

[www.valleyhealthplan.org](http://www.valleyhealthplan.org)

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# 10 GOOD REASONS TO BE A VALLEY HEALTH PLAN MEMBER





**1 OVER 800 DOCTORS**  
conveniently located in health centers and private offices throughout Santa Clara County.

**MEMBER ADVOCATES** **6**  
to help direct you to the right place by the right provider at the right time.

**2 EASIER ACCESS**  
to Emergency and Urgent Care Services with four hospitals and 10 Urgent Care locations throughout Santa Clara County.

**CHRONIC CARE MANAGEMENT** **7**  
with support services and classes to help you live well.

**3 NO CO-PAYS IN THE VHP NETWORK**  
for doctor visits, pharmacies, lab tests, X-rays, medical specialist visits, physical therapy and more!

**FREE EXERCISE AND FITNESS CLASSES** **8**  
such as Cardio kickboxing, Zumba, Yoga and Pilates to promote physical and emotional health.

**4 CHIROPRACTIC AND ACUPUNCTURE SERVICES**  
for a low \$10.00 co-pay.

**VALLEY SPECIALTY CENTER** **9**  
offers a state-of-the art approach to adult outpatient specialty services, including a new Cancer Center, Diabetes Center, laboratory services, an outpatient pharmacy and more!

**5 NEW PRESCRIPTIONS AND REFILLS**  
mailed to your home to save you time – for free.

**TWO VALLEY HEALTH CENTERS** **10**  
opened in 2008 offering members access to new facilities in Gilroy and Sunnyvale.

WE'VE GOT YOU COVERED