

# Oregon Health Plan (OHP)



## Kanawoqen nib papay nira ayuwegeem

September 2020



Health coverage ni dariy  
pulwon nibe piiq ea state u Oregon

# Kammagaer ma

baqaray boch ban'ean ni mar'ngagean  
ea Oregon Health Plan

**Biney ea kanawoq ea rayog ningea  
ayuwegem u rogon ni ngam murweel  
ko OHP ni fani papay ni rayog miki  
ayuwegeem ko m'aar.**

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**Ba t'uuf ea ayuw rom ?**  
Mu feek ea rea OHP Handbook ney



Maen ko  
**OHP.Oregon.gov**



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

# Rogon ni ngam murweel ko OHP rom

**Kammagaer, ma ireray ea dalip i ban'ean ni gara rin' ni som'on, ma yag ningea piiq ea OHP ea ayuw ngom.**

**1**   
**Bin som'on ea ngam naang ea CCO rom**

**2**   
**Bin l'ugruw ea ngam mel'eeq ea provider**

**3**   
**Bin dalip ea ngam guy beaq ningea ayuwegeem**

## **1** Ngam naang ea CCO rom ma ki naangeem



**OHP ea bay ea local health plan rok ni rayog ningea piiq ea ayuw ngom ngam fanay boech ea benefits.** Re miit i plan ney ea kanog ea coordinated care organizations fa CCOs ngay. Tin baqaray ea girdiiq nima un ko OHP ea ki yaed ma un ko CCO.

**CCO rom ea ra ayuwegeem me piiq ea ayuw ngom ko tin nib t'uuf rom.** CCO rom ea yaed ma murweel ea providers ni boed ea doctors, counselors, nurses ngea dentists ni bay ko gin nib chuchuguur ngom. Gara yean ko website ko CCO rom ma gara pir'eeq ea pi providers ney. Ma reeb ea ka rayog ni ngam dengwa nag ea CCO rom nge piiq fithngan raed ngom.

**Faqanra gab biqech ko OHP, ma** CCO rom ea bayi piiq bingi babiyor ngea biyangi ID card u laen l'ugruw ea week u tomurean ni kam feek ea OHP rom.

- **Faqanri cheey nib t'uuf ea ayuw rom u m'on, ma** rayog ni ngam noon ko reeb ea provider ni demturug ningea ayuwegeem ni reeb ea provider ni ma feek ea OHP.

**Rayog ni dabiyyog ningea piiq ea CCO ea ayuw ngom** ni faqanra bay ea insurance rom fa bay ea miit ea m'ar rom ni bea telegeem ni dabiyyog ngam fanay ea CCO. Ra ney ea yima yoeg ea open card fa fee-for-service ngay.

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# 2

## Mel'eeg beaq ni nga maang ea provider rom



**Primary care provider** ea iir ea gara guy ningea piiq ea ayuw ngom ko taflaay rom ngea falaay rom, ngea tinni kubay ningea ayuwegeem riy. Rayog ni ngam dugliy ko miniiq ea gab adaag ningea maang ea provider rom, fa CCO rom ea bayi dugliy. Primary care providers ea doctors, nurse practitioners ngea yug girdliq ni rayog ningea piiq ea ayuw ngom. Dam pagatiliin ni ngam fiith ea CCO rom u mar'ngagean ea dentist ngea mental health provider.

**Faqanra dam dugliy beaq ni nga maang ea provider rom, ma CCO rom ea bayi dugliy beaq ningea ayuwegeem.** CCO rom ea bayi piiq bangi babiyor ngom ni bay mar'ngagean ea provider rom riy. U dakaen boech ea CCO ID card ea bay fithngan ea provider rom riy.



**Rayog ni ngam saap nag ea providers ko bin baqaraq ea website [bit.ly/CCOplans](http://bit.ly/CCOplans).**

Mu saap nag ea CCO rom mag dil'ey ea "Provider Directory".

**Dariy ea CCO rom? Mag** dengwa nag ea bin baqaray ea namba **800-562-4620** ngayog ni piiq ea ayuw ngom ma ayuwegeem reeb ea provider.

