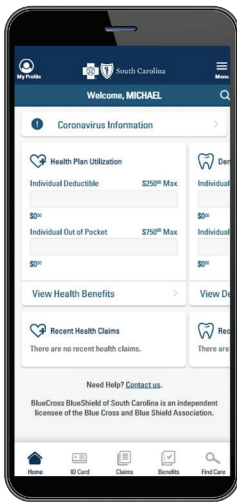


GETTING STARTED WITH SHOPPING FOR CARE

Shopping for Care helps you find care based on your health plan. You can search based on things that matter to you, such as distance, quality or reviews.

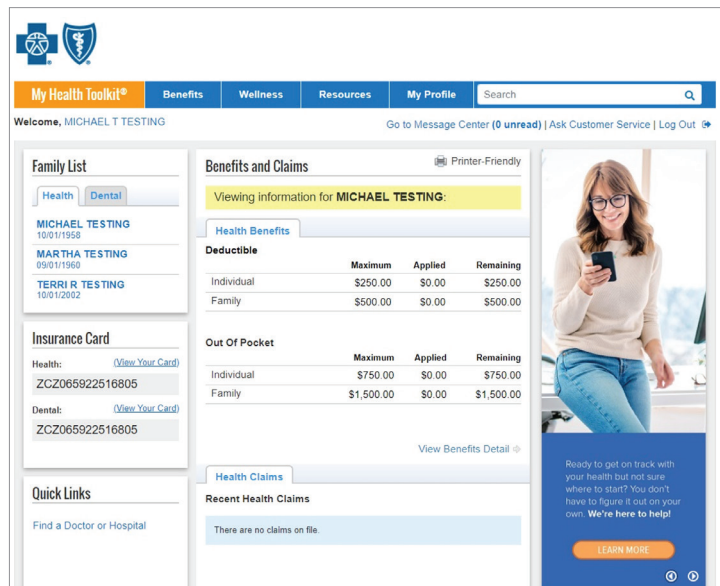
1. Accessing Shopping for Care

Use the My Health Toolkit mobile app:



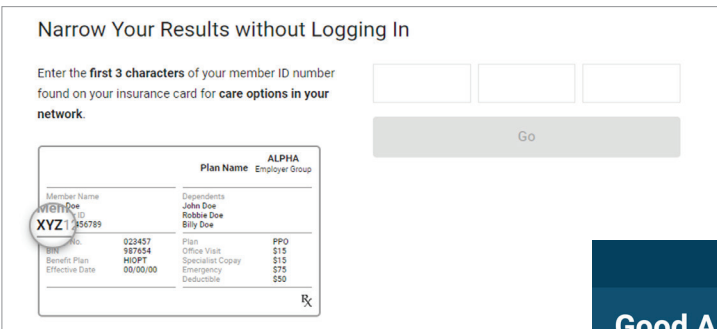
In the My Health Toolkit mobile app, select [Find Care](#) in the bottom right corner.

Access My Health Toolkit on your desktop.



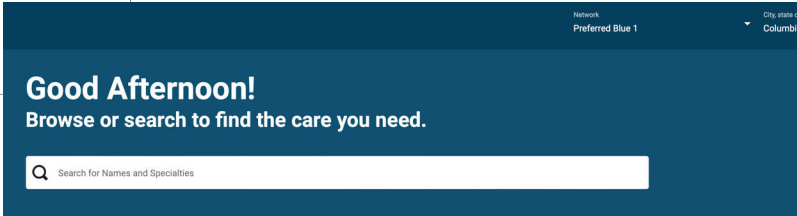
On the My Health Toolkit site, the Shopping for Care tool can be found under the [Resources](#) menu. Access the tool by selecting [Find Care](#).

KDC: Preferred Care Blue KBU: Blue Select Plus (Narrow Network)



If you have been provided a [three-character prefix](#) for open enrollment, you can use this feature to see results specific to your network.

If you don't yet have your ID with a [three-character prefix](#) to your member number, you can select a network to browse from the top right corner of the Shopping for Care homepage.



2. Finding an In-Network Provider

Once you've entered a **three-character prefix** or selected a network, you can search for a specific provider, specialty or procedure by name. You can also browse by selecting the common search links or using the Browse by Category tiles.

3. Filtering and Sorting Your Search Results

You'll probably want to narrow down your options. Look at the helpful categories that appear with your search results. They include specialties, gender, patient ratings and areas of expertise. Your results are automatically sorted for the best match to your original search, but they also can be sorted alphabetically and by distance, patient ratings and quality.

