

# Oregon Health Plan (OHP)



# Ewe Quick Start Guide

September 2020



**Ese kamo ewe health cover**  
aa kawor seni ewe state of Oregon

# Netiweisom

ngeni ewe Oregon Health Plan

**Ei guide nge mi tongeni epwe anisuk an kopwe mwtir me aea omw ewe OHP, mi pwan tongeni anisuk an epwe tumwun inisumw.**

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**En mi need aninis?**

Angei ewe OHP Handbook



Teta won ewe  
**OHP.Oregon.gov**



**800-273-0557**  
(TTY 711)

# Ifa usun omw kopwe aea omw ewe OHP

**Netiwesiom ngeni OHP! Kopwe chok epuru ekkei unungat teten ren omw kopwe pwopwuta ni ne tumwunu inisumw.**



## **1** Pwopwuta me sisinei omw ewe CCO



OHP nge mi or ar kana local health plans mi tongeni anisuk omw kopwe nounou noumw kana benefit. Ekkei plans nge itan coordinated care organizations ika CCOs. Napengeni meinisin chochon OHP nge ir mi enroll non ena CCO.

**Omw ena CCO nge mi tongeni anisi ngonuk omw kopwe kunekun me ia tumwunun inisumw** Omw ena CCO nge ee kan angang ngeni ekkewe providers usun kan docter, counserlor, kangof me ekkewe chon utut ngi re kane ngonuk. En mi tongeni kuna ena list ren ekkena provider won an ena CCO ena webiste. En mi pwan tongeni kori omw ewe CCO iwe ka pwan ais ena list.

**Ika pwe en minafoto ngeni OHP,** omw ena CCO ina epwe send ngonuk echo taropwen etiwetiwi me ID card mwirin ruu wik omw ka nomw won OHP.

- **Ika pwe ka need omw kopwe tumwunu inisumw mwen ena ru wik,** en mi tongeni kopwe kori ese pwan nifinifin ekkewe provider ir mi kan angei OHP.

**Ina meni kosapw nomw non ew CCO** ika pwe mi pwan or omw insurance ika mi or wewen fan iten tumwunun inisum ren omw kose aea ew CCO. lei ei si kan ker ngeni open card ika fee-for-service.

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# 2

## Finis noumw ewe provider



**Ewe primary care provider** nge emon ewe kopwe churi iteiten omw kewe regular visit, omw kopwe angei unumom safei me tumwunun inisum. En mi tongeni finis emon, ika omw ewe CCO mi tongeni anisuk me finis emon. Primary care providers ir mi tongeni repwe doctor, ekkan nurse practitioners ika kangof me pwan ekkoch me nukun ekkena. Kosapw menuki omw kopwe aisini omw ewe CCO ren ewe chon utut ngi me ewe mental health provider.

**Ika pwe kose finis noumw ewe provider ke mwochen, iwe omw ewe CCO ina epwe wisen finis emon ngonuk.** Omw ewe CCO ina epwe send ngonuk echo tarowpen porousen noumw ewe provider. Ekkoche ekkena CCO ID card nge mi pwan mak noumw na provider won.



**En mi tongeni katon ekkan provider mebit.ly/CCOplans.**

En mi tongeni kopwe kuta omw ewe CCO non ena list iwe ka tiki ena “Provider Directory.” **Eseor omw CCO?** Kokori **800-562-4620** ren ika ke mwochen aninisin omw kopwe kuta emon provider.

Ekkewe sokkun tumwun	Ren chok aweve
<b>Ewe Primary care</b> Ika pwe ka need ew appointment	<ul style="list-style-type: none"> <li>• Ka mefi semwen</li> <li>• Ewe routine check-up ika physical</li> <li>• Minafon safei ika prescription</li> </ul>
<b>Urgent care</b> Ika pwe ka need tumwun ikenai nge kose tongeni churi noumw ewe doctor	<ul style="list-style-type: none"> <li>• Ekkis kar</li> <li>• Metek futukomw</li> <li>• Ru pecheomw</li> </ul>
<b>Ewe Emergency room</b> Ika pwe ka mefi semwen ika ka wesen need tumwunun inisumw ika ka fiengaw	<ul style="list-style-type: none"> <li>• Aa chok pwu sonuk cha ese tongeni chiwen keuno</li> <li>• Kupw chumw</li> </ul>

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### 3

## Fori each omw appointment



**En mi tongeni churi noumw ewe provider omw chok ka fen fini ika iona epwe noumw provider.** Ereni noumw ena provider porousen noumw na OHP, CCO me pwan ekkena ekkoch health coverage mi or noumw. Amwonata noumw na ID card ika pwe ka koko.