Miit i maang ea ayuw	Miit i m'aar ni bay rom nib t'uuf ni ngan piiq ea ayuw ngom riy
<b>Primary care</b> Mingyaal' ni ngan piiq ea ayuw ngom	<ul style="list-style-type: none"> <li>• Kam thamiy rom ni kam m'aar</li> <li>• Yib rom nga asptal fa physical</li> <li>• Flaay ni gabea feek</li> </ul>
<b>Ngan piiq ea ayuw ngom nib papay</b> Ba t'uuf ea ayuw rom ea dabaag ma dabiyog ni ngam guy ea doctor rom	<ul style="list-style-type: none"> <li>• Ke yiik dowaaam ni daniy geel</li> <li>• Ke laep biyang u dowaaam</li> <li>• Ke murup ayiim</li> </ul>
<b>Ba t'uuf ni ngam maen nga ER</b> Ba t'uuf ea ayuw rom ea chiney ni bochane kam m'aar ni gab ubchiyag	<ul style="list-style-type: none"> <li>• Ba wear ea rachaaq u dowaaam ni daer tael</li> <li>• Ke m'iing ea yiil u dowaaam</li> </ul>

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# 3

## Mu fal'aag ea appointment



**Rayog ni ngam fal'aag ea appointment nib ayuwegeem ea provider rom aram faan ni ngam mel'eeg reb ea provider.** Mog ngak ea provider rom mur'ngagean ea OHP, CCO ngea ku boch ea ayuw ni ma yib ngom ko health coverage. Ba gaaq faan ni bay ea ID card rom u chreem u nap'an ni gara dengwa nag.

**Ba feel' ni gara yoeloey ea duweer rom nga buut' ni gab adaag ni ngam fiith ko provider rom.** Ma ngam naang ni kag ra weliy buch'uw mar'ngagean ea m'ar ni imoy ko girdiiq u tabinaw rom, flaay ni gama feek ngea ku boech ea vitamins.

**Provider rom ea bayi piiq ea flaay ngom ngea boech ea babiyor nib t'uuf ni gara yaen u dakean.** Faqanra damur naangfan ban'ean, ma ba t'uuf ni gara fiith. Ya provider rom ea bay u rom ningea piiq ea ayuw ngom.



**Dariy kanawoqem?** Yima piiq ea karo ni nge feekeem ni dariy pulwon. Ni faqanra ba t'uuf ni ngan feekeem u tabinaw ko taflaay ma kun sulwegeem, ma dengwa nag ea CCO rom. Faqanra dariy ea CCO rom, mag dengwa nag ea OHP ride service ningea m'aag kanawoqem. Ba aray reeb ea list ko pi ride services ney [bit.ly/ridesohp](http://bit.ly/ridesohp).



**Ba t'uuf beaq ni nga ayuwegeem ni nge pilyeeg ea thiin?** OHP provider rom ea rayog ni nge piiq beaq ni nga ayuwegeem. Moeg ko tagil' ea murwel ko provider rom fa clinic ko miit i maang thiin ea gabe naangfan 844-882-7889.

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# Ur rogon ningea paer ea OHP rom

## Ur rogon ni ngam biqech nag ea OHP rom

U laen ea gubin ea duuw ma ba t'uuf ni ngam piiq ea information u mar'ngageem ma yog ni ngam paer u tanggin ea OHP. Biney ea kanawoq ea ra ayuwegem ngam biqech nag ea OHP rom.

P'an ni bayi taaw ko ngiyaal' ni ngam biqech nag ea OHP rom, ma bay yan piiq bangi babiyor ngom.



**Mu feek ea babiyor u OHP**



**Mu maleak kanawoqen ea pi baray kum biqech nag biyay ea babiyor rom**



**Mu piiq ko OHP ea tin'eam ban'ean nib t'uuf nibeaa fith ngom**



**Faqanra ka gab qualify, ma OHP rom ea bay kun biqech nag !**



**Rayog ni ngam maen ko online account rom ma yog ni ngam yaliy ea OHP rom.**

Maen ko [ONE.Oregon.gov](https://ONE.Oregon.gov) ngam log in fa mu sign up.



**Ra teal ea OHP rom faqanra ba kireeb ea address rom nim yoeloeu nga but.**

Moeg ea ngiyaal' nikam chuuw ko gin ni gama paer riy. Ma yoeg ni un non ngom u mar'ngagean ea OHP rom.



**Machaan ni bay ea OHP rom ma bay mat'awom.**

Maen ko [bit.ly/myohprights](https://bit.ly/myohprights) ngam ngaang boech mar'ngagean mat'awom ngea tin ea ban'ean ni thingar mariin'.

