation policy. You do not need to give your name. However, if you choose to give us your name, you don't have to worry about anyone denying you service, removing you from the managed care organization or treating you in any way that would cause you or a family member to feel that you did something wrong for reporting any incident.



If you know of a situation that may involve fraud, waste, and abuse, please report it immediately by calling our Compliance Director at **410-933-2283**, Member Services at **888-404-3549**, or the MedStar Corporate Integrity Hotline at **877-811-3411**. You may also call the HealthChoice Fraud hotline toll-free at **866-770-7175** or you may complete an online MDH OIG Report Fraud form at https://health.maryland.gov/oig/Pages/Report_Fraud.aspx.

Antibiotics aren't always the answer.

Antibiotic resistance is one of the most serious public health problems in the United States. Antibiotic overuse is the leading cause of antibiotic resistance. This happens when germs “outsmart” antibiotics and the antibiotics no longer kill the germ. To combat antibiotic resistance and avoid bad drug reactions, we must use antibiotics correctly. Antibiotics do not fight infections caused by viruses like colds, flu, most sore throats, and bronchitis (inflammation of the breathing tubes). Even many sinus and ear infections can get better without antibiotics. Instead, symptom relief might be the best treatment for these infections.



Taking antibiotics for viral infections (such as colds, the flu, most sore throats, and bronchitis):

- Will not cure the infection
- Will not keep other people from getting sick
- Will not help you or your child feel better
- May cause unnecessary and harmful side effects
- May contribute to antibiotic resistance

Rest, fluids, and over-the-counter products may be the best treatments for symptoms related to viral infections. Remember, there are potential risks when taking any prescription medicine. Unneeded antibiotics may lead to harmful side effects and future antibiotic-resistant infections.

What You Can Do

Just because your doctor doesn't give you an antibiotic doesn't mean you aren't sick. Talk with your doctor about the best treatment for you or your child's illness.

To feel better when you or your child has a viral infection:

- Ask about over-the-counter treatments that may help reduce symptoms
- Drink more fluids
- Get plenty of rest
- Use a cool-mist vaporizer or saline nasal spray to relieve congestion
- Soothe your throat with crushed ice, sore throat spray, or lozenges
- Use honey to relieve cough
- Treat flu illness with prescription flu antiviral medicines

** Note: Do not give lozenges to young children or honey to infants under one year of age.*

What Not to Do

- Do not demand antibiotics when your doctor says they are not needed
- Do not take an antibiotic for a viral infection
- Do not take an antibiotic prescribed for someone else, as the antibiotic may not be right for your illness. Taking the wrong medicine may delay correct treatment and allow bacteria to grow.

If your doctor prescribes an antibiotic for a bacterial infection:

- Be sure to take all of your doses.
- Do not stop taking the antibiotics early unless your primary care doctor tells you to do so
- Do not save any of the antibiotics for the next time you or your child gets sick

Using antibiotics only when needed is a win-win for everyone because it:

- Decreases antibiotic resistance
- Reduces risk of side effects
- Reduces cost of unnecessary medications and treatment
- Provides the safest possible care

MedStar Family Choice doctors are working to keep you and your family healthy by only prescribing antibiotics when you really need them.

Early and Periodic Screening, Diagnosis, and Treatment results are in!

The Maryland Department of Health (MDH) has completed its yearly review of medical records for MedStar Family Choice (MFC) certified EPSDT Providers. The Maryland Department of Health reviews medical records for MFC members aged 0-20. The review of medical records is always for the previous calendar year. MedStar Family Choice must receive a total of 80% to pass. MedStar Family Choice received a total score of 90% this year. Our total score is three points below the Health Choice Managed Care Organization (MCO) average of 93%.

MedStar Family Choice results for 2024 (CY 2023):

- 91% in Health and Development History
- 96% in Comprehensive Physical Exam
- 73% in Laboratory Test/At-Risk Screenings
- 88% in Immunizations
- 95% in Health Education/Anticipatory Guidance

MedStar Family Choice wants you to know the importance of taking your child to visit their primary care provider (PCP) every year. Children need regular well-child and dental visits to track their development and find health problems early when they are easier to treat. Your child's PCP will ensure that they receive important and timely lab tests and screenings, and they can provide information and tips on things you can do to keep your child healthy at each stage of their life.

Visit the MedStar Family Choice website for valuable information.

