

Helpful Resources for Trillium Tri-County Members



THIS “HELPFUL RESOURCES” BENEFIT GUIDE HAS AN UPDATED LIST OF HOSPITALS, URGENT CARE CENTERS, AND DENTAL CARE ORGANIZATIONS (DCOs). This replaces the information about hospitals, urgent care centers, and DCOs in your Trillium Member Handbook.

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



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>.



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).

- **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/>
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



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



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: (*the provider then secures an interpreter*).

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.



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



T-REX - Trillium Resource EXchange

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

<https://trilliumchp.auntbertha.com/>



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>



Transportation

Trillium may pay for you to get to and from your medical, dental, and mental health appointments. Call Medical Transportation Management at 877-583-1552.



Hospitals

- **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

- **AFC Urgent Care**
397 Warner Milne Road
Oregon City, OR 97045
503-305-6262
- **Eagleton Providers PC**
17437 Boones Ferry Road Suite 100
Lake Oswego, OR 97035
413-887-6030
- **Molalla Urgent Care**
861 W Main Street
Molalla, OR 97038
503-873-8686
- **Uptown Providers PC**
7033 NE Sandy Boulevard
Portland, OR 97213
503-306-6262
- **Uptown Providers PC**
25 NW 23rd Place Suite 11
Portland, OR 97210
503-305-6262
- **Uptown Providers PC**
14278 SW Allen Boulevard
Beaverton, OR 97005
503-305-6262

Do you think Trillium Community Health Plan (TCHP) 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:

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

Español (Spanish) ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-600-5472; TTY: 1-877-600-5473.

Tiếng Việt (Vietnamese) CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-877-600-5472; TTY: 1-877-600-5473.

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).