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# Tin ea ban'ean nikea thiiil ko yafas rom ni ngam report nag

## Mog ea tin ni kam thilyeeg

Mog ngak ea OHP ni faqanra bay ban'ean u laen ea yafas rom ni kea thiiil, ni boed ni kam diyaen, kam mabgol, kayog ea murweel ngom nib thiiil, fa kam thilyeeg ea gin ni gama paer riy. Kab t'uuf ni gara yog ni faqanra bay beaq u laen ea tabinaw rom ningea chuuw ningea yaen i paer u biyang, fa bay beaq ni kea yaen nga kalbus, fa bay beaq ni kea yaen nga tanngin reeb ea health insurance nib biqech.



Rayog ni ngam guy ea tin ea ban'ean ni gab adaag ni ngam thilyeeg ko bin baqaray ea website [bit.ly/ohpchanges](https://bit.ly/ohpchanges).

## Tin nib baqaray ea kanawoq ea rayog ni ngam maen ngay ma gog ea piqin ney ni kea thiiil:



**Online:** Gara yeon ko biqin baqaray ea website ni [ONE.Oregon.gov](https://ONE.Oregon.gov) mag yeon ko account rom.



**Phone:** Fa mu dengwa nag ea bin baqaray ea namba 800-699-9075, TTY 711 ma gog ea tin ni kam thilyeeg.



**Email:** Ma karayog ni ngam mean ko bin baqaray ea website [bit.ly/ohpsecure](https://bit.ly/ohpsecure) mag email ko bin baqaray ea email address [oregon.benefits@dhsosha.state.or.us](mailto:oregon.benefits@dhsosha.state.or.us).



**In person:** Faqanra ngam guy beaq ngam nonow, maga yeon ko office ko Department of Human Services (DHS) u chereem ni ngan piiq ea ayuw ngom, ma gara yeon ko biqin baqaray ea website [oregon.gov/DHS/Offices](https://oregon.gov/DHS/Offices) mea yog ngom ea gin ni bay ea pi office ney riy u chereem.

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# Tin baqaray ea ban'ean ni rayog ni nge piiq ea ayuw ngom

## Girdiiq ni bay ko Oregon Health Plan ea boqoor ea ayuw nima yib ngoraed u tanggin ea OHP Plus.

**U tanngin ea OHP Plus** ea bay ea medical, dental ngea behavioral health care. Ni boed ea :

- + Taflaay, nib muqun ea chusaa, ngea X-ray beaq nib t'uuf ngum weliy salpean ea m'ar rom ngak
- + Nguweleem ni ngan fal'aag rogon, ni boed ea cleaning, fluoride, filling ngea extraction
- + Taflaay ko piqin nib bpiin ngea family planning
- + Kan nun'em nga noqun
- + Flaay
- + Ayuw ni ngan piiq ngom ko physical, occupational ngea speech therapy
- + Ayuw ni ngan piiq ngom u tanngin ea mental health service, nga go ma nga
- + Ayuw ni ngan piiq ngom ni machanea tamagow, rrom ngea drug ni gama feek
- + Ayuw nib t'uuf nib papay
- + Ayuw ni ngan piiq ngom ni ngan feekeem ko taflaay rom
- + Ayuw ni yima piiq ko bitiiir ni madwaay nge madaq ko riliiw'-ngea-taqareb ea duuw rok nib kireeb owchean ngea piqin nib bpiin nib diyean

## Biney ea ayuw ea yima piiq ni kemus ni faan ea emergency (CAWED)

Tin baqaray ea girdiiq nib piqilal ea daen i moy u tanngin boch ea immigration status requirement ea rayog ningea piiq ea CAWEM ea ayuw ngak. Biney ea ayuw ea yima yoeg ea **emergency Medicaid ngay**. Ma piiq ea ayuw ko emergency, baqaray ni ngan feekeem ko ER fa ngan feekeem u ambulance.

## Girdiiq ni bay u tanngin ea CAWEM Plus ngea OHP with Limited Drug ea t'aborgon ea ayuw nima yib ngak ni bod rogon ea tin baqaram ea girdiiq ni bay u tanngin ea OHP Plus, ni ba aram ni kan weliy mar'ngagean u laeng.

