HEALTH INSURANCE CHECKLIST

STUDENT ACTION ITEMS

☐ Contact your health insurance company
Complete the Know Your Benefits questionnaire

☐ Identify an in-network provider close to UW
Find a primary care, urgent care, emergency care and/or mental health provider and save them in your phone.

☐ Discuss if out-of-pocket costs are associated with your insurance
If applicable, determine how these costs will be paid and by whom.

☐ Determine where you will store your insurance card (wallet, etc.)
Take a photo of the front and back of your insurance card and store it in your phone.

☐ Arrange for your medical records to be transferred
If you have ongoing medical or mental health needs, schedule an appointment before your first quarter.

☐ Contact Hall Health Center’s Health Promotion Office
206.616.8476 or hhpccweb@uw.edu
If you do not have adequate health insurance coverage or if you have questions about health insurance.

BEFORE YOUR FIRST QUARTER:

☐ Help your student understand their health insurance
Help your student understand the questions on the Know Your Benefits questionnaire

☐ Identify an in-network provider close to UW
Help your student find a primary care, urgent care, emergency care and/or mental health provider.

☐ Discuss if out-of-pocket costs are associated with your insurance
If applicable, determine how these costs will be paid and by whom.

☐ Ensure that your student has an insurance card
If needed, you can request one from your insurance company.

☐ Mental health therapy options at UW
Provide short-term services
If your student requires ongoing care, help them find a provider through your insurance company’s online directory.

☐ Help your student understand their medical history
Make sure everything gets finalized before the beginning of their first quarter.

☐ Discuss if out-of-pocket costs are associated with your insurance
If applicable, determine how these costs will be paid and by whom.

☐ Determine where you will store your insurance card (wallet, etc.)
Take a photo of the front and back of your insurance card and store it in your phone.

☐ Arrange for your medical records to be transferred
If you have ongoing medical or mental health needs, schedule an appointment before your first quarter.

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PARENT / FAMILY ACTION ITEMS

KNOW YOUR BENEFITS

Health Insurance Company Questionnaire

Contact your health insurance company. The phone number is typically listed on the back of your health insurance card. Use this form to guide your conversation and take notes. Save this document for your reference.

<table>
<thead>
<tr>
<th>Health Insurance Company:</th>
<th>Date of Call:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telephone Number:</td>
<td>Name of Health Insurance Company Representative:</td>
</tr>
<tr>
<td>Does my health insurance plan provide coverage in the Seattle, WA area?</td>
<td>What is the maximum out-of-pocket cost I would pay each year?</td>
</tr>
<tr>
<td>Are Hall Health Center &amp; UW Medical Clinics contracted with my insurance?</td>
<td>What are my copays (flat fee costs) for prescription medicine?</td>
</tr>
<tr>
<td>Are the Hall Health Center Pharmacy &amp; Lab contracted with my insurance?</td>
<td>What are my copays (flat fee costs) for appointments?</td>
</tr>
<tr>
<td>Are the Hall Health Center Pharmacy &amp; Lab contracted with my insurance?</td>
<td>What are my outpatient mental health benefits?</td>
</tr>
<tr>
<td>What portion of the cost must I pay?</td>
<td>Is intensive or outpatient mental health treatment covered?</td>
</tr>
<tr>
<td>What portion of the cost must I pay?</td>
<td>What is my dental coverage?</td>
</tr>
<tr>
<td>Is my health insurance contracted with Hall Health/UW Medicine?</td>
<td>What is my vision coverage?</td>
</tr>
<tr>
<td>· Hall Health and UW Medicine are contracted with hundreds of insurance plans. The only way to know for sure if your plan is contracted is to complete the Know Your Health Insurance Benefits worksheet.</td>
<td></td>
</tr>
<tr>
<td>I don’t have health insurance that covers me in Washington State.</td>
<td></td>
</tr>
<tr>
<td>· UW does not offer health insurance to domestic students (US citizens or legal permanent residents). Only international students and graduate employees are eligible for UW health insurance.</td>
<td></td>
</tr>
<tr>
<td>· Health insurance is available through Washington Health Plan Finder, an online health insurance marketplace. Depending on your income and immigration status, you may be eligible for either Apple Health (Medicaid) or a private insurance plan.</td>
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Is my health insurance contracted with Hall Health/UW Medicine?

I don’t have health insurance that covers me in Washington State.

☐ Hall Health and UW Medicine are contracted with hundreds of insurance plans. The only way to know for sure if your plan is contracted is to complete the Know Your Health Insurance Benefits worksheet.

☐ UW does not offer health insurance to domestic students (US citizens or legal permanent residents). Only international students and graduate employees are eligible for UW health insurance.

☐ Health insurance is available through Washington Health Plan Finder, an online health insurance marketplace. Depending on your income and immigration status, you may be eligible for either Apple Health (Medicaid) or a private insurance plan.

☐ Tax ID number: 91-1220843 or Dr. Bill Neighbor, NPI: 1265518989

☐ Tax ID number: 91-6001537

☐ Health Insurance Company:

☐ Date of Call:

☐ Name of Health Insurance Company Representative:

☐ Yes

☐ No

☐ If so, how much and for which services?

☐ If so, how much?

☐ What portion of the cost must I pay?

☐ Is intensive or outpatient mental health treatment covered?

☐ What portion of the cost must I pay?

☐ Do I need prior authorization or a referral for any services?

☐ Do I need prior authorization or a referral for any services?

☐ What is my dental coverage?

☐ What is my vision coverage?