MedStar Family Choice continues to update the website with valuable information, and we've made it easier to use the information most important to you. The MedStar Family Choice website, **MedStarFamilyChoice.com**, contains valuable information, including:

- Appeal process
- Benefit information
 - What services are covered or not covered
 - Added services under MedStar Family Choice
 - Whether or not there are copays
 - What to do if you are billed for a covered service
 - Out-of-area coverage
 - Out-of-network services
 - Second opinions
 - Self-referred services
- Case management and disease management services
- Clinical practice guidelines
- Contact information for MedStar Family Choice
- Find-a-provider (searchable provider directory)
- Formulary (medication list)
- Fraud, waste, and abuse information
- Hours of operation and after-hour instructions
- Interpreter services
- MedStar eVisit
- Nurse advice line
- Member handbook
- Member newsletters
- Member rights and responsibilities
- New technology policies
- Notice of privacy practices
- Outreach program and wellness incentives
- Pharmacy protocols and procedures
- Pharmacy quick reference guide
- Preventive care programs
- Quality improvement programs
- Schedule of health education classes
- Smart phone/wireless minutes at no cost
- Transportation guidelines
- Utilization management decision-making
- Urgent care locations

If you do not have access to the internet, all of these materials are available in print by contacting our Member Services department, Monday through Friday, 8:30 a.m. to 5 p.m. at **888-404-3549**. Also, visit our online wellness portal at **MedStarFamilyChoice HealthyLife.com**.

Case management programs are available for MedStar Family Choice members.

A highly qualified team of nurses and social workers is available to MedStar Family Choice members with special needs, serious medical conditions, mental or behavior health conditions and social issues.

Our nurses and social workers provide education, support, and guidance to those members who need or would like extra assistance in managing their health. Our nurses and social workers can also assist with gaining access to healthcare services.

Below are a few examples of medical conditions or health care needs where we may be of help to you:

- Stroke
- Cancer/tumors
- Sickle Cell Disease with severe crisis
- Acute trauma with complex care coordination needs
- Multiple chronic health conditions
- Complex psycho-social or behavioral needs
- Transplants
- Special healthcare needs
- High risk pregnancy
- Diabetes
- Asthma
- COPD
- Hypertension
- Cardiovascular disease/CHF
- HIV
- Substance abuse disorder including ETOH
- End-Stage Renal Disease

You do not have to enroll in these services. You may be identified for enrollment if we see that you have certain conditions or medical needs. If identified for enrollment, a nurse or social worker will reach out to you by phone to explain your benefits and these services to you. Membership in Case Management is voluntary.

If you would like to ask about available case management programs, please contact us at **410-933-2200 2200 (Option 1 and then Option 3)** or **800-905-1722 2200 (Option 1 and then Option 3)**. We are available Monday through Friday, 8:30 a.m. to 5 p.m. Voice messages received after hours will be returned during the next business day.





Know your member rights and responsibilities.

As a HealthChoice member, you have the right to:

- Receive health care and services that are culturally competent and free from discrimination.
- Be treated with respect to your dignity and privacy.
- Receive information, including information on treatment options and alternatives,
- regardless of cost or benefit coverage, in a manner you can understand.
- Participate in decisions regarding your health care, including the right to refuse treatment.
- Be free from any form of restraint or seclusion used as a means of coercion, discipline, convenience, or retaliation.
- Request and receive a copy of your medical records and request that they be amended or corrected as allowed.
- Request copies of all documents, records, and other information free of charge, that was used in an adverse benefit determination.
- Exercise your rights, and that the exercise of those rights does not adversely affect the way the Managed Care Organizations (MCO), their providers, or the Maryland Department of Health treat you.
- File appeals and grievances with a Managed Care Organization.
- File appeals, grievances, and State fair hearings with the State.

- Request that ongoing benefits be continued during an appeal or state fair hearing however, you may have to pay for the continued benefits if the decision is upheld in the appeal or hearing.
- Receive a second opinion from another doctor within the same MCO, or by an out of network provider if the provider is not available within the MCO, if you do not agree with your doctor's opinion about the services that you need. Contact your MCO for help with this.
- Receive other information about how your Managed Care Organization is managed including the structure and operation of the MCO as well as physician incentive plans. You may request this information by calling your Managed Care Organization.
- Receive information about the organization, its services, its practitioners and providers, and member rights and responsibilities.
- Make recommendations regarding the organization's member rights and responsibilities policy.

