

# Medical Travel Checklist for Out of State Care

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| <p><b>Are you thinking of going to the Mainland for medical care? Consider the following:</b></p> <ul style="list-style-type: none"> <li>• You don't have to leave Hawaii to get quality health care.</li> <li>• Did you know that UHA's provider network is within the State of Hawaii? For services that are <u>not available in Hawaii</u>, we contract with the First Health Network (FHN). Not all FHN facilities or providers are included, so it's important you understand the need to thoroughly check before you make your plans.</li> <li>• Use this checklist to ensure you don't get stuck with a lot of extra expenses.</li> </ul> |  <div style="display: flex; justify-content: space-around;"> <span>✓ Yes</span> <span>✓ No</span> </div> |
| Has your doctor referred you for medical treatment on the Mainland?  |   |
| Or, is it just your choice to obtain treatment on the Mainland?  |   |
| Is there a local provider who can perform the services here in Hawaii instead?   |   |
| If services are not available in Hawaii, has your doctor submitted an Out of State Services Prior Authorization (PA) request form with all diagnosis & procedure codes to UHA? (see attached form)   |   |
| Has your doctor submitted clinical notes to support the medical necessity of the treatment and why out of state care is necessary?   |   |
| <b>Have you received Prior Authorization from Health Care Services? (takes up to 2 weeks)</b>  |   |
| Is the Approval at First Health Network (FHN) or non-participating rates?  | <div style="border-left: 2px solid black; border-right: 2px solid black; padding: 5px;"> <p><b>Only Health Care Services can answer these</b></p> </div>                                    |
| If the Approval is at the non-participating rates, do you know how much you will pay out of pocket for treatment by the servicing doctor, anesthesiologist and hospital on the Mainland?   |   |
| If the Approval is at FHN contracted rates, have you checked to see if the Mainland doctor, anesthesiologist, and hospital are participating with the FHN? (call or see attached Non-Par FHN facilities)   |   |
| Have you picked up your prescriptions? (this may also need Prior Authorization approval)   |   |
| Did you get approval for extra prescriptions for the trip from UHA? (call in advance, if needed)   |   |
| Has your doctor forwarded all of your medical records (x-rays, test results, etc.) to the treating doctor on the mainland?   |   |
| Have you booked your air ticket?   | Not a covered benefit   |
| Have you received your hotel confirmation?   | Not a covered benefit   |
| Have you arranged transportation to & from appointments on the Mainland?   | Not a covered benefit   |

*If you answered yes to any of the questions above you may have a large out-of-pocket expense.*

**Please contact UHA's Health Care Services to discuss medical options that may be available in the State of Hawaii.  
(808)532-4006 or from Neighbor Islands (800) 458-4600, extension 300**