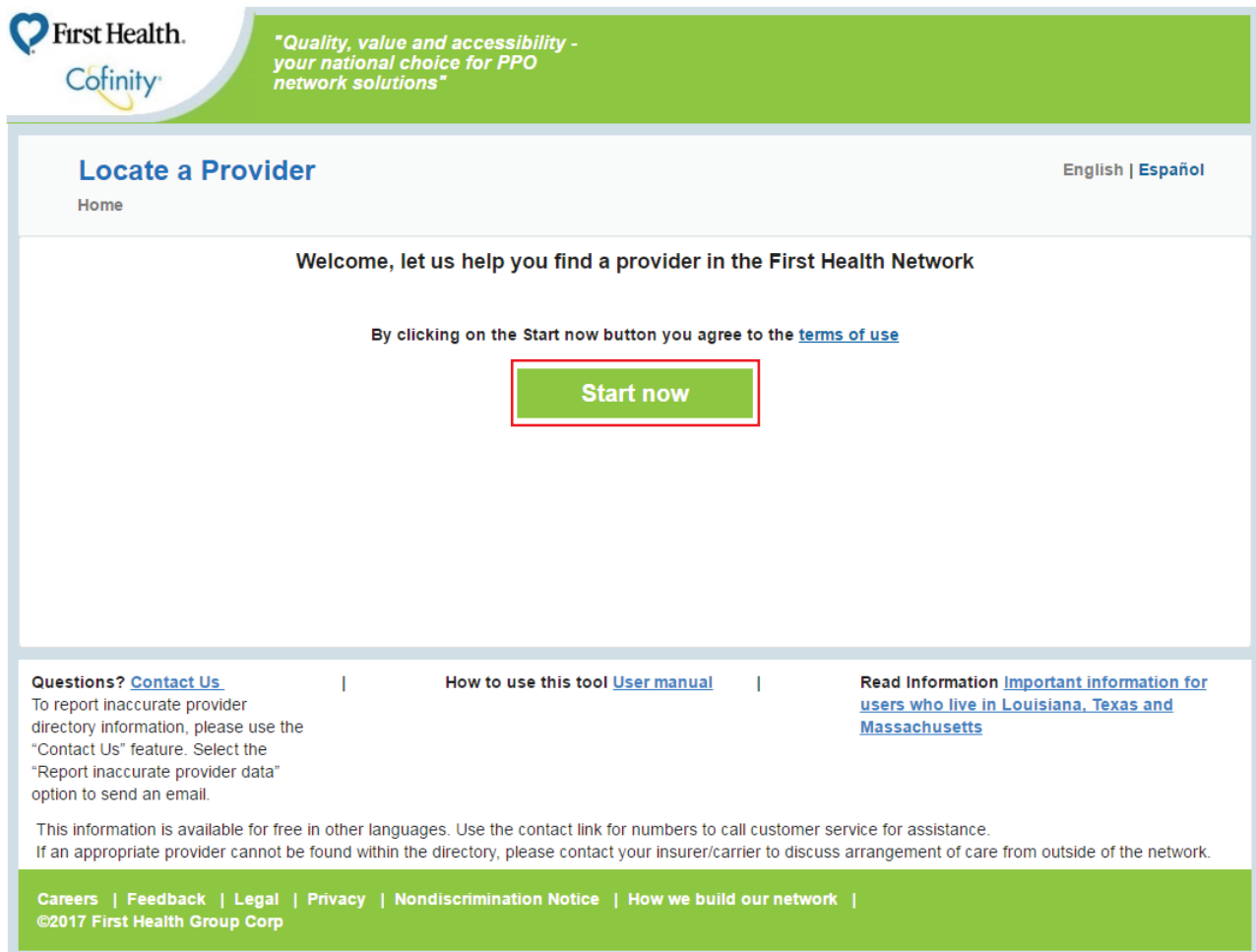


Tutorial Guide for First Health®

ISO Student Health Insurance cooperates with both the First Health and Multiplan provider networks, which have thousands of in-network doctors and hospitals within the United States.

In the [First Health](#) network, there are several ways to find in-network doctors/ hospitals in your area. Below is a quick tutorial guide of finding in-network doctors/hospitals.

