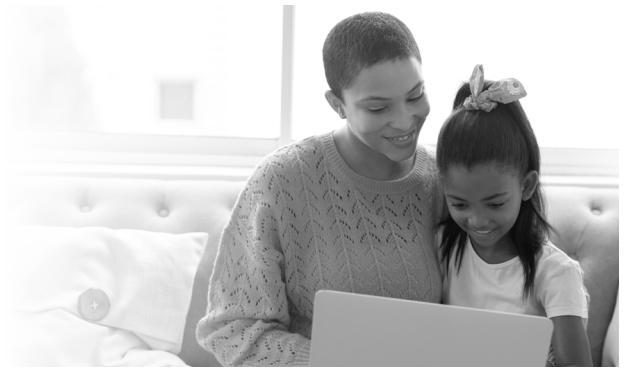


Helpful Resources for Trillium Tri-County Members

AT TRILLIUM, HEALTH EQUITY IS OUR PRIORITY.

Schedule a welcome call to help us understand your needs. Call Trillium at **1-877-600-5472 (TTY: 711)**. We can talk about your Trillium benefits. We can also talk about how to connect you to additional resources that may include food, housing, wellness programs, and more.



Behavioral Health and Specialty Services

If you have the internet, you can search for a provider or print the provider directory at: <http://providersearch.trilliumhealthplan.com>. If you do not have internet access, you can call Trillium Member Services for help: 1-877-600-5472 (TTY: 711).



Dental Care

Your dental plan assignment or Dental Care Organization (DCO) is on your Trillium Member ID Card. To change your DCO, call our Member Services team at 1-877-600-5472 (TTY: 711). You may choose a Primary Care Dentist (PCD) from the Find a Provider tool. Or, you can call their office and they will help arrange your first appointment with a Primary Care Dentist. <https://findaprovider.trilliumhealthplan.com/location>

- **Advantage Dental Services**

Provider Directory <https://providerportal.advantagedental.com/provider/search>
Customer Service toll-free 1-866-268-9631 (TTY 711)

- **Capitol Dental Care**

Provider Directory <https://www.interdent.com/capitoldentalcare/members/list-of-providers/>
Customer Service 1-503-585-5205 or toll-free 1-800-525-6800 (TTY 1-800-735-2900)

- **Oregon Dental Service**

Provider Directory <https://www.odsccommunitydental.com/members/provider-search>
Customer Service 1-503-243-2987 or toll-free 1-800-342-0526 (TTY 1-503-243-3958 or 1-800-466-6313)



Flu Shots

To help you and those around you stay healthy, get your flu shot every year. To learn more, visit www.TrilliumOHP.com/flu. If you do not have internet access, you can call Trillium Member Services for help: 1-877-600-5472 (TTY: 711).



Interpreter Services

You can have a voice or sign language interpreter at your appointments if you want one. When you call for an appointment, tell your provider's office that you need an interpreter and in which language. If you need a language or sign language interpreter for health care visits, you can:

1. Call Trillium.
2. Call your doctor's office and ask them to set up an interpreter for your visit. Information on Health Care Interpreters is at www.Oregon.gov/oha/oei.



Mental Health Crisis

Clackamas County 24-7 crisis line at 503-655-8585; Multnomah County 24-7 crisis line at 503-988-4888; Washington County 24-7 crisis line at 503-291-9111, call 911, or go to the Emergency Room (ER). Youth Crisis Line at 541-689-3111 (TTY 711), call 911, or go to the Emergency Room (ER).



Nurse Advice Line

Our 24/7 nurse advice line is a free health information phone line. Call 1-866-439-2038.



Pharmacy

Learn about your pharmacy benefits at www.trilliumohp.com/pharmacy. Helpful tip: You can get a 90-day supply of your maintenance drugs (a medication used to treat a long-term condition). This way you can go to the pharmacy less often. If you do not have internet access, you can call Trillium Member Services for help: 1-877-600-5472 (TTY: 711).



