

## Direction to Find a United Healthcare Dental Provider



1. Click on the following link: <https://member.uhc.com/myuhc>

2. Click Find a Provider at the bottom of the screen:



[Find a Provider >](#)

Find a doctor, medical specialist, mental health care provider, hospital or lab.

3. Click on Dental Directory:



What type of provider are you looking for?



**Medical Directory**  
Find a doctor, medical specialist, hospital or lab



**Behavioral Health Directory**  
Find a mental health and substance use pro facility



**Dental Directory**  
Find a dentist or specialist



**Vision Directory**  
Find an eye doctor and shop for eyewear



**Employer and Individual Plans**

Select from among the UHC family of health plans (does not include State Exchange, Medicare, or Medicaid plans)

4. Click on Employer and Individual Plans:

5. Add your Zip Code and click Continue:



**Search by your location to find a plan**

Enter a street address, city & state, 5 digit zip code, county, or parish

Street Address, City & State, Zip Code, County, Parish

[Continue](#)

6. Click on National Options PPO30:



**Select your dental plan near:**

Folsom, CA 95630

[Change Location >](#)

\*National Exclusive Network Plan

\*National Options PPO 30

\*Publix

7. Search for Providers and Services:



[FIND CARE](#)

[SAVED](#)

\*NATIONAL OPTIONS PPO 30

[CHANGE P](#)

**What type of Dental Care can we help you find near:**

Folsom, CA 95630

[Change Location >](#)

Search for providers and services

[Search](#)

Find Care by Category



**General Dentists**  
Care for the mouth, teeth, and gums



**Dental Specialists**  
Oral surgeons and more



**Cost Estimates**  
See what you could owe before you get care