

Choosing or Changing Your Health Care Plan with Washington DSHS

If you are on an open coupon with DSHS, you must **choose** the managed health care plan of United Healthcare in order to have Spokane Midwives as your provider. Also, if you discover you have already been assigned a managed healthcare plan that differs from "**UHC or United Healthcare Plan**" and you reside in Spokane County, please contact DSHS immediately to **change** to UHC.

We **cannot** accept Molina at this time. Once your managed health care plan has been changed to United Healthcare, please contact Spokane Midwives at 509-326-4366 so we can submit an authorization request form for your maternity care.

Please follow these simple instructions to avoid a long hold time while choosing or changing your health care managed plan to **United Healthcare**:

1. Call WA State DSHS at 1-800-562-3022.
2. You will hear a recording. Please follow the instructions to select the proper language. For English, stay on the line.
3. Because you are going to enter an extension number listen for this choice and when prompted, say "Dial Now".
4. At the next prompt, say "Client"
5. At the next prompt say which type of card you have by saying "DSHS " or "Social Security Card".
6. Next, Say your Provider One Number or Social Security Number you chose to provide in step 5.
7. State your personal information when prompted such as zip code and/or date of birth as prompted.
8. It will say that your call is being transferred and to please hold.
9. It will ask you to enter the 5 digit extension.
10. Enter "15621".
11. Wait for the agent and tell them your request to choose "**United Healthcare**".