



Dear City Employee,

Your City health insurance ends on the last day of the month in which you last work. We understand the uncertainties losing health insurance may bring. As you determine other coverage for you and/or your family, here are some options you may consider:

Special Enrollment Options



Enrolling in Other Family Coverage

Loss of coverage is a qualifying event. If you have coverage available through your spouse or a parent, you can typically enroll within 30 days of your City of Portland insurance coverage ending. Contact your spouse, domestic partner, or parent's employer to learn more about your eligibility options and how to enroll/opt-in to other coverage due to the loss of your own coverage.

Other Health Insurance Resources



COBRA

If you would like to continue the same health insurance plan that was provided to you by the City, you may do so through COBRA. COBRA allows you to continue your health insurance for up to 18 months in the City's health plan by paying the full premium. To elect COBRA, please fill out and return the COBRA election notice, which will be mailed to you separately. To learn more about this option, please contact the City Benefits Office at 503-823-6031.



Oregon Health Plan (OHP)

You may qualify for the Oregon Health plan if you meet certain income and residency requirements. OHP participants must live in Oregon. Age, health care resources, and disability status also determine eligibility. To learn more and to apply: <https://www.oregon.gov/oha/HSD/OHP/Pages/Apply.aspx>. Questions: Call 1-800-336-6016.



Multnomah County Primary Care Clinics

Multnomah County provides low-cost family healthcare at seven locations, and have telemedicine services for all Multnomah County residents, including those who are uninsured and low-income. All locations have someone who can assist you with applying for Oregon Health Plan and many clinics have staff who speak Spanish or other languages. You can find more information at www.multco.us or by calling 503-988-5558, Monday - Friday, 7:30am - 5:30pm.



ZoomCare Free Nights

Part of ZoomCare's mission is making great healthcare more affordable, accessible, and complete. To help bridge the gap between cost and care, ZoomCare offers Free Nights on the second Wednesday of every month from 6 - 9 pm at the MLK & Davis location. Learn more here: <https://www.zoomcare.com/info/free-nights>.

Outside Health Insurance Resources (continued)



The Federal Marketplace

You may qualify for subsidies (financial assistance) through the federal marketplace if you meet certain income requirements. You may find a plan that best suits your need through the marketplace. To learn more visit: www.healthcare.gov or call: 1-800-318-2596. All locations have someone who can assist you with applying for the Oregon Health Plan. Many clinics have staff who speak Spanish and other languages. You can make appointments by calling 503.988.5558, Monday - Friday, 7:30am - 5:30pm.



Health Resources & Service Administration | Health Center Program

The Bureau of Primary Health Care (BPHC) funds nearly 1,400 Health Centers that provide affordable, accessible and high quality healthcare at over 15,500 sites nationwide. Health Centers are community based and provide access to medical, dental, behavioral, vision and other healthcare services. Health Centers provide care for all, regardless of ability to pay. Organizations in the Portland area include Virginia Garcia, Lifeworks NW, and Outside In, among others. Find care by visiting this web address: <https://findahealthcenter.hrsa.gov>.



Individual Health Plans

Health insurance carriers like Moda and Kaiser offer individual health plans that you can elect to enroll in. You can view Moda's available plans at: <https://www.modahealth.com/plans/individual/>, or call 877-605-3229. You can view Kaiser's available individual plans at: <https://individual-family.kaiserpermanente.org/healthinsurance/#1-getaquote>, or call: 1-800-488-3590.

If you have questions please contact the vendors directly, as these benefits are not administered by the Health & Financial Benefits Office.

Helpful Contacts



Moda Customer Service

503-243-3974
1-877-337-0649
www.modahealth.com



Express Scripts Rx (ESI) Customer Service

(800) 282-2881
www.express-scripts.com



Delta Dental Customer Service

503-265-5680
1-877-277-7280
www.modahealth.com



Vision Service Plan (VSP) Customer Service

1-800-785-0699
www.vsp.com



Kaiser Permanente Customer Service

1-503-813-2000
www.kp.org



Employee Assistance Plan (CityStrong Guidance Resources, through ComPsych)

855-888-9891
www.guidanceresources.com
Company ID: CityStrong