**Wei ngonuk echo taropwen omw kana kapas ais ika pwe mi or ren omw kopwe ngeni noumw ewe provider.** Mwoneta omw kopwe fosun an omw ewe famini neo ren porousen tumwunun inisir, unumom safei, vitamin me met sokkun safei en mi pwan akangei iei.

**Noumw ewe provider ina epwe ngonuk unumom safei iwe aa pwan erenuk met kopwe fori mwirinon.** Ika pwe kose wewe, kapas ais. Pwe noumw na provider ee nomw fan iten an epwe anisuk.



**En mi need emon epwe uweuk?** Pwe ese pwan kamo an emon epwe uweuk. Ika pwe en mi need emon epwe woukono ngeni omw ewe appointment, iwe kopwe chok kokori omw ewe CCO. Ika pwe eseor omw ewe CCO, en mi tongeni kokori ewe OHP ride service non neniomw na. Ren ekkewe list in aninisin ride, kopwe no ngeni [bit.ly/ridesohp](https://bit.ly/ridesohp).



**En mi need emon chok chiaku?** Noumw ewe OHP provider mi tongeni anisi ngonuk emon. Ureni chochon ena ofes ika clinic fosun meni fonu ee fichi ngonuk. Kopwe esine ngenir ew ika ruu ran mwene omw na appointment. En mi chiwen need aninis? Iwe kokori 844-882-7889.

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# Kopwe ifa usun omw kopwe anomwu omw na OHP

## Kopwe renew ni omw na OHP

Kich mi need porousom kewe iteiten ier ren ach sipwe katon ika en mi chiwen fichi ngeni omw kopwe nounou OHP. lei met ei si kan ker ngeni ei renew ni sefan noumw ewe OHP.

Ika pwe aa tori fansoun kopwene renew, iwe ina ampwe send ngonuk echo taropwe.



**Epwe or echo noumw taropwe seni OHP**



**Kopwe chok tapwei ekkena emwen ren omw kopwe renew**



**Kopwe ngeni OHP ekkena ekkoch porous ika pwe re ais**



**Ika pwe en mi chiwen qualify ika ketiw, iwe ina omw ewe OHP epwe renew!**



**En mi tongeni kopwe teta won omw ewe account online ren omw kopwe cheki omw ewe OHP.**

Teta won [ONE.Oregon.gov](https://ONE.Oregon.gov) ren omw kopwe log in ika sign up.



**Mi tongeni epwe mwuch omw ewe OHP ika pwe mi mwan omw ewe address**

Ina minne kopwe ureni kem ika pwe ka move. Pwe ren ena, iwe am mi tongeni ampwe fos ngonuk ren omw ewe OHP.



**Mi or omw pwung ren omw emon chochon OHP.**

Teta ka no ngeni [bit.ly/myohprights](https://bit.ly/myohprights) ren omw kopwe kaeo omw kewe pwung me wisom kewe.

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# Met ekkewe kopwe repotini ren ika aa or kesiwin

## Kopwe repotini ekkewe metoch aa siwin

Kopwe ureni chon OHP ika pwe aa or metoch mi siwin me non manawom ren pwopwo, pwupwunu, minafon angang, ika minafon address. Kopwe pwan ureni kem ren ekkewe kesiwin ren ika emon aa nonomw reom ika aa tou sonuk me non imwom ewe, aa or chon no konopus, ika aa or minafon health insurance.



En mi tongeni kopwe kuna unusan ewe list in ekkewe sokopaten akasiwin kopwe repotini ika ifa usun omw kopwe repotini me [bit.ly/ohpchanges](https://bit.ly/ohpchanges).

## En mi tongeni kopwe nounou ew ekkei metoch ne repotini ekkena kesiwin:



**Online:** Aea omw ewe [ONE.Oregon.gov](https://ONE.Oregon.gov) account.



**Fon:** Kokori 800-699-9075, TTY 711 iwe ka ureni kem.



**Email:** No ngeni [bit.ly/ohpsecure](https://bit.ly/ohpsecure) ren omw kopwe send echo email epwe secure ngeni [oregon.benefits@dhs.ohs.state.or.us](mailto:oregon.benefits@dhs.ohs.state.or.us).



**Non aramas:** Ren omw kopwe kuta ew Department of Human Services (DHS) ofes ee nomw unukumw, no ngeni [oregon.gov/DHS/Offices](https://oregon.gov/DHS/Offices).

