

# 2026 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: <https://www.trilliumohp.com/find-a-provider.html>. If you do not have internet access, you can call Trillium Member Services for help: 1-877-600-5473 (TTY: 711)



## Behavioral 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.



## Transportation

Trillium Medicaid members can get free rides to healthcare visits. Call Medical Transportation Management 24 hours a day, 7 days a week at 877-583-1552.



## 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://www.trilliumohp.com/find-a-provider.html>

- **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 1-503-243-2987 or toll-free 1-800-342-0526 (TTY: 1-503-243-3958 or 1-800-466-6313)



## Flu Shots

Keep yourself and those close to you healthy. Talk to your doctor about vaccines and how to protect yourself from the flu. 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: 711).



## 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 1-877-600-5472 (TTY: 711).



## 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 (711)



## Pregnancy Support

The Start Smart for Your Baby® program provides support during and after your pregnancy. For more information, visit [www.trilliumohp.com/startsmart](http://www.trilliumohp.com/startsmart) or call 1-877-600-5472 (TTY 711).



## 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](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: 711).



## 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](mailto:THW@TrilliumCHP.com) or call Trillium at 1-877-600-5472 (TTY: 711)



## Hospitals

You can also search for providers at: <https://www.trilliumohp.com/find-a-provider.html>

- 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**  
 501 N Graham  
 Portland, OR 97227  
 503-413-2200  
 Toll Free: none, (TTY: 711)  
<https://www.legacyhealth.org/doctors-and-locations/hospitals/legacy-emanuel-medical-center>
- Randall Children's Hospital**  
 2801 N Gantenbein Ave  
 Portland, OR 97210  
 503-276-6500  
 Toll Free: none, (TTY: 711)  
<https://www.legacyhealth.org/doctors-and-locations/hospitals/legacy-emanuel-medical-center>
- Legacy Good Samaritan Medical Center**  
 1015 NW 22nd 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  
 503-257-2500  
 Toll Free: 888-311-1283  
 TTY: 503-261-6610  
<https://www.adventisthealth.org/portland>
- Unity Center for Behavioral Health**  
 Adult Behavioral Health  
 1225 NE 2nd Ave,  
 Portland, OR 97232  
 503-944-8000  
 Toll free: none, (TTY: 711)  
[www.legacyhealth.org](http://www.legacyhealth.org)
- OHSU Marquam Hill & Doernbecher Children's Hospital**  
 3181 SW Sam Jackson Park Rd  
 Portland, OR 97239  
 503-494-8311  
 Toll Free: none, (TTY: 711)  
<https://www.ohsu.edu/visit/marquam-hill-campus>
- Legacy Meridian Park Medical Center**  
 19300 SW 65th Ave  
 Tualatin, OR 97062  
 503-692-1212  
 Toll Free: none, (TTY: 711)  
<https://www.legacyhealth.org/doctors-and-locations/hospitals/legacy-meridian-park-medical-center>



## Urgent Care

You can also search for providers at: <https://www.trilliumohp.com/find-a-provider.html>

- AFC Urgent Care**  
 11786 NW Cedar Falls Dr  
 Portland, OR 97229  
 503-305-6262  
 Toll Free: none, (TTY: 711)  
 Monday - Friday 8:00am - 7:00pm  
 Saturday - Sunday 9:00am - 6:00pm
- AFC Urgent Care**  
 11675 SW Pacific Highway  
 Tigard, OR 97223  
 503-305-6262  
 Toll Free: none, (TTY: 711)  
 Monday - Friday 8:00am - 7:00pm  
 Saturday - Sunday 9:00am - 6:00pm
- AFC Urgent Care**  
 7033 NE Sandy Blvd  
 Portland, OR 97213  
 503-305-6262  
 Toll Free: none, (TTY: 711)  
 Monday - Friday 8:00am - 7:00pm  
 Saturday - Sunday 9:00am - 6:00pm
- AFC Urgent Care**  
 14278 SW Allen Blvd  
 Beaverton, OR 97005  
 503-305-6262  
 Toll Free: none, (TTY: 711)  
 Monday - Friday 8:00am - 7:00pm  
 Saturday - Sunday 9:00am - 6:00pm
- Best Med Urgent Care**  
 3675 Pacific Ave #101  
 Forest Grove, OR  
 971-762-4611  
 Monday - Friday 7am - 7pm  
 Saturday - Sunday 8:00am - 5:00pm
- Maxem Health Urgent Care**  
 10582 SE 32nd Ave,  
 Portland, OR 97222  
 503-387-3796  
 Toll Free: none, (TTY: 711)  
 Monday - Saturday 8:00am - 8:00pm  
 Sunday 9:00am - 6:00pm
- AFC Urgent Care**  
 1071 SE Tualatin Valley Hwy  
 Hillsboro, OR 97123  
 503-305-6262  
 Toll Free: none, (TTY: 711)  
 Monday - Friday 8:00am - 7:00pm  
 Saturday - Sunday 9:00am - 6:00pm
- Evergreen Urgent Care**  
 2250 NW Flanders St, Ste 109  
 Portland, OR 97210  
 503-479-7713  
 Toll Free: none, (TTY: 711)  
 Monday - Friday 8:00am - 8:00pm  
 Saturday - Sunday 9:00am - 6:00pm
- AFC Urgent Care**  
 397 Warner Mine Rd.  
 Oregon City, OR 97045  
 503-305-6262  
 Toll Free: none, (TTY: 711)  
 Monday - Friday 8:00am - 7:00pm  
 Saturday - Sunday 9:00am - 6:00pm

## Notice of Language Assistance

### 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 данное сообщение на других языках, крупным шрифтом, шрифтом Брайля или в предпочтительном формате. Вы также можете запросить услуги переводчика. Такая помощь предоставляется бесплатно. Позвоните по номеру 1-877-600-5472 или ТТУ 711. Мы принимаем звонки через коммутаторную службу.

Вам может оказать помощь дипломированный переводчик с квалификацией в области здравоохранения.

### Vietnamese:

Quý vị có thể lấy thông tin này bằng các ngôn ngữ khác, bản in cỡ chữ lớn, chữ nổi hoặc định dạng yêu thích. Quý vị cũng có thể yêu cầu thông dịch viên. Trợ giúp này miễn phí. Gọi số 1-877-600-5472 hoặc TTY 711. Chúng tôi chấp nhận cuộc gọi chuyên tiếp.

Quý vị có thể được thông dịch viên chăm sóc sức khỏe có chứng nhận và đCI năng lực trợ giúp.