



Ia eo ñan bok jipaň

Juon naan in tōl an ro uwaan Oregon Health Plan (Medicaid)

Ien lolok an ien lale ājmūr im ien nañinmej



Apaň ko an ājmuur re men ko **rejjab aikuj jipaň ilo mokaj** ekoba men ko einwot:

Mejin ak būlu, lennab ko, metak buru, metak bōrā, metak loje, piba, kadek ko, bokbok ko, metak jinuj, keefjak ko, buwaj ko, ak iñiñ ko

Ta eo in kōmmāne:



Kalle taktō in am. Opij eo aer naaj laajrak ien in lale kwe, mejen ñan mejen ak ikkijen talbon ak pija in aluij (telehealth).



Kwo aikuji juon riukok ke (ekoba ilo kajin sign language)? Kajitok ippen opij an taktō in am kin jipaň moktalok kin ien lolok in tok, ak kalle kumi an Customer Service kin jipaň. **800-431-4135**, TTY: 711. Kimij belok in bok kall ko an relay.

Nañinmej ak joraan ko relap



Abaň ko kin ajmūr **relap ak rejab lukuun likut mour an armej eo ilo kauwatata** ekoba:

Mejin ak būlu ko relap, bronchitis (nañinmej in bokbok), anilen an jinuj, strep throat (nañinmej an metak buru), anilen an lojilñi, mōj mōj, ilok loje, bwil ko redik ion kilin, mwijmwij ko, ak rup di ko

Ta eo in kōmmāne:



Kalle taktō in am. Eloñ taktō ro rej lolok rinañinmej eo aer ikkijen talpon ak pija in aluij. Ñe e kilok opij an taktō ina am, bolen bar juon taktō ebojak in jerbāl emaroñ jipaň.



Bar juon jokalet: Etal ñan juon aupital ak jikin urgent ak immediate care. Boktok ID an ro uwaan ippam, im bar kōnono ippen taktō in am elikin ejako kauwatata.

Imurjanji ko



Abaň ko an ajmūr ko **relap im aikuji jipaň ilo mokaj im likut mour ilo kauwatata** ekoba:

Ebin menono, joraan ko elap an bora, jip, bwil ko relap an kilin, baijin, metak ob, eoeo, ak elap an piliñliñ

Ta eo in kōmmāne:



Kalle 911 ak etal ñan emergency room ilo mokaj.

Ālikin am driojlok jen emergency room eo, bar kōnono ippen taktō in am.



Kōnono ippen juon nuuj jabdewot awa, raan ak boñ
24-Hour NurseLine in ad ebelok raan im boñ, bareinwot ion wiikend ko. Kalle im bok naan in kakipilok ko kin ajmūr kwo maroñ liki ijelokon am ilok jen mweo mom.

24-Hour NurseLine:
855-834-6150
TTY: 711

Kelet juon rilelok jipaň



Ej juon men e aorok bwe ewor am taktō ejelā kajiom im ej lo eok elap an iien. Ej unin bwe kōmij kajitok ro uwaan ñan kelete juon Primary Care Provider (PCP, Rilelok Jipaň Re Loe Enañin Aolep lien).

Ñan kelet juon PCP ekaal ak ñan loe ñe kwo maroň wonmaanlok in loe PCP in am, kalle kōm ilo **800-431-4135**, TTY: 711. Ak kajerbale laajrak in ad aunlain:

1. Etal ñan [ProviderDirectory.PacificSource.com/Medicaid](https://www.pacificsource.com/Medicaid).
2. Jen bar an ito-itak, kelete “Find a Doctor” (Kapukot juon Taktō).
3. Jeje jikin kweilok ak zip code eo. Kwo maroň bareinwot kalikar ippen tipdik ko jet.
4. Elikin kwoj kelet rilelok jipaň eo kwo kōnan, kalle er im kamool bwe re bojak in bok rinañinmej ro rekaal. Innem kalle kōm bwe kōm maroň rikooti jokalet in am.

