

# Looking at Health Plan Options?

## Find Out if Your Plan Covers Children's Therapy at Valley Medical Center

### Is Valley Medical Center in your health plan?

Visit [valleymed.org/Patients-and-Visitors/Billing-And-Insurance/Is-Valley-Medical-Center-in-Your-Health-Plan/](http://valleymed.org/Patients-and-Visitors/Billing-And-Insurance/Is-Valley-Medical-Center-in-Your-Health-Plan/)

### When I am reviewing employer-provided health plans to choose one or make a change, how do I find out if Children's Therapy services are included in the plan?

Contact the employer's Benefits Administrator for help choosing a plan that includes VMC's Children's Therapy services.

### When I am reviewing plans on Washington State Healthcare Plan Finder, [wahealthplanfinder.org](http://wahealthplanfinder.org), also known as "the Exchange?" to choose one or make a change, how do I find out if Children's Therapy services are included in the plan?

Please call a Valley Financial Advocate at 425.656.5599 for help finding a plan.

### What should I ask the Benefits Administrator or Financial Advocate when reviewing plans?

1. Does this plan offer benefits for rehabilitation therapy: occupational therapy, physical therapy, speech-language pathology and dietary at VMC's Children's Therapy? You may need to give the Benefits Administrator this information to help them find out:
  - NPI = 1649209230
  - Tax ID = 91-6000986 and 27-12409674
2. What are the benefit limits for each type of therapy—how many appointments of each are included in the plan?

3. Are there any special considerations for VMC's Children's Therapy because it is a Center of Excellence Neurodevelopment Center or Neurodevelopmental Center?
4. Are there separate benefits for neurodevelopment, rehabilitation, habilitation, and/or mental health?
5. What limits should I know about the benefit/plan? I want to make sure I understand these as I make a choice or change.

### Are there agencies or resources I can reach out to help me navigate the open enrollment process?

While we cannot specifically guide you on plans that would best fit your needs, the Washington Autism Alliance Insurance Portal at [washingtonautismalliance.org/services](http://washingtonautismalliance.org/services) is a helpful resource. Membership with WAA is free and you may join if you are a parent, family member or friend of a person with a disability or a person with a disability. As a member, you can see their information about:

*Navigating Employee Insurance Plans*

[washingtonautismalliance.org/insurance-portal/private-insurance/navigating-insurance-plan-employer/](http://washingtonautismalliance.org/insurance-portal/private-insurance/navigating-insurance-plan-employer/)

*How to Review the Plan Document*

[washingtonautismalliance.org/insurance-portal/how-to-review-the-plan-document/](http://washingtonautismalliance.org/insurance-portal/how-to-review-the-plan-document/)

### Children's Therapy

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[valleymed.org/childrenstherapy](http://valleymed.org/childrenstherapy)



Children's Therapy  
UW Medicine | VALLEY MEDICAL CENTER

WE ARE valley