

Navigating Graduate Student United Healthcare Student Resources and Coverage: A Guide to Finding a Provider



WSU Student Insurance

We administer insurance for international students, eligible graduate student assistants, and graduate and professional students in health sciences. Other students have the option to stay on their parents' insurance or purchase a plan through the Washington Health Benefit Exchange. Our medical clinic also provides a financial assistance program for uninsured students who use our services. For questions about insurance and medical costs, please contact our billing staff: P: (509-335- 3575) E: cougarhealth@wsu.edu.

Help Navigating your Insurance Options

WSU students can. Contact the billing office to get help with:

- Exploring options for health insurance coverage
- Enrolling in WSU Student insurance plans
- Understanding and navigating the medical system and insurance benefits
- Applying for financial assistance for routing and urgent medical care.

Please visit our website for more information: cougarhealth.wsu.edu/studentinsurance/

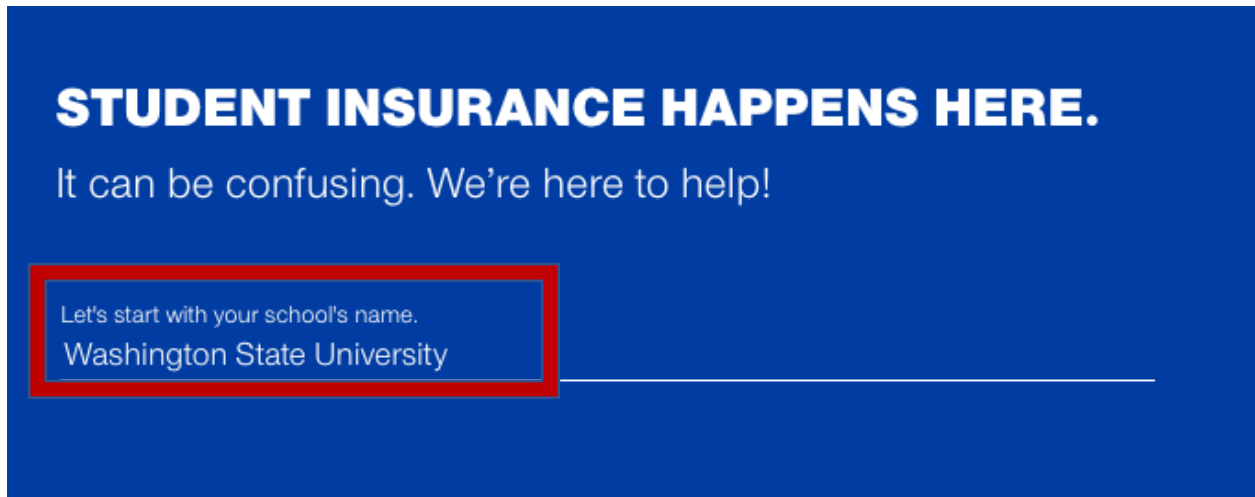
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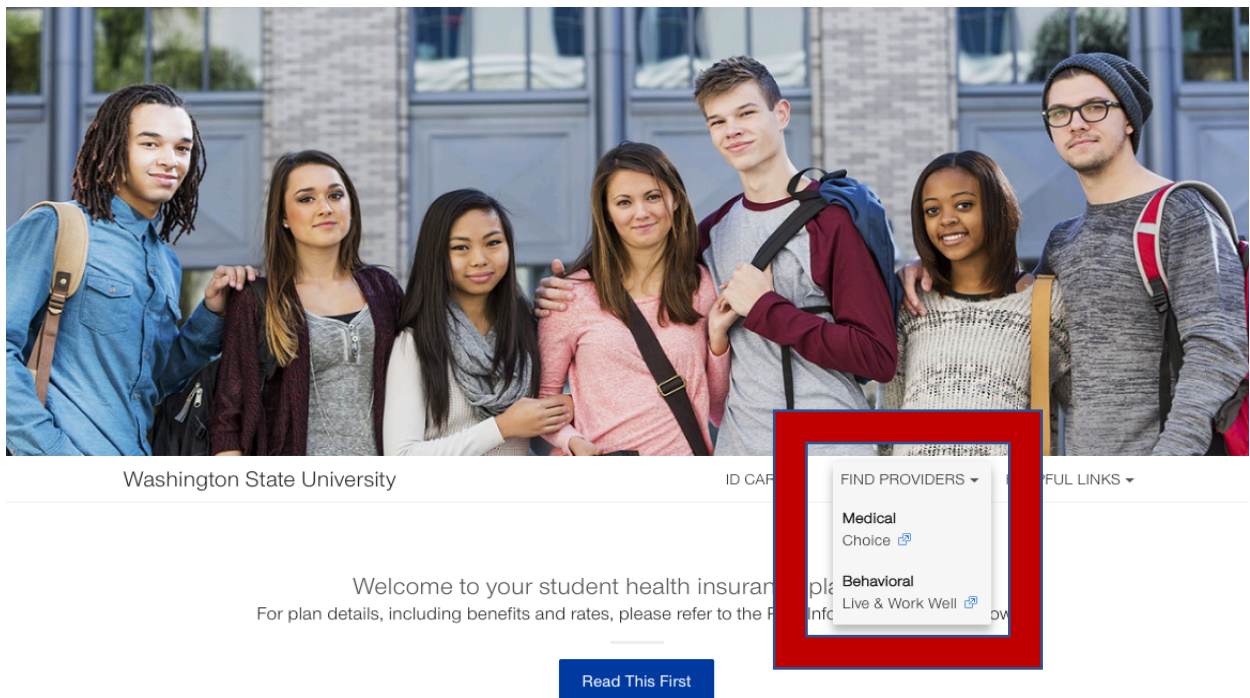
How to Find a United Healthcare Student Resource Provider Near You