As a HealthChoice member, you have the responsibility to:

- Inform your provider and MCO if you have any other health insurance coverage.
- Treat HealthChoice staff, MCO staff, and health care providers and staff, with respect and dignity.
- Be on time for appointments and notify providers as soon as possible if you need to cancel an appointment.
- Show your membership card when you check in for every appointment. Never allow anyone else to use your Medicaid or MCO card. Report lost or stolen member ID cards to the MCO.
- Call your MCO if you have a problem or a complaint.
- Work with your Primary Care Provider (PCP) to create and follow a plan of care that you and your PCP agree on.
- Ask questions about your care and let your provider know if there is something you do not understand.
- To understand your health problems and to work with your provider to create mutually agreed upon treatment goals that you will follow.
- Update the State if there has been a change in your status.
- Provide the MCO and their providers with accurate health information to provide proper care.
- Use the emergency department for emergencies only.
- Tell your PCP as soon as possible after you receive emergency care.
- Inform your caregivers about any changes to your Advance Directive.

New Member Health and Wellness Portal!

Visit medstarfamilychoicehealthylife.com to log in and learn more about the program. We can't wait to share all the holistic tools you can use to enhance your wellbeing in all the parts of life that make you feel healthy, happy, and whole.

Earn rewards

Be well and earn rewards along the way! Use the tracking table on the platform's home page to earn and to submit your progress. Check out the program overview for more information on rewards.

Learn and grow

Enjoy resources like videos, articles, and other tools to support you in each area of wellbeing including financial, physical, mental, and emotional health.

Enjoy yourself!

Who said taking care of yourself had to be a chore? You also have the option to sync apps and devices, discover nutritious recipes, monitor your hydration, track your sleep, and more. No matter what your wellbeing goals are, you'll have the tools and resources to help you be well.

Free interpreter services are available.

If you know a MedStar Family Choice member who does not speak English—or doesn't speak it well—call Member Services toll free at **888-404-3549**. We have interpreters to help members when visiting their doctors. We will also provide an interpreter to help members who do not speak English or read written information sent by Member Services. If you or someone you know is deaf or has trouble hearing, a TTY line is available. Just call **800-508-6975**. In addition, members can access Maryland Relay for TTY assistance. MedStar Family Choice also has people available who can use sign language to help you during doctor visits. You, or someone who can speak for you, must let the Member Services representative know that you need an interpreter.

Si necesita un interprete, por favor contacte al departamento de Servicio al Miembro al **888-404-3549**.

2025 | January 1 - December 31

MedStar Family Choice Reward Program Guide

Hello and welcome to the MedStar Family Choice Reward program!

We're thrilled to have you join us on this journey towards holistic wellbeing. Whether you're looking to boost your physical activity, gain a better understanding of your financial health, enhance your nutritional habits, or nurture your emotional and mental wellbeing—we've got you covered.

Log in to learn more about the tools and resources available in your program.

Join your program

1. Visit medstarfamilychoicehealthylife.com
2. Select JOIN NOW
3. Enter your group code: MD
4. Follow the onscreen prompts
Your unique ID is your member ID.
5. Enable multi-factor authentication (MFA).
Instructions are available on the portal after you log in.

Eligibility

The program is open to Medicaid participants with Maryland. All qualifying activities must be completed by December 31, 2025.

How to participate

Complete program activities to earn rewards

Step 1 - Complete the Health Survey.
Step 2 - Complete a Wellness Workshop.
Complete both steps to earn a \$25 gift card.

24/7 resources

Achieve personal and program goals with the help of holistic tools and resources found on your wellbeing platform.

- Download the Navigate Wellbeing app.
- Complete Wellness Workshops.
- Browse recipes, videos, and articles.
- Sync a device or manually track your step count, activity minutes, sleep hours, nutrition information, and more!



After creating your account, don't forget to download the Navigate Wellbeing app for a convenient and easy way to track your activities. The app is available as a free download in the Apple App Store and Google Play App Store! Scan the QR code to download.

Questions: info@navigatewell.com | (888) 282-0822

It's how we treat people.



Understand how to get a referral to a specialist.

Did you know most primary care providers will give you great advice about the healthcare services? If any of your medical conditions require seeing a specialist, your primary care provider will refer you to one in our network. If an in-network provider is not available, MedStar Family Choice will help arrange one for you outside of our network. If your primary care providers can handle the condition without referring you, he or she will treat your medical condition .

