

2 STEPS TO Better Health

Step 1: See your doctor

- Find a general family doctor.
- Schedule a checkup.
- FamilyCare Health can help you find a doctor.
Call Navigation Services: 503-222-2880
or 800-458-9518.

Step 2: Get extra care

- Your doctor may want you to see a specialist.
(If this referral is denied, you may appeal.)
- You do not need a referral for routine women's
health or behavioral health services.
- To see a dentist, call your dental plan.

You will not
have to pay
for approved
services.

Don't forget!

Bring both your FamilyCare Health ID and OHP ID
cards for all of your health services.

Need a ride?

Call Ride To Care:
503-416-3955 or
855-321-4899



503-222-2880

www.familycareinc.org