- + CAWEM Plus ea faen ea piqin nib bpiin nib diyean ni daen i gaman rok u tanngin ea immigration status requirements.
- + OHP with Limited Drug ea faen ea girdiiq ni baq u tanngin ea OHP ngea Medicare Part D.

## Kemus ni faen ea Medicare cost-sharing (QMB)

Bay boech ea girdiiq nib ilal ni rayog ningea yag ea Medicare ngak ma dabiyog ningea yag ea Medicaid ngak. Rayog ni ngar feekeed ea Medicare Part A ngea B coinsurance ngea premium nira piiq ea OHP pulwon. Biney ea kan noeg ea QMB ngay. Providers ea dabiyog ni ngar roegeed ngak ea girdiiq ni bay u tanngin ea QMB ni ngar piqeed pulwon ea taflaay roraed nibe piiq ea Medicare pulwon.

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# Rogon ni ngan piiq ea ayuw ngom

## Dengwa nag ea CCO rom ni faqanra :

- Ngam fal'aag ea babiyor rom ni ngam maen nga aspital ko taflaay
- Ba t'uuf ninga yoeg reeb ea provider ngom fa ngam thilyeeg ea provider rom
- Bay ea duweer rom u mar'ngagean ea coverage fa service
- Ngam feek ea pulwon ea taflaay rom

Faqanra gab adaag ni ngam naang ea dengwa ko CCO, **mag yean ko bin baqaray ea website [bit.ly/CCOplans](http://bit.ly/CCOplans)** mag dil'ey ea CCO plans

## Mu dengwa nag OHP Client Services ko bin baqaray ea namba 800-273-0557 (TTY 711) faqanra :

- Gab adaag ni ngam thilyeeg ea CCO rom
- Ba t'uuf reeb ea OHP ID card nib biqech rom
- Daen num moy u tanngin reeb ea CCO machanea :
  - Gab adaag ni ngam maen nga tanngin reeb ea CCO
  - Feek pulwon ea taflaay rom
  - Ba t'uuf ea ayuw rom ni ngam fal'aag ea appointment rom
  - Bay ea duweer rom u mar'ngagean ni rayog ni ngan rrin' ngom



### Handbook ko OHP ea biyoqoor ea mar'ngagean ea ra coverage ney riy.

Faqanra gab adaag ningea yog biyang ea ra babiyor ney ngom, mag yean ko bin baqaray ea website **OHP.Oregon.gov** fa mu dengwa nag ea bin baqaray ea namba 800-273-0557 (TTY 711).

## Mu dengwa nag ea OHP Customer Service ko baqaray ea namba 800-699-9075 (TTY 711) faqanra :

- Bay ea duweer rom u mar'ngagean ea babiyor rom ni application
- Kam diyeam fa kam maraggil
- Kam thilyeeg ea gin ni gama paer riy, email address rom fa dengwa rom

## Ba t'uuf ea ayuw rom

- Maen ko bin baqaray ea website, ngam guy ea tagil' ea murweel ko DHS u chireeam [oregon.gov/DHS/Offices](http://oregon.gov/DHS/Offices).
- Faqanra ba t'uuf ea ayuw rom ko babiyor rom ni application, ma rayog ningea ayuwegeem beaq ko OHP nib chuchuguur ko gin ni gamea paer riy. Maen ko biney ea website ngam guy fithngan ea pi girdiiq ney [bit.ly/ohplocalhelp](http://bit.ly/ohplocalhelp). Biney ea ayuw ea dariy ea pulwon.

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## Health coverage ni dariy pulwon nibe piiq ea state u Oregon



### Handbook ko OHP ea biyoqoor ea mar'ngagean ea ra coverage ney riy.

Faqanra gab adaag ningea yog biyang ea ra babiyor ney ngom, mag yean ko bin baqaray ea website [OHP.Oregon.gov](https://www.ohp.oregon.gov) fa mu dengwa nag ea bin baqaray ea namba 800-273-0557 (TTY 711).

Rayog ni ngam feek ea ra babiyor ney ni kan yoeloey ni ko thiin ni gabea naangfan, ma faqanra gab maqew ma bay ea braille ni rayog ni ngam biqeeq. Rayog ni ngam dengwa nag ea Oregon Health Plan ko biney ea namba 800-273-0557, fa 711, man piiq ea ayuw ngom.