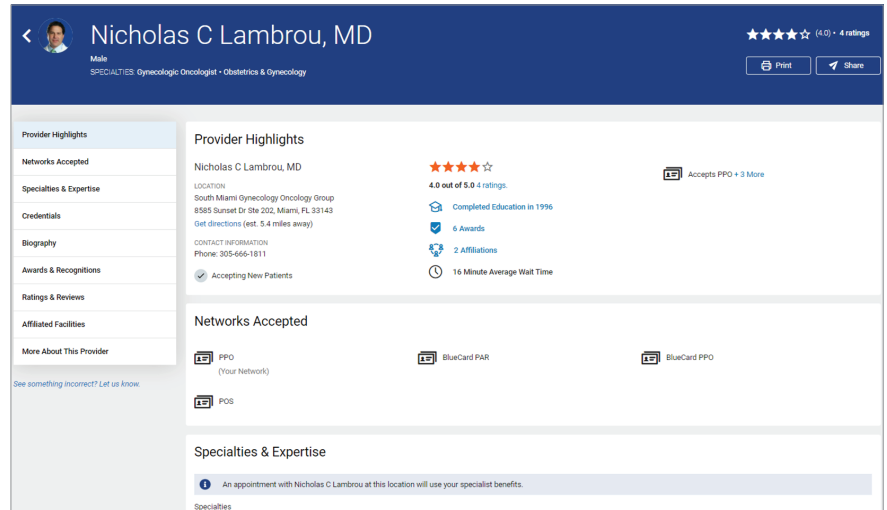
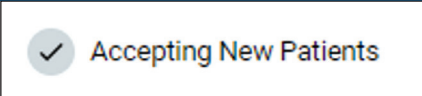
Looking for Spanish?
Use the drop-down list in the top right corner to select your preferred language.

4. Viewing a Provider's Information

When you find a provider you are interested in, you can select the name or the **View Profile** button to see more details, such as patient reviews, awards, affiliations, licenses, areas of expertise and other details about the provider.

Is the provider accepting new patients?

Keep an eye out for the circle with check mark.



Nicholas C Lambrou, MD
Male
SPECIALTIES: Gynecologic Oncologist - Obstetrics & Gynecology

4.0 out of 5.0 4 ratings

Print Share

Provider Highlights

Nicholas C Lambrou, MD

4.0 out of 5.0 4 ratings

Accepts PPO + 3 More

LOCATION
South Miami Gynecology Oncology Group
8585 Sunset Dr Ste 202, Miami, FL 33143
Get directions (est. 5.4 miles away)

CONTACT INFORMATION
Phone: 305-666-1811

Accepting New Patients

2 Affiliations

16 Minute Average Wait Time

Networks Accepted

PPO (Your Network)

BlueCard PAR

BlueCard PPO

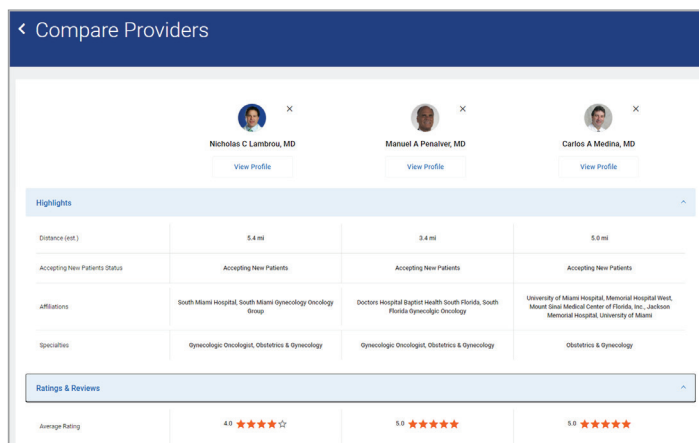
POS

Specialties & Expertise

An appointment with Nicholas C Lambrou at this location will use your specialist benefits.

