More Resources
Call 211 for the most up to date information about health related services.

Dental Services
Local dental schools offer discounted dental work.
OHSU Dental School
503-494-8867

PCC Dental School
971-722-4909

Pacific University Dental School
503-352-7373

Other Low Cost Dental Options
Multnomah County Dental Clinics
503-988-6942

Donated Dental Services
503-594-0837

Free Glasses
Lions Club
971-270-0203

Need more help? Ask your property manager or resident and community services coordinator for additional health related resources.

Using Your Health Insurance
You have health insurance, now what?

After 70 years, Home Forward remains true to the goals we have always championed—shelter and support for our neighbors in need. By providing the essentials of a home, we enable individuals and families to move forward in life. Today, we are more committed than ever to serving our community of Multnomah County by promoting hope, access and the potential for a better tomorrow.

homeforward
hope, access, potential.
A new name for the Housing Authority of Portland

135 SW Ash Street
Portland, OR 97204 · 503.802.8300
homeforward.org
Making the most of your health plan

The Basics
1. Find a Doctor: Search within your insurance plan’s network and find a primary care physician that meets your needs. If you are new to the area you can ask friends for recommendations.

2. Seeing Your Doctor: Make appointments with your doctor annually for a wellness visit, anytime you are feeling sick, and when you are having any mild to moderate health concerns.

3. Emergency Room and Urgent Care Usage: Use the emergency room for serious emergencies only. Use urgent care for medical needs that can’t wait for an appointment with your primary care physician.

4. Reviewing Your Plan: Review all of the details of your health insurance plan every year to make sure that you understand all of your benefits and costs. Some plans include mental health, dental health and vision health, so make sure you are making the most of your plan. Always open your mail from OHP, DHS and your health providers.

Frequently Asked Questions

What is health insurance?
Health insurance is a way to provide you with medical care without you having to pay full price for services. There is public health insurance such as Medicare and Medicaid, and private health insurance such as coverage offered by your employer.

What is a network?
A network is a group of physicians, hospitals and other provider’s that have agreed to provide medical services to a health insurance plan’s members at reduced costs. Make sure you know which providers are in your network by asking your insurance provider.

What is preventative care?
Preventative care consists of all of the things you do to help prevent diseases such as wellness visits and screenings, immunizations, annual exams, eating healthy and exercising.

What are my payments?
If you have a copay, this is the flat dollar amount an individual pays per visit, service or prescription. If you have a deductible, this is the amount of money an individual must pay before the insurance company will start paying for your services. If you have an monthly premium, this is the amount an individual must pay each month to maintain their health insurance plan.

What is a CCO?
Coordinated care Organizations (CCOs) are networks of all types of health care providers who have agreed to work together in their local communities for individuals with the Oregon Health Plan (OHP). In Multnomah County the two CCOs are Health Share and Family Care, and if your plan works through one of them you can use them to help navigate all of your medical needs.

Who to call

<table>
<thead>
<tr>
<th>Family Care CCO</th>
<th>503-222-2880</th>
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<tr>
<td>Health Share CCO</td>
<td>503-416-8090</td>
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<td>Oregon Health Plan (OHP)</td>
<td>1-800-273-0557</td>
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<td>Medicare</td>
<td>1-800–MEDICARE</td>
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<td>Veterans Benefits</td>
<td>1-877-222-VETS</td>
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<td>Aging and Disability Services</td>
<td>503-988-3646</td>
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<td>Cover Oregon</td>
<td>1-855-COVER OR</td>
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Healthy activities in your neighborhood
- Community centers
- Recreation facilities and gyms
- Community gardens
- Parks and playgrounds