

Get to know **ALL** of your benefits



Focus: Pregnancy benefits

Whether you're a first-time parent or adding to your family, CareOregon 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 careoregon.org/carebaby. If you have questions or want to connect to community resources, call us at 503-416-4100, toll-free 800-224-4840 or TTY 711.

We're here for you and your baby!

careoregon.org



Get to know CareOregon

Your health benefits are provided by CareOregon, 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).

Health Share of Oregon (HSO) is what's called a coordinated care organization (CCO). Health Share of Oregon works under OHA to serve OHP members in the tri-county area.

CareOregon is one of several insurance providers in the tri-county area that help Health Share CCO deliver care. We also help coordinate health care benefits and services for our members, like pregnancy care.

Your mental health and substance use treatment providers coordinate your care with CareOregon and other medical team members like physical health providers, nurse practitioners, pharmacists and others.



CareOregon provides services like these for Medicaid (OHP) members:

- ▶ Physical health care
- ▶ Mental health care
- ▶ Substance use treatment
- ▶ Dental care
- ▶ Medicare
- ▶ Hospice and palliative care through Housecall Providers

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

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

careoregon.org

Questions?

Would you like to know more? Call our helpful and friendly **Customer Service team** at **800-224-4840** or send us a secure message through careoregon.org/portal

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 800-224-4840 or TTY 711. We accept relay calls.