Pregnancy Support

Trillium Start Smart for Baby provides support during and after your pregnancy. Call 1-877-600-5472 (TTY: 711) for more information.



Primary Care Services

Your Primary Care Provider (PCP) is on your Trillium Member ID Card. To change your PCP, call our Member Services team at 1-877-600-5472 (TTY: 711).



Quit Smoking

Oregon Tobacco Quit Line – a free program that you can do by telephone or online

- English 1-800-QUIT-NOW (1-800-784-8669), Español 1-855-DEJELO-YA (1-855-335356-92)
- TTY: 1-877-777-6534 www.quitnow.net/oregon



Telehealth

Telehealth is your convenient, 24-hour access to in-network providers for non-emergency health issues. Set up and activate your account online: <https://member.teladoc.com/trilliumchp> If you do not have internet access, you can call Trillium Member Services for help: 1-877-600-5472 (TTY: 711).



Traditional Health Workers

You can get support from a Doula, Peer Support Specialist, Peer Wellness Specialist, Personal Health Navigator or Community Health Worker at no cost. Email: THW@TrilliumCHP.com or call Trillium at 1-877-600-5472.



Transportation

Trillium Medicaid members can get free rides to healthcare visits. Call Medical Transportation Management at 877-583-1552.



Additional Resources

Search for free or reduced cost services like medical care, food, job training, and more.

Connect Oregon <https://oregon.uniteus.com/get-help/>, T-REX - Trillium Resource Exchange <https://trilliumchp.findhelp.com/>. If you do not have internet access, you can call Trillium Member Services for help: 1-877-600-5472 (TTY: 711)



Hospitals

You can also search for providers at: <https://providersearch.trilliumhealthplan.com>

- **Legacy Emanuel Medical Center**
1225 NE 2nd Avenue
Portland, OR 97232
503-413-2200
- **Legacy Meridian Park Hospital**
19300 SW 65th Avenue
Tualatin, OR 97062
503-692-1212
- **Legacy Mt Hood Medical Center**
24800 SE Stark Street
Gresham, OR 97030
503-413-4048
- **Legacy Good Samaritan Hospital and Medical Center**
1015 NW 22nd Avenue
Portland, OR 97210
503-413-6129
- **Oregon Health & Science University**
3181 SW Sam Jackson Park Road
Portland, OR 97239
503-494-8760
- **Portland Adventist Medical Center**
10123 SE Market Street
Portland, OR 97216
503-261-6610
- **Tuality Community Hospital**
335 SE 8th Avenue
Hillsboro, OR 97123
503-681-1111



Urgent Care

You can also search for providers at: <https://providersearch.trilliumhealthplan.com>

- **AFC Urgent Care**
397 Warner Milne Road
Oregon City, OR 97045
503-305-6262
- **Molalla Urgent Care**
861 W Main Street
Molalla, OR 97038
503-873-8686
- **Uptown Providers PC**
25 NW 23rd Place Suite 11
Portland, OR 97210
503-766-2215
- **Eagleton Providers PC**
17437 Boones Ferry Road Suite
100
Lake Oswego, OR 97035
413-887-6030
- **Uptown Providers PC**
7033 NE Sandy Boulevard
Portland, OR 97213
503-305-6262
- **Uptown Providers PC**
14278 SW Allen Boulevard
Beaverton, OR 97005
503-305-6262

Do you think Trillium Community Health Plan (Trillium) has treated you unfairly?

Trillium must follow state and federal civil rights laws. It cannot treat people unfairly in any of its programs or activities because of a person's:

- Age
- Color
- Disability
- Gender identity
- Marital status
- National Origin
- Race
- Religion
- Sex
- Sexual orientation

You can get this letter in another language, large print, or another way that is best for you. You can also have a language interpreter. Call 1-877-600-5472 (TTY/TDD 711).

English

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-877-600-5472 (TTY/TDD 711).

Español (Spanish)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-600-5472 (TTY/TDD 711).