Specialties

5. Comparing Providers

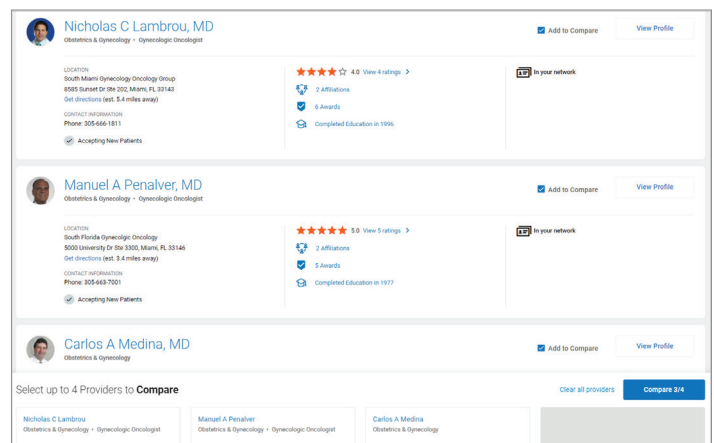


Compare Providers

Nicholas C Lambrou, MD
Manuel A Penalver, MD
Carlos A Medina, MD

Highlights	Nicholas C Lambrou, MD	Manuel A Penalver, MD	Carlos A Medina, MD
Distance (est.)	5.4 mi	3.4 mi	5.0 mi
Accepting New Patients Status	Accepting New Patients	Accepting New Patients	Accepting New Patients
Affiliations	South Miami Hospital, South Miami Gynecology Oncology Group	Doctors Hospital Baptist Health South Florida, South Florida Gynecologic Oncology	University of Miami Hospital, Memorial Hospital West, Mount Sinai Medical Center of Florida, Inc., Jackson Memorial Hospital, University of Miami
Specialties	Gynecologic Oncologist, Obstetrics & Gynecology	Gynecologic Oncologist, Obstetrics & Gynecology	Obstetrics & Gynecology
Ratings & Reviews	4.0 ★★★★★	5.0 ★★★★★	5.0 ★★★★★

Having trouble comparing a couple of providers and choosing which one is right for you? Just select the **Add to Compare** button at the top of each provider's result card, and you can compare them side by side.



Nicholas C Lambrou, MD
Obstetrics & Gynecology - Gynecologic Oncologist

4.0 out of 5.0 4 ratings

Add to Compare View Profile

Manuel A Penalver, MD
Obstetrics & Gynecology - Gynecologic Oncologist

5.0 out of 5.0 5 ratings

Add to Compare View Profile

Carlos A Medina, MD
Obstetrics & Gynecology

Add to Compare View Profile

Select up to 4 Providers to Compare

Clear all providers Compare 3/4

You can compare providers by distance, affiliations, whether they are accepting new patients and other factors. This takes a lot of the guesswork out of deciding which provider best meets your needs, and it ticks off the priorities that are most important to you.

6. Estimate Procedure Costs

Good Morning, Jim!
Browse or search to find the care you need.

Search for Names, Specialties, and Procedures

Common Searches: Primary Care, Urgent Care, Behavioral Health, Colonoscopy, Mammogram

Browse by Category
Find results using these care categories

- SmartShopper**
Search for a reward eligible location for your doctor recommended procedure or service.
- Medical Specialties**
Find general doctors, specialists, hospitals, urgent care centers, group practices, labs, and...
- Procedure Costs**
Search for and compare costs for specific procedures.
- Urgent Care Center**
Walk-in clinic that treats illness or injury requiring immediate care, but not serious...

Shopping for Care has a built-in tool that allows you to view procedure cost estimates in an easy-to-understand way. This helps you find lower-cost, high-quality care. You'll also see how the complexity of a procedure — along with your coverage details — can affect your cost. View cost estimates for a procedure by selecting the **Procedure Costs** tile on the Shopping for Care homepage.

Procedure Costs
Search for and compare costs for specific procedures.

- Women's Health**
Care for disorders or diseases in the female reproductive system, and care for pregnancy.
- MRIs and Other Imaging**
Imaging tests send energy (like x-rays, radioactive particles, or magnetic fields) through the body to make a picture.
- Colonoscopy**
Colonoscopy is an outpatient procedure that uses a thin tube with a camera to examine the large intestine. During the procedure, tissues may be collected for analysis and growths may be removed. It is a routine procedure in patients between the ages of 50 and 75.
- All Procedures (A-Z)**
See all procedures and get estimated costs

Shop for Care
All Procedures (A-Z)
See all procedures and get estimated costs

Type to filter

Jump to
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

- Bladder repair for incontinence (sling)** Up to \$150
A procedure designed to elevate and support the bladder neck to rebuild the physiological sling mechanism created by the muscles and ligaments of the pelvic floor.
- Bone density study** Up to \$50
Bone density studies usually involve a CT scan or ultrasound of certain bones to determine their mineral content. If the bone density is not sufficient, the person may develop osteoporosis.

After selecting **Procedure Costs**, you can select from a list of common procedure types — or see a list of all procedures — by selecting **All Procedures (A-Z)**. Also, you can search for a procedure by entering a keyword or by the first letter of its name.

