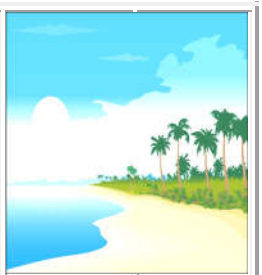


## Medical Travel Checklist for Out of State Care

<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>	
<p>Is the Approval at First Health Network (FHN) or non-participating rates?</p> <p>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?</p> <p>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)</p>	<p><b>Only Health Care Services can answer these</b></p>
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**