

## Tillamook County

You may see any provider that will take your DMAP Medical Care Identification form.

### Mental Health Arrangements

**Mid-Valley Behavioral Care Network**  
**1-888-315-6822**  
**TTY: 1-800-735-2900**

### Web Address

[www.mvbcn.org](http://www.mvbcn.org)

See inside for Dental Plan information



## Comparison Chart Tillamook County

### Your guide to choosing Oregon Health Plan (OHP) Managed Care Plans



Use this chart to help you choose an OHP Medical Plan and Dental Plan. Fill in your Medical and Dental Plan choices on your OHP application.

#### When you apply for the OHP, you may need to choose an OHP Managed Care Plan.

Your OHP Managed Care Plan will coordinate all of your health care needs. With managed care:

- You and your family have guaranteed access to health care, 24 hours a day, 7 days a week.
- Your health care records are kept in one place to give you and your family better service and
- Your Plan covers a “basic” set of services.

#### Choosing OHP Medical, Dental and Mental Health Plans

Every family member must be in the **same OHP Medical Plan**. However, each family member can have a different Primary Care Provider (PCP) for example, personal doctor or nurse.

Every family member must be in the **same OHP Dental Plan**. However, each family member can have different Primacy Care Dental (PCD).

You do not have to choose a **Mental Health Plan**. One will be assigned to you based on the OHP Medical Plan you choose.

All Medical, Dental and Mental Health Plans must provide the same basic services.

#### Choose your OHP Medical and Dental Plan carefully because...

You are not allowed to change Medical or Dental Plans until you reapply, unless you have a special reason. Talk to your worker.

All Plans are **not alike**, even though all cover the same basic services.

#### If you have Medicare coverage...

If the OHP Medical Plan contracts with Medicare you'll see the name on the Medicare Plan in the row titled **Associated Medicare Plan**. If you have Medicare coverage and you choose an OHP Medical Plan that lists a Medicare Plan, you will also be required to join that Medicare Plan. The Medicare Plan will cover your Medicare benefits and prescription drugs covered by Medicare. Call the OHP Medical Plan for more information about coverage provided by its Medicare Plan.

Open this guide to see Dental Plan Comparisons.  
Turn it over to see Medical Plan Comparisons.

OHP 9031 Till (Rev 1/08)

## Your Dental Plans for Tillamook County

Service Areas and Phone Numbers

Dental Plan Name	ODS Community Health	Willamette Dental Group	Capitol Dental Care
<b>Dental Plan Phone Numbers</b>	<b>(503) 243-2987 or 1-800-342-0526</b> <b>TTY: (503) 243-3958 or 1-800-433-6313</b>	<b>(503) 952-2100 or 1-800-461-8994</b> <b>TTY: 1-800-735-1232</b>	<b>(503) 585-5205 or 1-800-525-6800</b> <b>TTY: 1-800-735-1232 or 1-800-855-1155</b>
<b>Web Address</b>	<b>www.odscompanies.com/ohp</b>	<b>www.willamette-dental.com</b>	<b>www.capitoldentalcare.com</b>
<b>Primary Care Dentist Locations</b>	<b>Tillamook</b>	<b>Tillamook</b>	<b>Lincoln City Pacific City Tillamook</b>

### Tips to help you choose the OHP Medical and Dental Plan that is right for you.

Call the Plans you are interested in and ask questions about the things that are important to you.

#### If you join a Medical Plan:

- Find out which doctors, clinics, hospitals, pharmacies and mental health arrangements you and your family will have to use.
- Find out if they are located near you.

#### If you join a Dental Plan:

- Find out which dentists you will have to use.
- Find out if they are located near you.

#### Do you or a family member have a clinic or PCP that you go to?

- A **PCP** is a Primary Care Provider (personal doctor or nurse).
- If you have a PCP or clinic, call and ask which Medical Plan your PCP or clinic belongs to.
- Specialist doctors.

Some Medical and Dental Plans have different rules about using specialist doctors. These rules can affect your use of referrals and other services. Call the Plan's Member Services to find out if the Medical and Dental Plan rules for specialist care meet your needs.

Comparison charts are also available on DMAP's Web site at: [http://www.dhs.state.or.us/healthplan/data\\_pubs/planlist/main.html](http://www.dhs.state.or.us/healthplan/data_pubs/planlist/main.html)