Remember, if you are a female member and your primary care provider is not a women's health specialist, you have the right to see a women's health specialist within the MedStar Family Choice network without a referral. If you want a second opinion, you have the right to obtain one from another in-network provider. If another in-network provider is not available, MedStar Family Choice will help arrange a second opinion outside of the MedStar Family Choice network at no cost to you. You can contact your primary care provider or Member Services at **888-404-3549** for help getting a second opinion. A referral may be required. Always remember that most physicians will need to see you in the office before a referral is written to a specialist.

If you have any questions or concerns about the healthcare services you receive, don't hesitate to contact the Member Services department toll free at **888-404-3549** to ask for help.



It is easy to find a provider on the web.

Did you know that as a Med- Star Family Choice member you are automatically assigned a primary care provider if you did not select one upon enrollment? If you need to change your primary care provider or find more information on selecting a provider, please call Member Services at **888-404-3549**.

MedStar Family Choice has made it convenient for you to find a provider on the website. Did you know you can search the website and narrow your search by specific categories to help you? You can select a doctor by the name or group, hospital affiliation, gender, language, specialty, city, or the number of miles from your home or ZIP code.

Our website also contains detailed provider information, such as office addresses, phone numbers, practitioner qualifications, office hours, education (such as residency and medical schools), and board certification information. If you do not have access to the internet and would like this additional information for a specific provider, you may contact Member Services. In addition, you should always call the office to make sure they are a participating provider.

Remember, if you have any questions about selecting your primary care provider, please call Member Services at **888-404-3549**. You can also review our website at [MedStarFamilyChoice.com](https://www.MedStarFamilyChoice.com) for more information.

MFC in the community.

MedStar Family Choice has recently grown their Community Relations department. The team is committed to supporting health and wellness in the community. They'll be attending various events all throughout the service areas providing important information and supporting various community partners.

Here is a list of different events that the Community Relations teams will support.

**Note: Some of these events may have already taken place at the time of publication.*

- **Anne Arundel County Mobile**

Food Pantry
April 3, 2025
11:00 a.m.-2:00 p.m.
Lothian Elementary School
5175 Solomons Island Rd
Lothian, MD 20711

- **Anne Arundel County Mobile**

Food Pantry
April 12, 2025
12:00 p.m.-2:00 p.m.
Meade Middle School
1103 26th St
Fort Meade, MD 20755

- **Community Baby Shower**
April 12, 2025
10:00 a.m. - 3:00 p.m.
Clinton Baptist Church
8701 Woodyard Rd.
Clinton, MD 20735
- **Anne Arundel County Mobile**
Food Pantry
April 15, 2025
12:00 p.m. - 2:00 p.m.
Eastport- Annapolis Neck Library
269 Hillsmere Dr
Annapolis, MD 21403
- **Anne Arundel County Mobile**
Food Pantry
April 24, 2025
2:00 p.m. - 4:00 p.m.
Brooklyn Park Library
1 E 11th Ave
Brooklyn Park, MD 21225
- **Anne Arundel County Mobile**
Food Pantry
May 10, 2025
12:00 p.m. - 2:00 p.m.
Meade Middle School
1103 26th St
Fort Meade, MD 20755
- **Anne Arundel County Mobile**
Food Pantry
May 13, 2025
12:00 p.m. - 2:00 p.m.
Eastport- Annapolis Neck Library
269 Hillsmere Dr
Annapolis, MD 21403
- **Anne Arundel County Mobile**
Food Pantry
May 22, 2025
2:00 p.m. - 4:00 p.m.
Brooklyn Park Library
1 E 11th Ave
Brooklyn Park, MD 21225
- **Anne Arundel County Mobile**
Food Pantry
May 27, 2025
3:30 p.m. - 5:30 p.m.
Severn Center
1160 Reece Rd
Severn, MD 21144
- **Anne Arundel County Mobile**
Food Pantry
June 7, 2025
12:00 p.m. - 2:00 p.m.
Meade Middle School
1103 26th St
Fort Meade, MD 20755
- **Anne Arundel County Mobile**
Food Pantry
June 26, 2025
2:00 p.m. - 4:00 p.m.
Brooklyn Park Library
1 E 11th Ave
Brooklyn Park, MD 21225

New events are always being added.
To see a calendar of scheduled events,
go to the [MFC Community Events website](#).



**MedStar Family
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The MedStar Family Choice member newsletter is a publication of MedStar Family Choice. Submit new items for the next issue to Michael.a.washabaugh@medstar.net

For more information on your plan or anything in this newsletter, please visit MedStarFamilyChoice.com.

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