1. Go to www.myfirsthealth.com and click [Start now](#)



The screenshot shows the 'Locate a Provider' page on the First Health website. At the top, there is a green banner with the First Health logo and the tagline 'Quality, value and accessibility - your national choice for PPO network solutions'. Below the banner, the page has a light blue header with 'Locate a Provider' and a 'Home' link. On the right, there are language options for 'English' and 'Español'. The main content area is white and contains a welcome message: 'Welcome, let us help you find a provider in the First Health Network'. Below this, a disclaimer states: 'By clicking on the Start now button you agree to the [terms of use](#)'. A prominent green 'Start now' button is centered on the page, outlined with a red border. At the bottom, there is a footer section with three columns of links: 'Questions? [Contact Us](#)', 'How to use this tool [User manual](#)', and 'Read Information [Important information for users who live in Louisiana, Texas and Massachusetts](#)'. A note below these links states: 'This information is available for free in other languages. Use the contact link for numbers to call customer service for assistance. If an appropriate provider cannot be found within the directory, please contact your insurer/carrier to discuss arrangement of care from outside of the network.' The very bottom of the page is a green bar containing links for 'Careers', 'Feedback', 'Legal', 'Privacy', 'Nondiscrimination Notice', and 'How we build our network', followed by the copyright notice '©2017 First Health Group Corp'.

First Health.
Cofinity

*"Quality, value and accessibility -
your national choice for PPO
network solutions"*

Locate a Provider English | [Español](#)

[Home](#)

Welcome, let us help you find a provider in the First Health Network

By clicking on the Start now button you agree to the [terms of use](#)

Start now

Questions? [Contact Us](#) | **How to use this tool [User manual](#)** | **Read Information [Important information for users who live in Louisiana, Texas and Massachusetts](#)**

To report inaccurate provider directory information, please use the "Contact Us" feature. Select the "Report inaccurate provider data" option to send an email.

This information is available for free in other languages. Use the contact link for numbers to call customer service for assistance. If an appropriate provider cannot be found within the directory, please contact your insurer/carrier to discuss arrangement of care from outside of the network.

[Careers](#) | [Feedback](#) | [Legal](#) | [Privacy](#) | [Nondiscrimination Notice](#) | [How we build our network](#) |
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2. Select types of providers, type in your current **zip code** and click

Search now

Type of provider

What type of provider are you looking for?

* Provider type: ☐ Physician ☐ Hospital ☐ Urgent care center ☐ Lab and radiology ☒ All providers

Search by

Do you want to search by ZIP or state?

*Select ZIP or state :

☒ Search by ZIP code

☐ Search by state

*ZIP
code:

10001

Please enter a valid
ZIP code. [Find a
Zip code.](#)

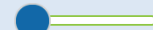
within:

10

miles

Adjust slider to increase
or decrease distance

Distance:



Minimum 5 miles

Maximum 100 miles

You can type the zip code
to search for doctor in your
area

[\[+\] Show more options](#)

[Clear criteria](#)

Search now

3. Narrow down the number of doctors/ hospitals by decreasing the distance, selecting the type of provider, or specialty. By narrowing your search you can find doctors that are closer to you and meet your needs.

Locate a Provider

Home - Network selection - Search criteria - Search results

English | Español

[New search](#)

22982 Matches

First Health Network

Your Criteria

Compare list

Refine location

Refine by ZIP code

Change ZIP code:

10001

within 10 miles

Distance:

Cannot find a valid zip? [Find a Zip code.](#)

Refine your results

Refine search

Search results

Showing 1 - 20 results

Sort by: Distance

[Edward Cotlier](#)

350 5th Ave
Ste 1726
NEW YORK, NY 10118-1726
[0.05 miles](#)

212-947-7023
Specialty Type : Ophthalmology

☐ Compare side by side

More Details

[James S Korponay](#)

1 Penn Plz
Ste 1707
NEW YORK, NY 10119-1707
[0.05 miles](#)

212-279-0086
Specialty Type : Foot Surgery,
Podiatry

☐ Compare side by side

More Details

[Michael H Loshigian](#)

225 W 34th St

212-564-7644

☐ Compare side by side

You can filter the results by choosing distance from your zip code

Refine your results

Provider/Facility name

Provider type:

☐ Physician
☐ Hospital
☐ Urgent care center
☐ Lab and radiology
☒ All

Specialty Type

Enter specialty

- ☐ Adolescent/Young
- ☐ Advanced Heart Fa
- ☐ Advanced Register
- ☐ Alcohol/Chemical C
- ☐ Allergy and Immun
- ☐ Ambulance

You can also filter the results by searching for a specific provider name or choosing type of provider or by specialty.