Ñan kapukoti juon urgent care center (jikin jipaň ajmuur ilo mokaj), rolok ñan “Find a Doctor” (Kapukot juon Taktō) ilo bar an ito-itak im kelet “Urgent Care” (Jipaň ilo Mokaj) iumin Specialty (Kapeel) ak Facility (Jikin) mottan.

Jipaň kin ñi ko



To find a dentist:

1. Etal ñan [ProviderDirectory.PacificSource.com/Medicaid](https://www.pacificsource.com/Medicaid).
2. Jen bar an ito-itak itulañ, kelet “Find a Dentist” (Kapukot juon Dentist).
3. Kapukot bebe an lale ñi ko am ikkijen am lale card and ID an Ro Uwaan. Kelet bebe in am ilo menu ej wonlalok an Dental Care Organization (DCO, Kalaajrak Jipaň kin ñi).

Kwo maroň bareinwot kalle am DCO, ikkijen nōmba eo an ID an ro uwaan. Kememej: aolepen bebe ko rejjab lelok jipaň kin ñi ko.



Ijjab kōnan bok jipaň kin ñi ko ao!

Ñan bok juon etale an ñi ko ak karreo er emaroň boprae abaň ko jen an laplok.

- Ñe ewor juon apaň e aikuj jipaň ilo mokaj einwot metak ñi, bōbōj ñad ko, ejjako juon piliñ, bōbōj, ak ñe juon ñi e rup ak jako, kalle opij an dentist in am jekdroon ñe rej kilok. Bolen kwo maroň topar juon.

Ajmūr an mwil



Ñan kapukot juon psychiatrist (taktō an kamenlokjen) ak therapist (rikakapilok), lale “Choosing a provider” (Kelet juon rilelok jipaň) itu anamiin. Lore buñteen ne ko 1-3, innem kelet “Mental im Behavioral Health Providers” (Rilelok Jipaň kin Ajmuur an Kalmenlokjen im Mwil ko) ilo Mottan an menu ej wonlalok etan Specialty (Kapeel) ak Facility (Jikin).



Kin imurjanji ko an ajmūr an mwil ko, kalle crisis line (nōmba an iien kauwatata) ilo jikin in am ak kalle 988.

- **Central Oregon**
Jikin in am: 541-322-7500 x9
Kin ejjelok wonean: 800-875-7364
- **Columbia Gorge**
Dalles eo: 541-296-5452
Hood River: 541-386-2620
24-Hour Crisis Line (Nōmba an lien Kauwatata 24-Awa): 888-877-9147
- **County an Lane**
White Bird Crisis Line:
541-687-4000
- **County ko an Marion ak Polk**
24-Hour Crisis Line (Nōmba an lien Kauwatata 24-Awa): 503-585-4949
- **National Suicide Prevention Line (Nōmba an Boprae Mone Er Make an Aelōñ)**
800-273-8255
- **Crisis Text Line (Nōmba ñan Texti ilo lien Kauwatata)**
Texti “HOME” ñan 741-741

Nōmba ko remaroň jipaň



Poison contraol
(Jipaň kin baijin):
800-222-1222



Jipaň kin mōñā ak mweo: 211



Aging & Disability Resource Connection (Bok Kein Jipaň an Rūto ro im ro lppen Utamwe ko):
855-673-2372

Katopar:
800-431-4135, TTY: 711
CommunitySolutionsCS@PacificSource.com

Kwo maroň bok peba in ilo bar juon kajin, ilo leta ko relap, ak ilo bar juon wāween ej eman ippan. Bareinwot kwo maroň kajitok kin juon riukok. Jipaň in ej kin ejjelok wonean. Kalle 800-431-4135, TTY: 711. Kimij belok in bok kall ko an relay.

You can get this document in another language, large print, or another way that's best for you. You can also request an interpreter. This help is free. Call 800-431-4135, TTY: 711. We accept all relay calls.