Step 1: Go to <https://www.uhcsr.com/>.

Step 2: Type in “Washington State University” to search for your specific insurance coverage.

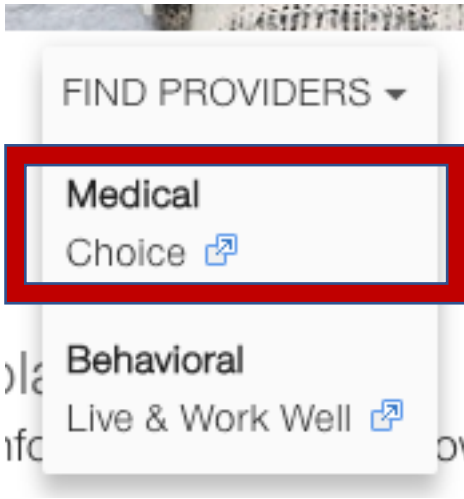


Step 3: Under the picture of the students, select “Find Providers” on the drop-down menu. At this point you can search for Medical or Behavioral providers.



Finding Medical Providers Near You

Step 1: Once you have logged in and found the option to find medical or behavioral providers (see previous section). Select “Medical.”



Step 2: Make sure to change/update your location so you are finding services near you.

can we help you find near:

East Wenatchee, WA 98802

CHANGE LOCATION

Step 3: You can search by people, places, services, treatments, care by condition, and cost estimates.



Search by People

Step 1: To search by people, select the “people” square.



People
Doctors, medical groups,
and other professionals by
specialty

Step 2: Then select the type of service you are looking for between Primary Care, Specialty Care, and Medical Groups.



Primary Care
Family doctors, internists,
OB-GYNs, pediatricians



Specialty Care
Dermatologists,
cardiologists, oncologists,
more



Medical Groups
Small practices or large
organizations of doctors

What does each option give you?

1. If you select **Primary Care**, you can select by practice (e.g. Family Doctor, Internist, Nurse Practitioner, OB-GYN, Pediatrician, etc.). For this example, “All Primary Care Providers” was selected.

All Primary Care Providers

The first person you call when you have a medical concern. Primary care providers can be doctors in family practice, internal medicine, pediatrics or other specialties.

Once selected, you can look through all providers located within the zip-code you are looking at. There will be a rating out of 5 stars, whether they are only taking current patients or all patients, and their location. When you click on the provider all of their information will be given.



Hourigan, Richard J, MD

Family Practice

★★★★★ 2 Reviews

820 N Chelan Ave
Wenatchee, WA 98801

(509) 663-8711 PHONE

2.2 Miles Away

[View Enrollment Information](#)

♥♥ Premium Care Physician

✓ Accepting Existing Patients Only

2. If you select **Specialty Care**, you will be able to look by area of specialties. For example, if you select Acupuncturist a list of available providers will become available in your area.

Acupuncturist

Acupuncturists are trained in acupuncture, a traditional Chinese therapy. Acupuncturists insert fine needles into specific points on the body to treat conditions or manage pain. Most states require acupuncturists to have a certification and a license.

3. If you select **Medical Groups**, you can search by medical practice or doctor office locations.



Wenatchee Valley Clinics

Internal Medicine

100 Highline Dr Ste A
East Wenatchee, WA 98802

(509) 884-0614 PHONE

0.5 Miles Away

[View Additional Locations \(18\)](#)

✓ Accepting All Patients

Search by Places

Step 1: To search by places, select the “Places” square.



Places
Hospitals, clinics, labs,
imaging centers, medical
suppliers

Step 2: Select the type of place you are looking for. For each section selected a list of clinics, hospitals, specialty centers, lab/imaging centers, and medical suppliers will appear.