More Details

James S Korponay

1 Penn Plz
Ste 1707
NEW YORK, NY 10119-1707
[0.05 miles](#)

212-279-0086
Specialty Type : Foot Surgery,
Podiatry

☐ Compare side by side
☐ Add to my list

More Details

Michael H Loshigian

225 W 34th St
Ste 1005
NEW YORK, NY 10122-0049
[0.05 miles](#)

212-564-7644
Specialty Type : Foot Surgery,
Podiatry

☐ Compare side by side
☐ Add to my list

More Details

Rahel Eyassu

450 Fashion Ave
Ste 309
NEW YORK, NY 10123-0309
[0.05 miles](#)

914-589-0491
Specialty Type : Family Medicine,
Internal Medicine

☐ Compare side by side
☐ Add to my list

Gender

☒ All (20463)
☐ Male (13787)
☐ Female (6676)

Languages spoken

Spoken language

Spoken language

- Abkhazian
- Afan (Oromo)
- Afar
- Afrikaans
- Albanian
- Amheric
- Arabic
- Armenian
- Basque
- Bengali
- Bosnian
- Bulgarian
- Burmese

You can also narrow your search by gender option or language spoken option.

Rahel Eyassu

450 Fashion Ave
Ste 309
NEW YORK, NY 10123-0309
[0.05 miles](#)

914-589-0491
Specialty Type : Family Medicine,
Internal Medicine

☐ Compare side by side
☐ Add to my list

More Details

HOMELINK

481 8th Ave
Ste 531
NEW YORK, NY 10001-1809
[0.09 miles](#)

319-235-7173
Specialty Type : Durable Medical
Equipment

☐ Compare side by side
☐ Add to my list

More Details

Hillel Y Marans

352 7th Ave
1003
NEW YORK, NY 10001-5012
[0.18 miles](#)

212-206-9130
Specialty Type : Urology

☐ Compare side by side
☐ Add to my list

Example:

I want to find a doctor for all of my family members. I would select Physicians, Family Practice, zip code 10001 within 5 miles. The results changed from 22982 doctors to 156 doctors.

[New search](#)
156 Matches
First Health Network
Your Criteria
★ Zip 10001 within 5 miles
✗ Specialties : Family Practice
[Clear](#)
[Compare list](#)
[Refine location](#)
[Refine your results](#)
[Refine search](#)
[Create Directory](#) [View My List](#)
Other important information

Search results

Showing 1 - 20 results

Sort by: [Distance](#)

[Leonid Bukhman](#)
131 W 35th St
Ste 700
NEW YORK, NY 10001-2111
[0.29 miles](#)
212-475-8066
Specialty Type : Family Medicine,
Family Practice
☐ Compare side by side

You can remove the selection if you made the wrong selection

[More Details](#)

[Lawrence G Hitzeman](#)
275 7th Ave
3rd floor
NEW YORK, NY 10001-6708
[0.39 miles](#)
646-660-9999
Specialty Type : Family Medicine,
Family Practice, Internal Medicine
☐ Compare side by side

[More Details](#)

[Jeanne W Baer](#)
309 W 23rd St
3rd Floor
NEW YORK, NY 10011-2202
[0.48 miles](#)
212-590-2900
Specialty Type : Family Practice,
Radiology
☐ Compare side by side

You can also compare two providers with Compare List option.

156 Matches

First Health Network

Your Criteria

★ Zip 10001 within 5 miles
✗ Specialties : Family Practice
[Clear](#)

Compare list

✗ Leonid Bukhman
✗ Lawrence G Hitzeman
[Clear](#) [Compare](#)

Refine location

Refine your results

[Refine search](#)

Showing 1 - 20 results

Sort by: [Distance](#)

[Leonid Bukhman](#)

131 W 35th St
Ste 700
NEW YORK, NY 10001-2111
[0.29 miles](#)

212-475-8066
Specialty Type : Family Medicine,
Family Practice

☒ Compare side by side
☐ Add to my list

Select two providers you want to compare

[More Details](#)

[Lawrence G Hitzeman](#)

275 7th Ave
3rd floor
NEW YORK, NY 10001-6708
[0.39 miles](#)

646-660-9999
Specialty Type : Family Medicine,
Family Practice, Internal Medicine

☒ Compare side by side
☐ Add to my list

[More Details](#)

Click [Compare](#) and you can find two provider's information side by side.

