

# HEALTH INSURANCE CHECKLIST

## STUDENT ACTION ITEMS BEFORE YOUR FIRST QUARTER: PARENT / FAMILY 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](mailto:hhpccweb@uw.edu)  
If you do not have adequate health insurance coverage or if you have questions about health insurance.



**CONTACT YOUR INSURANCE COMPANY**



**IDENTIFY A NEW PROVIDER**



**DISCUSS COSTS**



**SAFEGUARD YOUR INSURANCE CARD**



**TRANSFER MEDICAL RECORDS**



**CONTACT HALL HEALTH CENTER**

**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.

**Help your student understand their medical history**

Make sure everything gets finalized before the beginning of their first quarter.

**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.

**Is my health insurance contracted with Hall Health/UW Medicine?**

- 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 .

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

- 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.

# 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.

Health Insurance Company: \_\_\_\_\_ Date of Call: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Name of Health Insurance Company Representative: \_\_\_\_\_

Does my health insurance plan provide coverage in the Seattle, WA area? \_\_\_\_\_ What is the maximum out-of-pocket cost I would pay each year? \_\_\_\_\_

Are Hall Health Center & UW Medical Clinics contracted with my insurance?  
*Tax ID number: 91-1220843 or Dr. Bill Neighbor, NPI: 1265518989* \_\_\_\_\_ What are my copays (flat fee costs) for prescription medicine? \_\_\_\_\_

What are my copays (flat fee costs) for appointments? \_\_\_\_\_

Are the Hall Health Center Pharmacy & Lab contracted with my insurance?  
*Tax ID number: 91-6001537* \_\_\_\_\_ What are my outpatient mental health benefits?  
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 have a deductible?  
If so, how much and for which services? \_\_\_\_\_ Do I need prior authorization or a referral for any services? \_\_\_\_\_

Do I have to pay co-insurance (% of cost of care)?  
If so, how much? \_\_\_\_\_ What is my dental coverage? \_\_\_\_\_

What is my vision coverage? \_\_\_\_\_