



Get to know your benefits

Columbia Pacific CCO is committed to helping you get and stay healthy.
Your benefits may cover physical health, mental health and more.



Health benefits

Physical health

- ▶ Visits to medical providers
- ▶ Lab tests and X-rays
- ▶ Pregnancy care
- ▶ Hospital stays
- ▶ ER and urgent care
- ▶ Vaccinations

Mental health and substance use treatment

- ▶ Counseling, therapy and medications
- ▶ Recovery support
- ▶ Peer support

Dental health

- ▶ Exams, X-rays and cleanings
- ▶ Fluoride treatments
- ▶ Fillings
- ▶ Tooth removal
- ▶ Dentures



Medical supplies and care coordination

Prescriptions and medical equipment such as:

- ▶ Wheelchairs
- ▶ Crutches
- ▶ Glucose monitors

Care teams that can:

- ▶ Learn about your health needs
- ▶ Make sure all your providers are talking to each other
- ▶ Get you the right supplies and resources
- ▶ Help you get the care and treatment you need

Additional benefits continue on other side



Non-emergency medical transportation (NEMT)

- ▶ Gas reimbursement for driving
- ▶ Free public transportation passes
- ▶ Shared rides



Care navigation

- ▶ Community health workers
- ▶ Birth doulas
- ▶ Peer support specialists



Language and translation services

- ▶ Free interpreters at doctor visits and at the pharmacy
- ▶ Translated written information
- ▶ Health coordinators who speak your language



Additional benefits

- ▶ Hospice and palliative care through Housecall Providers
- ▶ Social needs assistance
- ▶ Help to stop smoking
- ▶ Vision (limited)



Would you like to know more?

Call our helpful and friendly Customer Service team at **503-488-2822** or send us a secure message through **colpachealth.org/portal**

You can get this document in other languages, large print, braille or a format you prefer. You also have the right to an interpreter. You can get help from a certified or qualified health care interpreter. This help is free. Call 855-722-8206, TTY 711, or tell your provider. We accept relay calls.