Clinics
General or urgent care (not
hospitals)



Hospitals
Medical and surgical care,
emergency, more



Specialty Centers
Dialysis, skilled nursing,
physical therapy, more



Labs and Imaging
Places for lab tests,
screenings, X-rays, scans



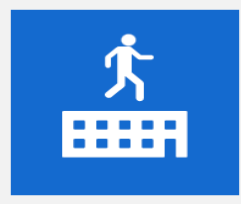
Medical Suppliers
Canes, hearing aids,
prosthetics, home care, more

What does each option give you?

1. When you select **Clinics** you can choose between primary care clinics, convenience clinics, and urgent care clinics. Once selected, you will see different locations and providers near you.



Primary Care Clinic
Primary care clinics are facilities staffed with doctors who can provide primary care for outpatients. Clinics are usually associated with a hospital or medical school.



Convenience Clinic
For simple problems or while traveling



Urgent Care Clinic
When you can't wait for an appointment

2. When you select **Hospitals** a list of local hospitals will appear and location from you.



Central Washington Hospital

General Hospital

1201 S Miller St
Wenatchee, WA 98801

(888) 620-0090 PHONE

(509) 662-1511 PHONE

1.6 Miles Away

3. When you select **Specialty Centers**, a list of options will appear including ambulatory surgical centers, birthing centers, blood banks, etc. Once you select a specialty, a list of options will appear.

Ex. Selected Specialty

Ambulatory Surgical Center

Surgical establishment for ambulatory patients. Can be independent or be associated with a hospital. Generally, the people enter so that a surgery or procedure can be carried out on them the same day.

Ex. Option listed under “Ambulatory Surgical Center”



North Idaho Pain Center

Ambulatory Surgicenter

1686 W Riverstone Dr Ste 2
Coeur D Alene, ID 83814

(208) 765-4807 PHONE

8.5 Miles Away



Freestanding Facility



Accepting All Patients

4. When you select **Labs and Imaging**, you can choose between imaging centers and lab location.



Imaging Centers
Places for X-rays, MRIs, CT
and PET scans



Lab Locations
Collection spots for blood,
other specimens

5. When you select **Medical Suppliers**, a list of suppliers will be listed consisting of medical equipment, home care, and prescriptions.



National Services - Durable Medical Equipment

✔ 41 In-Network Specialty Durable Medical Equipment

Explore In-Network National Services. Quick, convenient care wherever you are. National Services are located across most of the U.S. and offer access to care, medical equipment, and other medical services. Some National Services even offer delivery options as an added convenience.

Search by Services and Treatments

Step 1: Select the square “Services and Treatments.”



Services and Treatments

Providers for office visits, tests, treatments, surgeries

Step 2: Select the kind of service or treatment you are seeking: office visit, vaccines, tests and imaging. Once selected a list of providers will be available to pick from.



Office Visits

Well visits, primary and specialty care



Vaccines

Adults, children, and travel



Tests and Imaging

Tests, screenings, X-rays and scans

What does each option give you?

1. When you select **Office Visits** you can pick either well visit, sick visit, or a specialist visit. For each option you will select a type of provider you would like to see (family doctors, nurse practitioner pediatrician, etc).



Well Visit
Regular checkups and preventive care



Sick Visit
Get a problem checked out



Specialist Visit
For complex problems like infertility, allergies, more

2. When you select **Vaccines**, you can pick between adult and children's vaccinations. For each option you can select the specific type of vaccine (chickenpox, flu, measles, hepatitis A, etc.). Once you select a vaccine, practitioners who administer the vaccination will be listed.

Vaccine - Flu - Adult

This is a vaccine that decreases your risk of getting the flu, also known as influenza.

3. When you select **Testing and Imaging**, you can pick either lab tests, imaging, or screenings. For each option you can select the type of service you are seeking (blood test, cell tests, CT scans, MRI scans, STD testing etc.) will appear. Once you select a type of service, a list of practitioners who administer these tests will be listed.

Computerized Axial Tomography (CT)

Search by Care and Condition

Step 1: Select the square “Care by Condition.”



Care by Condition
Find care for common
concerns

Step 2: Select how you would like to search: by area of the body or type of condition. Once selected, pick the area of body or type of condition and a list of providers will be available.



Area of the Body



Type of Condition

What does each option give you?

1. When you select **Area of the Body** a list of categories will appear (abdomen, breathing/lungs, head (brain), head (ENT), etc.).

Breathing and Lungs

Once you have picked an area of the body, a specific list of related concerns will appear. When you select a specific issue, a list of providers will appear to choose from.

Bronchitis - Acute

This is a condition in which the lung's large air passages become irritated and swollen because of infection or exposure to an irritant.

Bronchoscopy

This is an exam of the lungs' airways which uses a lighted tube with a camera on the end. A biopsy may be done to evaluate abnormal findings.

