

**IMPORTANT: Upcoming change that impacts your primary care options**

Dear Patient-

Our records indicate that you may have HMO medical insurance with a network called Scripps Physicians Medical Group (SPMG). Effective 6/30/2024, we will no longer participate in the SPMG network. This notice is to inform you of your options so that you can try to avoid delays or interruptions in care or coverage, should you need medical treatment or assistance.

**If you would like to continue your primary care with Perlman Clinic you will need to change your network.** To do so, call the member services number on your insurance card to reach your health plan. Inform them that you would like to continue with your primary care provider, but that you would like to switch to a different in-network medical group or IPA. They should provide you options and making the change is free of charge.

**If you would like to continue with the SPMG network you will need to find a new primary care doctor.** To do so, call the member services number on your insurance card to reach your health plan. Inform them that you would like to continue with SPMG, but that you would like to switch to a different primary care provider. They should provide you options and making the change is free of charge.

To contact Perlman Clinic immediately about this change, please call or text 858.554.1212. Helpful information is also online at [perlmanclinic.com/spmg](http://perlmanclinic.com/spmg).

Thank you and we hope you have a great day.

Sincerely,  
Perlman Clinic