

Get to know **ALL** of your benefits



Focus: Pregnancy benefits

Whether you're a first-time parent or adding to your family, **Columbia Pacific CCO is here for you.** We still cover physical, dental and mental health care, and substance use treatment. But pregnancy and parenthood are special, so our **CareBaby program** offers extra resources, too.

Your physical health providers

Pregnancy care is a covered benefit and includes care for you and your baby for at least 12 months after birth.



Midwives



Family medicine physicians



Obstetricians and gynecologists
(commonly known as OBGYNs)

Community support

Beyond the benefits Oregon Health Plan (OHP) covers, **we can connect you with other free resources:**



Food support: Help applying for WIC



Birth and newborn classes



Newborn feeding support



Domestic violence services

More ways to stay healthy



See a dentist. Dental care is safe when you're pregnant, fully covered, and it's good for you and your growing baby. Some dental issues can put your baby at risk for a premature birth.



Stop smoking. Talk with your pregnancy provider or primary care provider to get started — getting help is free. You can also contact the Oregon Quit Line for free counseling at quitnow.net/oregon or 800-QUIT-NOW (800-784-8669).

Extra benefits for pregnant members



Prenatal vitamins are free with a prescription from your provider.



Call on a doula. A doula (a trained birth companion) increases the chance of a healthy birth.



Vision care. Eye exams and glasses are fully covered for pregnant members.

Learn more about pregnancy benefits and services at colpachealth.org/carebaby. If you have questions or want to connect to community resources, call us at 503-488-2822, toll-free 855-722-8206 or TTY 711.

We're here for you and your baby!

colpachealth.org


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Get to know CareOregon

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 work with community partners to give you access to better health.



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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

Questions?

Do you have more questions about Columbia Pacific and Medicaid? Or maybe you'd like to become a Columbia Pacific CCO member? Call our helpful and friendly Customer Service at 855-722-8206 or TTY 711.

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. We accept relay calls.

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