

# Participating Plans

As of 6/12/2025

TidalHealth Peninsula Regional, TidalHealth Primary Care LLC and TidalHealth Specialty Care LLC have contracts with the following carriers. This list is updated and subject to change.

- There may be other exceptions to the list below, based upon the type of plan, network, provider group or other factors that are specific to each patient. Please contact your insurance company directly to confirm that your TidalHealth medical provider is in-network with a specific health plan.

TidalHealth Primary Care LLC and TidalHealth Specialty Care LLC also participate with Medicare and State Medical Assistance (Maryland Medicaid, Delaware Medicaid and Virginia Medicaid).

Before scheduling any services, please contact member services with your insurance to verify eligibility of benefits, patient responsibility as well as specific location requirements for services provided.

## [Aetna](#)

- Aetna Affordable Health Choices (Indemnity)
- Aetna Affordable Choices (PPO)
- Aetna Choice POS
- Aetna Choice POS II
- Aetna Golden Choice
- Aetna Golden Choice Care Advantage
- Aetna Golden Medicare Open Access (HMO)
- Aetna Golden Medicare Plan
- Aetna Medicare ESA
- Aetna Health Network Only
- Aetna Health Network Option
- Aetna Open Access Elect Choice
- Aetna Open Access HMO
- Aetna Open Access Managed Choice
- Aetna Select
- Aetna Signature
- Elect Choice (EPO)
- First Health
- HMO
- Managed Choice POS
- Meritain Health (*Self-funded*)
- Open Access Aetna Select
- Open Choice PPO
- Quality Point-of-Service (QPOS)
- Traditional Choice
- US Access

[Aetna Better Health of MD](#)

[Alterwood Medicare Advantage](#)

[Amerigroup/Wellpoint](#)

[AmeriHealth Caritas DE](#)

- NEXT
- VIP MA

[Anthem Health Keepers \(Blue Cross and Blue Shield of Virginia\)](#)

[\\*CareFirst BlueCross BlueShield](#)

- BlueChoice
- Healthy Blue – BlueChoice product (HMO)
- Blue Preferred (PPO)
- Exclusive Provider Organization (EPO)
- FEP – Federal Employee Program
- Maryland Health Insurance Plan (MHIP)
- Maryland Point of Service (MPOS)
- National Capital Area Indemnity
- Personal Comp – Individual Coverage
- Preferred Provider Organization – MD Indemnity
- Select Preferred Providers (PPN/PPO)
- Community Health Plan of Maryland
- Medicare Advantage
  - MAC: Medicare Advantage offered to individuals 65 and older.
  - EGE: Medicare Advantage offered to employer groups.

[Cigna](#)

- Cigna Choice Fund
- Cigna Behavioral Health
- HMO
- Indemnity
- Open Access
- Open Access Plus / Open Access Plus In-Network
- POS
- PPO

[CIGNA Healthspring \(BRAVO\) MA DE](#)

[Claims Bridge HPN](#)

[Communicare Advantage](#)

[Federal Black Lung Program](#) (Services must pertain to patient's black lung condition)

### [Delaware First Health, Inc.](#)

- Ambetter Health of DE
- WellCare MA

### [First Health Network](#)

#### [\\*Highmark BCBS Delaware](#)

- Blue Choice PPO
- Blue Care IPA
- Blue Select POS
- Simply Blue EPO
- Shared Cost Blue EPO
- Blue Advantage Consumer-Directed Health Plans
- Blue Individual plans
- Health Options
- Medicare Advantage

### [Humana](#)

- Commercial Plans PPO, POS & EPO
- Medicare Advantage Plans
  - Humana Gold Plus – HMO
  - Humana Choice – PPO
  - Humana Gold Choice – PFFS

[Humana Behavioral Health](#) (only under contract with TidalHealth Peninsula Regional)

[Humana Military/Tricare](#) (only under contract with TidalHealth Peninsula Regional)

- EAST REGION ONLY

#### [\\*Johns Hopkins Healthcare](#)

- Employee Health Plan (EHP)
- Uniformed Services Family Health Plan (USFHP)
- Priority Partners MCO
- Johns Hopkins Advantage MD PPO
- Johns Hopkins Advantage MD Plus PPO
- Johns Hopkins Advantage MD HMO

[Logistics Health Incorporated](#) (only under contract with TidalHealth Primary Care and TidalHealth Specialty Care)

### [Maryland Physicians Care](#)

### [Optima Health \(Sentara\)](#)

- Optima Health HMO, PPO & POS
- Optima Family Care (Medicaid MCO)

### [Optum](#)

- United Behavioral Health Commercial
- Maryland Medicaid Behavioral Health Carveout
- Optum Veteran Affairs Community Care Network (VA CCN)
- Optum Veteran Affairs Community Care Network (VA CCN) Behavioral Health

### [Provider Partners Health Plan](#)

[Somerset County Breast and Cervical Cancer Program](#) (only under contract with TidalHealth Peninsula Regional)

### [Somerset County Colorectal Screening Program](#)

### [State of MD DHMH Breast & Cervical Treatment Program](#)

### [United Healthcare](#)

- All Savers
- Charter
- Choice
- Choice Plus
- Core
- Community Plan of Maryland
- Consumer Driven Health Plans (Definity)
- GEHA
- Indemnity
- MAMSI Life and Health
- MD Individual Exchange Plans
- MDIPA
- MDIPA Preferred
- Medicare Advantage
- Navigate
- OneNet PPO
- Optimum Choice
- Optimum Choice Preferred
- Options PPO
- Select
- Select Plus HMO
- UMR
- United Health Premium Edge (reduced specialist co-pay for specialists with 2-star premium designation)
- United Healthcare Veteran Affairs Community Care Network (VA CCN)

[Virginia Premier](#) (Sentara)

[Wicomico County Health Department](#)

- [Wicomico County Breast and Cervical Cancer Program](#)
- [Wicomico County Colorectal Screening Program](#)

[Worcester County Breast and Cervical Cancer Program](#) (only under contract with TidalHealth Peninsula Regional)

[Worcester County Lung Cancer Screening Program](#) (only for Ancillary services under contract with TidalHealth Peninsula Regional)

\*TidalHealth Primary Care LLC participates with the CareFirst BCBS Primary Care Medical Home (PCMH), Highmark BCBS Delaware True Performance Program, and Johns Hopkins Advantage MD. All programs center on primary care services.