

Get to know **ALL** of your benefits



Focus: Tools to help you stop smoking

Stopping tobacco use — including smoking cigarettes, using e-cigarettes and chewing tobacco — is one of the best steps you can take toward better health.



24 hours after you stop smoking, your chance of heart attack goes down.



In the first year, oral health improves and you have fewer symptoms of gum disease.



Within months, your lungs are working better and improve your overall health.



After a year without smoking, you have half as much risk of heart disease.

There are many ways to stop smoking, all fully covered:



Your care team

Any provider — physical, mental or dental — would be happy to help you stop smoking. They can help you find good, local programs that work for you and are fully covered. They can also help you decide which medication (such as a nicotine patch or gum) may be a good match for you.



Oregon Tobacco Quit Line

The Quit Line is a **free counseling service** offered by phone and online chat. Get started at quitnow.net/oregon or 800-QUIT-NOW (800-784-8669). This is a covered benefit you may use twice in a 12-month period.



Smokefree.gov

smokefree.gov is a national program that offers various **tools to help you stop smoking**, including online chat and free, encouraging text messages. It's free to you. Visit the website and choose the service you want to try.

You are more likely to successfully stop smoking if you get help. Using services and medication to stop smoking doubles your chances of being smoke free in the long term.

Questions?

If you have any questions about how to stop smoking, or need any other help, call Columbia Pacific CCO Customer Service at 855-722-8206 or TTY 711, or send us a secure message at colpachealth.org/portal

Get to know Columbia Pacific CCO

Your health benefits are provided by Columbia Pacific CCO, your Medicaid health plan. Learn more about us here.

When people talk about Medicaid in Oregon, you may hear them say a lot of different names or letters. That's because there are many organizations involved in making sure you get the care you deserve. How can you make sense of it all?

It helps to think of Medicaid in Oregon like a pyramid

Oregon Health Authority (OHA) runs the Medicaid program for the entire state of Oregon, which is called the Oregon Health Plan (OHP).



Oregon
Health
Authority

Columbia Pacific CCO is what's called a coordinated care organization (CCO). Oregon's CCOs exist to provide health insurance and much more. We look at the broad picture of your health and help with other services you wouldn't expect from a health care company. We also help coordinate health care benefits and services — like help to stop smoking — for our members.



Columbia Pacific CCO™
Part of the CareOregon Family

Your primary care provider (PCP) might be a doctor, a nurse practitioner, a physician's assistant or a naturopath. They coordinate your care with Columbia Pacific CCO and other medical team members like dentists, mental health providers, pharmacists and others.



Columbia Pacific CCO provides services like these for Medicaid (OHP) members:

- ▶ Physical health care
- ▶ Mental health care
- ▶ Substance use treatment
- ▶ Dental care

You'll also be able to use important services like these:

- ▶ Care coordination
- ▶ Pharmacy
- ▶ Prenatal and infant care
- ▶ Transportation options
- ▶ Language interpreter services
- ▶ ER and urgent care

You can get this in other languages, large print, braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 855-722-8206 or TTY 711.