

Important Information About Your Insurance Coverage

Please read before your visit — Healthy Connections

At Healthy Connections, you can work with us in two ways: as a Functional Medicine specialty service, or by electing us as your Primary Care Provider (PCP).

Because Functional Medicine isn't currently recognized as its own specialty, we bill using the same codes as a standard internal medicine/PCP office. This means how your insurance handles your visits depends on your specific plan and how you're set up with us.

Why This Matters to You

- **PPO Plans:** You typically have flexibility to see us without any changes needed on your end.
- **HMO Plans:** Your insurance may require you to see only your assigned PCP for visits like ours. We are sometimes in-network with the HMO and sometimes we are not — this can vary by plan.
- **Switching to Us as PCP:** If your HMO requires an assigned PCP and you'd like to continue seeing us, you would need to formally elect us as your PCP through your insurance company (if your plan allows this). Simply being a patient here isn't enough — the change must be made on the insurance side.

A Note on Memberships

Our Functional Medicine memberships are month-to-month. Our PCP memberships are paid in 6-month or 1-year terms upfront, reflecting a different level of commitment to your ongoing primary care.

Please Note

If your HMO requires an assigned PCP and you do not wish to elect us as your PCP, we are unable to bill your insurance for visits. If you'd still like to be seen under these circumstances, you would need to be a self-pay patient.

Questions? Our front desk team is happy to help clarify which option fits your situation.