[Back to results](#)

| | ✗ Leonid Bukhman | ✗ Lawrence G Hitzeman |
|-----------------------|---|---|
| Specialty Type | Family Medicine, Family Practice | Family Medicine, Family Practice, Internal Medicine |
| Type of provider | Physician | Physician |
| Gender | Male | Male |
| Distance | 0.29 miles | 0.39 miles |
| Phone number | 212-475-8066 | 646-660-9999 |
| Address | 131 W 35th St Ste 700 NEW YORK NY 100012111 | 275 7th Ave 3rd floor NEW YORK NY 100016708 |
| Accept New Patients | Yes | Yes |
| Hospital Affiliations | Roosevelt Hospital, Woodhull Medical and Mental Health Center | Beth Israel Medical Center - Petrie Division |

4. You can find the doctors' information and the offices' contact information on the website.
Make an appointment by calling the doctor office before you visit so you can avoid excessive waiting time and crowded waiting rooms.

You can also map the office from the contact information.

Your Criteria

Compare list

Refine location

Refine your results

Refine search

Create Directory

View My List

Other important information

Leonid Bukhman

131 W 35th St
Ste 700
NEW YORK, NY 10001-2111
[0.29 miles](#)

212-475-8066
Specialty Type : Family Medicine,
Family Practice

☐ Compare side by side

Fewer details

Details

Location

Hours

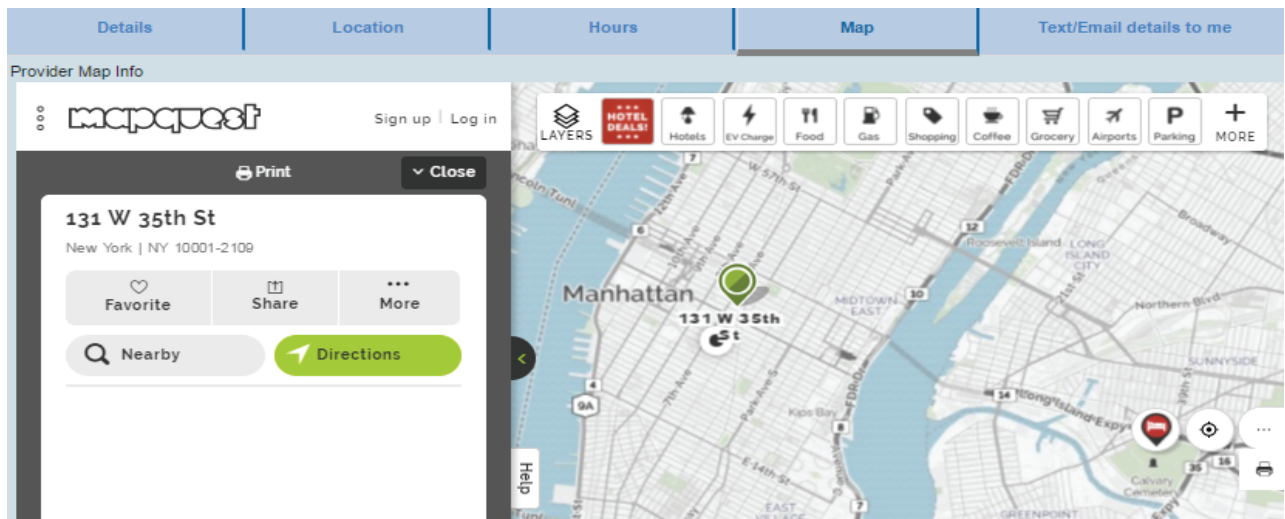
Map

Text/Email details to me

ACCEPTING NEW PATIENTS

| | |
|-------------------------------|---|
| Provider Type | Physician |
| Specialty Type/Service Type | Family Medicine, Family Practice |
| Patient-Centered Medical Home | YES |
| Gender | Male |
| Practice Name | Leonid Bukhman |
| Speaks | Russian, Spanish |
| Education | Kemerovo State Medical Academy |
| Hospital Affiliations | Roosevelt Hospital, Woodhull Medical and Mental Health Center |

5. Here are the results



Still cannot find a doctor? Call First Health (800) 226-5116
Or click [here](#) to find a Multiplan provider