COPD - Chronic Obstructive Pulmonary Disease

This is a group of lung diseases that affect breathing by destroying lung tissue and/or blocking airways with inflammation and mucous.

2. When you select **Type of Condition** a list of categories will appear (allergies, arthritis, asthma, etc.). Once you have selected a condition, a list of providers will appear to choose from.

Acupuncture

A Chinese method of healing that uses hair-thin needles to treat illness and relieve pain.

Allergies

The body's reaction to a foreign substance. They can include itchy eyes and nose, runny nose, sneezing, and watery eyes.

Arthritis

Inflammation of the joints that can cause pain and stiffness.

Search by Cost Estimates

Step 1: Select the square “Cost Estimates.”



Cost Estimates
Treatment for common conditions

Step 2: You are able to choose from looking at all services, treatments, and conditions, type of office visit, vaccines, type of testing and imaging, and condition.



All
All services, treatments and conditions



Office Visits
Well visits, primary and specialty care



Vaccines
Adults, children, and travel



Tests and Imaging
Tests, screenings, X-rays and scans

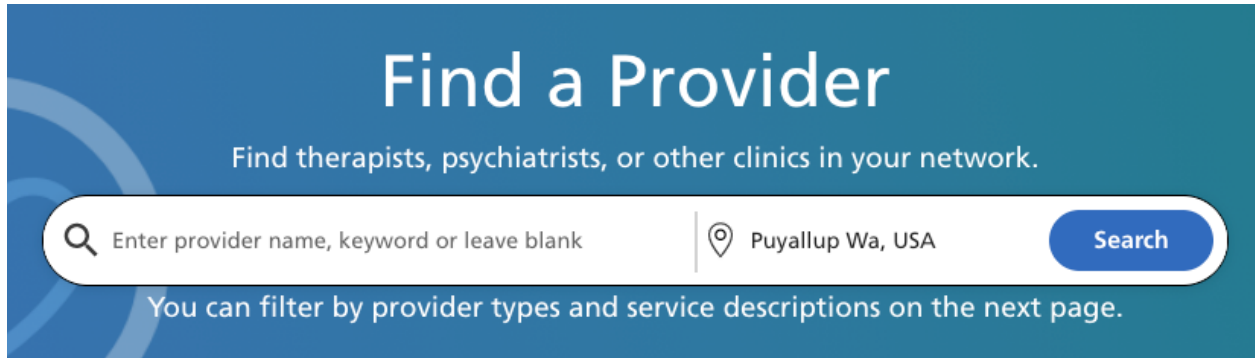


Find by Condition
Find care for common concerns

Note: To see how to search these specific areas please refer to sections that talk about “Services and Treatments” and “Care by Condition.”

How to Find a Behavioral Health Provider

Step 1: Enter the correct city and zip-code.



Step 2: On the left-hand side of the screen there will be an option to filter results. You can filter results by miles, provider type, gender, visit type, age expertise, area of expertise etc.

Gender Female, Male	▼
Visit Type Acute Inpatient, Residential	▼
Availability & Location Accessibility and Free Place Services	▼
Age Expertise Child, Adolescent, Adult	▼
Scheduling	▼
Area Of Expertise Anxiety, Substance Use, PTSD	▼
Treatment Options Family Therapy, Home Care, Biofeedback	▼

Step 3: On the top of the page there is a search bar where you can enter a certain mental health condition you are seeking treatment for.



Step 4: Either way you search, there will be a list of providers that show up based on the filters you choose or searches you ran. This provider preview will show what kind of practitioner they are (psychologist, psychiatrist, social worker, etc.), their license, rating, and location.

Freda Carda LMHC 📄

PROVIDER PSYCHOLOGIST

★★★★★ (1)

☑ Accepting New Patients

✉ Email

☎ (253) 266-0538

📍 12515 Meridian E Ste 203
Puyallup WA 98373
3.0 Miles 📍

Randolph W Brandeis LICSW 📄

PROVIDER SOCIAL WORKER

[Leave a review](#)

☑ Accepting New Patients

☎ (253) 838-2400

📍 33501 1st Way S
Federal Way WA 98003
8.2 Miles 📍

Step 5: Select the provider you are interested in and you can see their whole profile showing their area of expertise.

Additional Info ^

Accessibility/Location	National Provider Identifier (NPI)	License Type	License Number	Degree	Gender	Gender Limitation
Amenities Distant Site Interior Building Parking Evening Appointments Restroom SHOW MORE ▾	1851683015	LMHC - Lic Mental Health Counselor (WA)	WA: LH00009897	MED	Female	
Age Limitation 16 - 65	Languages ENGLISH	Cultural Competency Training Yes	Board Certified	Medicare Network Termination Date		