

# 2025 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: 877-600-5473). 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: 877-600-5473)



## 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: 877-600-5473). 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**  
Customer Service toll-free 1-866-268-9631 (TTY: 711)
- **Capitol Dental Care**  
Customer Service toll-free 1-800-525-6800 (TTY: 1-800-735-2900)
- **Oregon Dental Service**  
Customer Service toll-free 1-800-342-0526 (TTY: 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](http://www.TrilliumOHP.com/flu). If you do not have internet access, you can call Trillium Member Services for help: 1-877-600-5472 (TTY: 877-600-5473).



## Interpreter Services

You, your representative, family members and caregivers can ask for a certified and qualified health care interpreter. These services are free. When you call for an appointment, tell your provider's office that you need an interpreter and the language you need. You can also call Trillium at 877-600-5472 (TTY: 877-600-5473).



## 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](http://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: 877-600-5473).



## Pregnancy Support

Trillium Start Smart for Your Baby provides support during and after your pregnancy. Call 1-877-600-5472 (TTY: 877-600-5473) 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: 877-600-5473).



## 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-DEJALO-YA (1-855-335356-92)
- TTY: 1-877-777-6534 [www.quitnow.net/oregon](http://www.quitnow.net/oregon)



## Social-Emotional Wellbeing of Youth 0-5 years

Children from birth to age 5 and their families can access services that help with social-emotional health. Our Pediatric Care Team will help you find the best match for your needs. They can connect you to resources and help support the wellbeing of our youngest members. To learn more, call Trillium Member Services at 1-877-600-5472 (TTY: 877-600-5473).



## 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: 877-600-5473).



## 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](mailto:THW@TrilliumCHP.com) or call Trillium at 1-877-600-5472 (TTY: 877-600-5473)



## 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/> If you do not have internet access, you can call Trillium Member Services for help: 1-877-600-5472 (TTY: 877-600-5473)



## Hospitals

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

- **Legacy Mount Hood Medical Center**  
24800 SE Stark St  
Portland, OR 97030  
503-674-1122  
Toll Free: none, (TTY: 711)  
[www.legacyhealth.org](http://www.legacyhealth.org)
- **Hillsboro Medical Center**  
335 SE 8th Avenue  
Hillsboro, OR 97123  
503-681-1000  
Toll Free: none, (TTY: 711)  
<https://tuality.org>
- **Legacy Emanuel Hospital & Health Center**  
1225 Northeast 2nd Avenue  
Portland, OR 97232  
503-944-8000  
Toll Free: none, (TTY: 711)  
[www.legacyhealth.org](http://www.legacyhealth.org)
- **Randall Children's Hospital**  
2801 N Gantenbein Ave  
Portland, OR 97210  
503-276-6500  
Toll Free: none, (TTY: 711)  
[www.legacyhealth.org](http://www.legacyhealth.org)
- **Legacy Good Samaritan Medical Center**  
1015 NW 22<sup>nd</sup> Ave  
Portland, OR 97210  
503-413-7711  
Toll free: none, (TTY: 711)  
[www.legacyhealth.org](http://www.legacyhealth.org)
- **Portland Adventist Medical Center**  
10123 Southeast Market Street Portland, OR 97216  
503-251-6170  
Toll Free: 888-311-1283  
TTY: 503-261-6610  
[www.adventisthealth.org/portland](http://www.adventisthealth.org/portland)
- **Unity Center for Behavioral Health Adult Behavioral Health**  
1225 NE 2<sup>nd</sup> Ave,  
Portland, OR 97232  
503-944-8000  
Toll free: none, (TTY: 711)  
[www.legacyhealth.org](http://www.legacyhealth.org)
- **OHSU Marquam Hill**  
3181 SW Sam Jackson Park Rd  
Portland, OR 97239  
503-494-7751  
Toll Free: none, (TTY: 711)  
<https://www.ohsu.edu/health/emergency-care>
- **Legacy Meridian Park Medical Center**  
19300 SW 65<sup>th</sup> Ave  
Tualatin, OR 97062  
503-692-1212  
Toll Free: none, (TTY: 711)  
[www.legacyhealth.org](http://www.legacyhealth.org)



## Urgent Care

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

- **AFC Urgent Care**  
11786 NW Cedar Falls Dr  
Portland, OR 97229  
503-305-6262  
Toll Free: none, (TTY: 711)
- **AFC Urgent Care**  
11675 SW Pacific Highway  
Tigard, OR 97223  
503-305-6262  
Toll Free: none, (TTY: 711)
- **Maxem Health Urgent Care**  
17437 Boones Ferry Rd, Ste 100  
Lake Oswego, OR 97035  
503-387-3796
- **AFC Urgent Care**  
14278 SW Allen Blvd  
Beaverton, OR 97005  
503-305-6262  
Toll Free: none, (TTY: 711)
- **Evergreen Urgent Care**  
2250 NW Flanders St, Ste 109  
Portland, OR 97210  
503-479-7713  
Toll Free: none, (TTY: 711)
- **Maxem Health Urgent Care**  
10582 SE 32<sup>nd</sup> Ave,  
Portland, OR 97222  
503-387-3796  
Toll Free: none, (TTY: 711)
- **AFC Urgent Care**  
1071 SE Tualatin Valley Hwy  
Hillsboro, OR 97123  
503-305-6262  
Toll Free: none, (TTY: 711)
- **AFC Urgent Care**  
7033 NE Sandy Blvd  
Portland, OR 97213  
503-305-6262  
Toll Free: none, (TTY: 711)
- **AFC Urgent Care**  
397 Warner Mine Rd.  
Oregon City, OR 97045  
503-305-6262  
Toll Free: none, (TTY: 711)

## English

You can get this communication in other languages, large print, Braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 1-877-600-5472 or TTY 711. We accept relay calls.

-You can get help from a certified and qualified health care interpreter.

## Spanish

Puede obtener esta información en otros idiomas, en letra grande, braille o en un formato que usted prefiera. También puede recibir los servicios de un intérprete. Esta ayuda es gratuita. Llame al servicio de atención al cliente 1-877-600-5472 o TTY 711. Aceptamos todas las llamadas de retransmisión.

-Usted puede obtener ayuda de un intérprete certificado y calificado en atención de salud.

## Russian

Вы можете получить это документ на другом языке, напечатанное крупным шрифтом, шрифтом Брайля или в предпочитаемом вами формате. Вы также можете запросить услуги переводчика. Эта помощь предоставляется бесплатно. Звоните по тел. 1-877-600-5472 или TTY 711 Мы принимаем звонки по линии трансляционной связи.

-Вы можете получить помощь от аккредитованного и квалифицированного медицинского переводчика.