Stay Connected
Stay Covered

Oregon Health Plan members

- Changes are coming to your Oregon Health Plan (OHP) coverage
- Stay connected to keep your benefits

Update your contact information, any of these ways:

- Go to **benefits.oregon.gov**
- Call **1-800-699-9075** (relay calls welcome)
- Visit an Oregon Department of Human Services office. Find a local office at **ODHSoffices.oregon.gov**

Need help? Go to **oregonhealthcare.gov/gethelp**

Learn more at **OHP.Oregon.gov/HR1**

OREGON HEALTH AUTHORITY | Oregon HEALTH PLAN

200-1765000_11 (09/2026)