Choosing a Provider

Help us compare your options

Do you have a specific provider in mind?

E.G. referral from your doctor

Accept [Terms of Use](#)

Yes **No**

When you estimate a procedure cost, you will have the option to enter a provider's name or see a list of providers. If you have a specific provider in mind, you also can enter his or her details to search for that provider.

If you do not have a specific provider in mind, you'll be taken to a results page that lists all providers who offer the service in your area.

Viewing a Personalized Cost Estimate

Once you pick a provider who performs the procedure for which you want an estimate, you'll be able to see your estimated out-of-pocket cost.

Elizabeth S Erickson, MD
Pediatrics

LOCATION
Erickson, Elizabeth S MD
4020 N Roxboro St, Durham, NC 27704
Get directions (est. 4.3 miles away)

CONTACT INFORMATION
Phone: 919-620-5333

Accepting New Patients

Estimated Procedure Cost
\$151

Cost Details

In your network

Estimated Procedure Cost for **Ultrasound - Pelvis** at **North Shore Medical Center**

THIS LOCATION
North Shore Medical Center
1100 NW 95th St, Miami, FL 33150
Get directions (est. miles away)

COST ASSISTANT
Save up to \$98 with similar providers
See your savings

Viewing cost details Jim Smith

You pay **\$203**
Your plan pays \$0

- You pay towards your copay: \$0
- You pay towards your deductible: \$203
- You pay towards coinsurance: \$0
- Your plan pays: \$0

Total cost: **\$203**

You can select the provider's name or select **View Profile** to see a detailed cost estimate. It will list the estimated amount you would pay toward your copay, deductible and/or coinsurance, as well as the estimated portion your plan would pay.

Your actual out-of-pocket costs may be higher or lower than the cost estimates the site provides as a result of changes in the provider's contract or status, additional services that arise during the course of treatment, or other reason .

Shop and Save With the Cost Assistant

Save on your **Ultrasound - Pelvis**

You can choose high-quality, better value healthcare.

You Selected	Save \$98	Save \$98
North Shore Medical Center	Best Value Miami Breast Institute	Next Best Value MRI at Comprehensive Breast Center
Your Estimated Cost \$203	Your Estimated Cost \$105	Your Estimated Cost \$105
SmartShopper Cash Reward \$0	SmartShopper Cash Reward \$50	SmartShopper Cash Reward \$50
High Quality		
Distance (est.) 7.7 miles	Distance (est.) 4.5 miles	Distance (est.) 5.1 miles
Select this Provider	Select this Provider	Select this Provider

The Cost Assistant is a built-in feature that automatically displays providers who offer high-quality, better-value health care. Depending on the provider you select for a procedure, you may be shown other value-based provider options in your area that might be right for you.

You have the option to select an alternative provider if you wish.

7. Leaving a Provider Review

Online reviews help people select books, movies, and restaurants — and can help them find the right health care provider, too. Other patients' experiences give you insights about a particular provider.

If you'd like to help others with their search, take a moment to rate and review the provider by answering a few easy questions. You can share your feedback by selecting [Review this provider](#).

Ratings & Reviews

100%
Recommend this provider

4.5 ★★★★★
Average rating

4.2 ★★★★★☆
Convenient Access to Care
A high rating means it's easy to get an appointment with this provider when you need one.

4.5 ★★★★★☆
Friendly Comfortable Office
A high rating means office staff is friendly and professional and the office is comfortable and clean.

4.0 ★★★★★☆
Communicates Clearly
A high rating means the provider communicates with patients, listens and explains treatment well.

Individual Member Reviews

Good
Sep 14, 2016, 2:43:55 PM

Positive reviews are true
Dr. Iglesias is very friendly, patient, and great with my kids. I went based on the positive reviews I've read and am not disappointed.

Sep 14, 2016, 2:43:54 PM

Good practice
The practice has a nice, efficient system for check in. We were called to see the doctor after only a 4 or 5 minute wait

Review this provider
21 Rating(s)

Tell us about your experience with Lawrence J Menditto DPM PC

**Required*

Experience*
How would you rate your overall experience and satisfaction with this provider?
★★★★★☆☆

Recommend*
Would you recommend this provider to your friends/ family?
 Yes No

Promptness
How promptly were your needs addressed by the provider's staff?
★★★★★☆☆

Wait Time
How long did you wait to be seen at the provider's location?
20 minutes

Appointment Time
How long was it before you were able to schedule an appointment?
3-7 days

I verify that I have received services from this provider.

Submit ✓

