



Ifa we upwene angei tumun

Ew amwenin ren nouch chon non Oregon Health Plan (Medicaid) kena

Chekups me pwan churin semwen kena



Osupwangen semwen kena ina rese **kan atepwanepwan** mei pachenong mettoch kena usun chok:

Cold ika flu, kinikin kena, metekin non uwom kena, metekin mekurom, metekin wuupwom, pwichikar, allergies, naw kena, metekin sinus, bumps, bwono kena, ika sprains kena

Met kopwene fori:



Kokkori noum tokter: Ar ewe ofes epwene ateteni ren ar repwene kuunok, ika epwene non aramas ika seni fon ika video (telehealth).



Met en ka mochen emon chon chiaku (mei pachenong fosun fonu non sain)? Eisini an noumuwe dokter we ofes ren aninis me mwan eomuwe appointment epwe etto murin, ika kori ach ewe kuumin Customer Service ren aninis. **800-431-4135**, TTY: 711. Kich sia kan asepa meinisin amwetenon koko kena.

Fokkun ngawenon semwen ika feiengaw



Osupwangen semwen kena ina ra kan **fokkun ngaweno nge ese fichino ar repwene afeiengaw ngeni menauwer** mei pachenong:

Ngawen cold ika flu, bronchitis, semwenin sinus, strep throat, semwenin seninger, mwuus, diarrhea, kukunun kaar kena, inas ika pwunun chuu kena

Met kopwene fori:



Kokkori noum tokter: Chomong dokter kena ra kan fori churin chon safei kena seni fon ika video. Ika pwe an noumuwe dokter we ofes a kesipino, emon dokter won koko epwene tongeni an epwe anisuk.



Pwan ew finin: Churi ew nenien atepwanepwan ika mutirin tumun. Uwato noumuwe chon non ID, me pwan tapweita fiti noumuwe dokter nupwen ewe ususun a kan sopweno.

Atepwaneppwan kena



Osupwangen semwen kena ra kan **atepwaneppwan me pwan afeiengaw ngeni menauwom** mei pachenong:

Weiresino ne ngasengaw, fokkun ngawenon feiengawen mekurom, seizure, fokkun ngawenon kaaren, poisoninon, metekin fanmwerin, stroke, ika fokkun watten chaanon

Met kopwene fori:



Kori 911 ika fokkun mutir no ngeni ew ruumwen atepwanepwan.

Murin eomuwe churin ruumwen atepwanepwan, tapweita fiti noumuwe dokter.



Kapas ngeni emon kangof non fansoun ese nifinifin, neran ika nepwiin

Ach ewe 24-Hour NurseLine a kan suuk neran me nepwiin, nge ika mo won weekends kena. Koko me pwan angei afanefanen safei kena ka tongeni nukur nge kosapw mo pwan suseni imwomuwe.

24-Awa Fonen Kangof:
855-834-6150
TTY: 711

Finin emon chon awora



A kan auchea ren an epwe wor emon noum dokter ina a sinei usum me pwan iteiten kuunok. Ina pwata sia eisini chon non kena ren ar repwe fini emon Primary Care Provider (PCP).

Ren eom kopwe fini emon minafon PCP ika nengeni ika pwe kopwene tongeni iseni noumuwe a fen wor PCP, kori kich non **800-431-4135**, TTY: 711. Ika eaea achewe online directory:

1. No ngeni [ProviderDirectory.PacificSource.com/Medicaid](https://www.pacificsource.com/medicaid).
2. Seni ewe navigation bar, fini "Find a Doctor."
3. Taipinanong ew city ika zip code. En ka pwan tongeni afatano pwan ekkoch tetenin.
4. Nupwen ka kuuna ewe chon awora ka mochen, iwe korir ren eom kopwe afatano pwe ir ra kan angeienong minafon chon safei kena. Iwe kori kich pwe sipwene kan rekotini finieomuwe.

Ren eom kopwe kuuta ew nenien tumunun atepwanepwan, no sefan ngeni ewe "Find a Doctor" navigation bar me pwan fini "Urgent Care" me fan Specialty ika Facility Category.

Tumunun ngii



Ren eom kopwe kuuta emon dentist:

1. No ngeni [ProviderDirectory.PacificSource.com/Medicaid](https://www.pacificsource.com/medicaid).
2. Seni ewe navigation bar me won, fini "Find a Dentist."
3. Kuuta eomuwe dental plan seni eom nengeni noumuwe Member ID card. Fini eomuwe plan non ewe Dental Care Organization (DCO) dropdown menu.

En ka pwan tongeni kori noumuwe DCO, seni eom nounou ewe nampa won noumuwe member ID. Kopwe sinei: esapw meinisin plan kena ra apechanong tumunun ngii.



Kosapw witiwit ren eom kopwe angei tumunun ngii!

Angei chekin ngii ika nimenimen a tongeni iteiten tumunu osupwang kena seni ar resapw fokkun ngaweno.

- Ika pwe ka kan angei ew atepwanepwanen osukosuk usun chok ew metekin ngii, pwonon ochan ngii kena, nusunon amasowen ngii, pwono, ika ew pwunonon/tunuwowun ngii, iwe kori an noumuwe dentist we ofes nge ika mo pwe ra kesipino. Meni en kopwene tongeni tori emon dentist won koko.

Semwenin napenap



Ren eom kopwe kuuta emon psychiatrist ika therapist, nengeni "Choosing a provider" non ngeni ewe peniengawen. Tapwei teten kena 1 – 3, iwe fini "Mental and Behavioral Health Providers" non ewe Specialty ika Facility Category dropdown menu.



Ren atepwanepwanen semwenin napenapen kena, kori eomuwe fonen osukosuk non nenieom ika kori 988.

- **Central Oregon**
Non nenieom: 541-322-7500 x9
Ese momo: 800-875-7364
- **Columbia Gorge**
The Dalles: 541-296-5452
Hood River: 541-386-2620
24-Awa Fonen Osukosuk: 888-877-9147
- **Lane County**
White Bird Crisis Line:
541-687-4000
- **Marion me Polk Counties kena**
24-Awa Fonen Osukosuk:
503-585-4949
- **National Suicide Prevention Line**
800-273-8255
- **Fonen Text ren Osukosuk**
Text "HOME" ngeni 741-741

Nampa kena ra tongeni aninis



Nemenemen poison:
800-222-1222



Aninis fiti mongo ika imweimw: 211



Chinap & Chungeni Nenien Angaiin Aninisin Terir: 855-673-2372

la sipwe kokono ie:

800-431-4135, TTY: 711

CommunitySolutionsCS@PacificSource.com

En ka kan tongeni angei ei taropwe non pwan ew fosun fonu, watten maak, ika pwan ew sakkun ina a kan eoch ngonuk. En ka kan pwan tongeni tungor ren emon chon chiaku. Ei aninis ese kan wor momon. Kori 800-431-4135, TTY: 711. Kich sia kan asepa meinisin amwetenon koko kena.

Usted puede recibir este documento en otro idioma, impreso en una letra más grande o de otra manera que sea mejor para usted. También puede solicitar un intérprete. Esta ayuda es sin costo. Llame al 800-431-4135 o por TTY al 711. Aceptamos llamadas del servicio de retransmisión.