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# Met ekkewe omw benefit

## Napengeni ekkewe chochon Oregon Health Plan nge mi or rer ewe OHP Plus benefit.

**Ewe OHP Plus** nge ee cover ini medical, dental me behavioral health care. Awewe chok:

- + Medical care, ren chowean churi noumw ewe doctor, opwos me X-rays
- + Dental care, ren chowean nimenimen ngiumw, fluoride, amasowa me ar repwe utau ngimw ewe
- + Ekkewe minen epetin pwopwo me akkoten famini
- + Omw nomw pioing
- + Prescriptions ika unumom kewe safei
- + Physical, occupational me speech therapy
- + Ekkewe anininis mental health, ren chowean counseling
- + Aninis ren omw ewe addiction ika umwesimwesin supwa, arekor ika sakaw me ekkewe pwan ekkoch drugs
- + Ewe Urgent care
- + Omw fiti taraku ngeni omw ewe appointment ren tumwunun inisumw
- + Ewe Vision care ren semirit tori ekkewe ra ier 21 me ekkewe fefin ir mi pwopwo

## Ren chok ewe Emergency coverage (CAWEM)

Ekkewe watte nge rese fichi ngeni ewe immigration status iwe ee or nour ewe CAWEM coverage. Pwan chok usun ewe **emergency Medicaid**. Wewen nge ee chok cover ini emergencies, awewe chok ren omw no non ewe emergency room me omw fiti ewe ambulance.

## Ekkewe chochon CAWEM Plus me OHP ren ekkewe Drug mi kauk nge mi chok nono ar kewe benefit usun chok ewe OHP Plus, usun met aa fen makketiw asan na.

- + Ewe CAWEM Plus nge ngeni chok ekkewe ir mi pwopwo rese fichi ngeni ewe immigration status.
- + Ewe OHP mi kauk ewe Drug nge ngeni chok ekkewe aramas mi re nounou OHP me Medicare Part D.

## Ewe chok Medicare cost-sharing (QMB)

Ekkoch watte ina repwe qualify ren ewe Medicare nge esapw ewe Medicaid. Ina repwe angei nour ewe Medicare Part A ika B coinsurance me premiums nge ina OHP epwe wisen meni. Ei nge si kan ker ngeni QMB. Ekkewe providers ina resapw tongeni repwe bill inuk ren ewe QMB ren ekkewe niwinimang ren ewe health care Medicare mi meni.

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# Ifa usun omw kopwe kuta ekkewe aninis

## Kokori omw ewe CCO ika pwe:

- En mi need aninis omw kopwe mina eoch omw appointment
- Ka need aninisin omw kopwe kuta emon provider ika ka mwochen siwini noumw ewe provider
- Mi or omw kapas eis ren omw ewe coverage
- Kopwe angei omw ewe bill

Ren ewe list in ekkewe CCO contacts, teta won ewe [bit.ly/CCOplans](https://bit.ly/CCOplans) iwe ka tiki ewe “CCO plans.”

## Kokori ewe OHP Customer Service ren 800-273-0557 (TTY 711) ika pwe :

- Ka mwochen siwini omw ewe CCO
- Ka need ew minafon OHP ID card
- Kose nomw non ewe CCO iwe:
  - Ka mwochen kopwe enroll non ewe CCO
  - Kopwe angei omw ewe bill
  - En mi need aninis omw kopwe mina eoch omw appointment
  - Mi or omw kapas eis ren omw ewe coverage



**Ewe OHP Handbook nge ina mi anomwu porousen omw na coverage.**

Ren omw kopwe angei echo copy, no ngeni ewe [OHP.Oregon.gov](https://OHP.Oregon.gov) ika kokori800-273-0557 (TTY 711).

## Kokori ewe OHP Customer Service ren 800-699-9075 (TTY 711) ika pwe :

- Mi or omw kapas eis ren noumw ewe application
- Ka pwopwo ika ka wes me pwopwo
- Aa siwin omw ewe address, email address ika nampan fon

## Kopwe kuta ekkewe aninis non neniom ewe chok

- Ren omw kopwe kuta ewe ofesin DHS unukumw, teta won [oregon.gov/DHS/Offices](https://oregon.gov/DHS/Offices).
- Ewe OHP-certified community partner non neniom na mi tongeni anisuk ren noumw na application. Kuta emon me [bit.ly/ohplocalhelp](https://bit.ly/ohplocalhelp). Ei aninis nge ese kamo.

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**Ese kamo ewe health cover**  
aa kawor seni ewe state of Oregon



**Ewe OHP Handbook nge ina  
mi anomwu porousen omw na  
coverage.** Ren omw kopwe angei echo  
copy, no ngeni ewe **[OHP.Oregon.gov](https://www.ohp.oregon.gov)**  
ika kokori 800-273-0557 (TTY 711).

En mi tongeni angie ei taropwe non ese pwan  
nifinifin kapasen fenu, watten mak, braille ika  
ew sokkun format ke mochen. Kokori chok ewe  
Oregon Health Plan ren 800-273-0557. Kich  
mi kan etiwa omw kokonong ika en mi tongeni  
kopwe chok kori 711.