



# meet OHP&me

## A one-stop resource for learning about Medicaid

Health care can be hard to understand. OHP & Me — a new video series from Columbia Pacific CCO — can help. It helps members learn about their benefits and how to get the most from the Oregon Health Plan (OHP), the state's version of Medicaid. There are videos with topics designed for people with different needs.



**Orientation:** The video explains the Oregon Health Plan, what a coordinated care organization (CCO) is, how Columbia Pacific works with providers and more.



**Children and Families:** Learn about provider visits, vaccines and when to get them, vision and hearing support and more.



**Adults, Parts 1 and 2:** Benefits for adults, explained in two videos. Topics include physical, dental and mental health providers, vaccines, screenings and much more.



**Elder adults:** Learn about vaccines for elder adults, vision and hearing care, health screenings and how to prevent falls.



**Mental Health:** A helpful look at mental health and substance use treatment, levels of care, self-care and covered services.



**Dental Health:** Topics include how to access dental health benefits, finding a dentist, what's covered, who should see the dentist and more.

## Start learning about benefits today

Visit [colpachealth.org/ohp-and-me](https://colpachealth.org/ohp-and-me) and watch what you want, based on what you need to know. You'll also find handouts that go with the videos.

If you have questions, contact Columbia Pacific at 503-488-2822, 855-722-8206 or TTY 711. Members can also send us a message through our online portal at [colpachealth.org/portal](https://colpachealth.org/portal)

You can get this information in different languages, large print, electronic format, oral presentation (face-to-face or on the phone) or braille. Call Customer Service at 855-722-8206 or TTY 711.

[colpachealth.org](https://colpachealth.org)

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