

Independent Healthcare Provider Direct Care Agreement

Providing Services at
13607 E Sprague Ave., Spokane Valley, WA 99216
P: 509-892-3113 **F:** 509-892-3663

Direct Care – Independent Healthcare Providers (IHP) is a customer focused provider directed program. Eighteen dollars and seventy-five cents is paid to IHP by Freedom Health Group on behalf of its member for healthcare services only outlined within this Direct Care Agreement. This agreement does not provide comprehensive health insurance coverage. IHP does not take health insurance nor do they submit insurance claims to any third party insurance company. IHP does provide individuals with a receipt and description of services charged for (e.g. lab tests and urgent care visits) for their records. Individuals are encouraged to purchase major medical (catastrophic) health insurance to cover major health events such as heart attack, stroke, cancer, and surgery.

IHP's Direct Care program provides routine health care services, including screenings, assessment, diagnosis, and treatment for the purpose of promotion of health, detection, and management of disease or injury and covers those primary care services listed below at no cost:

Covered Services at No Cost to Member

1. All routine office visits for members and their children
 - ✓ Maternity/prenatal visits up to 26 weeks
 - ✓ Newborn care, pediatrics
 - ✓ Sore throats or Strep Throats
 - ✓ Colds, Flu, and Fevers
 - ✓ Respiratory Infections
 - ✓ Earaches and Headaches
 - ✓ Minor Burns, Sunburn
 - ✓ Ear Irrigation
 - ✓ Back pain
 - ✓ Lacerations (small cuts needing sutures)
 - ✓ Foreign body removal
2. Annual comprehensive physical exams (includes ECG, basic eye exam with color blindness check, and base line health report card)
3. All school and sports physicals for members' children (under 18)
4. Sport injuries – sprains, strains, and splints
5. Simple fractures (non-surgery required)
6. All basic in-office procedures (e.g. wart removal, skin biopsies)
7. Chronic disease monitoring and management for conditions such as hypertension, diabetes, hyperlipidemia, asthma, arthritis, osteoporosis and others.
8. Counseling and education on health behaviors, self-care skills, and treatment options
9. Collaboration with other health professionals to make sure members have the best information.
10. Blood draws and collections.
11. After-hours assistance –an on-call contact number provided and if needed the healthcare provider will call the individual directly.

Urgent Care Services offered during office hours and defined as care needed as a result of a minor accident that does not require the services of a hospital emergency department or specialist.

Access to Fair and Reasonable Lab Test Fees and Vaccinations

Lab tests price at cost plus \$5.00. Below is a select list of common lab tests. The price is subject to change based on cost increases issued by the outside lab.

PAP Smear (normal)	\$35
Vitamin D	\$25
PSA	\$12
Wellness Profile	\$25 (incl. CMP, CBC, TSH, Lipid)

Vaccinations

Child Immunizations	FREE to cost+\$5 per shot
TB Test	\$15
Flu Shots	\$15
Hepatitis A vaccination (2 required)	\$85 per shot
Hepatitis B vaccination (3 required)	\$85 per shot
Other adult vaccines can be ordered	Cost varies based on manufacturer prices

Services NOT Covered under the Direct Care Agreement:

1. Chronic condition that require more specialized care beyond the scope of the providers at IHP. IHP will make a recommendation and refer individual to an appropriate specialist that can offer assistance. Specialist physician expense is not covered by the Direct Care fee.
2. Any hospital related in-patient or out-patient care. The cost for the hospitalist, hospital services, tests and specialty-related care is not covered by the Direct Care fee.
3. Any lab tests, imaging procedures, radiologists' interpretation services, or services outside the scope of care such as but not limited to acupuncture, chiropractic care, cosmetic surgery, dental care, drug and alcohol dependency treatment, emergency room care, hearing care, home health care, hospice care, hospital care, infertility services, marital and family counseling, massage therapy, labor/delivery services, mental health care, physical therapy, rehabilitation services, sexual dysfunction, sterilization services, vision care, and weight loss treatment.

Cancellation

This Direct Care Agreement is only offered to members of Freedom Health Group. Should the individual wish to cancel this agreement, he or she understands that he or she is also cancelling their membership in Freedom Group. Cancellation requests must be received in writing.

Your Responsibilities under the IHP Direct Care program

1. Maintain membership in Freedom Health Group.
2. Comply with the healthcare providers directions on care, treatment, program, and plans that have been agreed upon by both provider and individual. Failing to comply can result in cancellation.
3. Questions about IHP's Direct Care program, call 509-892-3113 for assistance.
4. For more information or questions about direct care agreements you can contact the Washington State Office of the Insurance Commissioner at 360-725-7080.

Disclaimer – Independent Healthcare Providers (IHP), does not purport to be a health plan and does not offer, represent, or otherwise sell or provide coverage for health insurance, pre-paid healthcare plan, or prescription drug plan. The Direct Care program does not constitute or grant individual of their dependents access to a prescription drug plan, hospital coverage, in-patient or out-patient care services, specialty care, or diagnostic testing performed in or out of a hospital or specialist office. Independent Healthcare Providers is owned by independent licensed healthcare providers.