UMPQUA HEALTH ALLIANCE

MIND & BODY

Winter 2024



- We believe that by caring for and investing in our members, patients and community, we improve the overall quality of life where we live.
- Our Mission is to ceate a local health care system that is responsive to the needs of the community.
- Our Purpose is to improve individual and community health.

UMPQUA HEALTH







umpquahealth.com/ membernewsletter/

IN THIS ISSUE

Interpreter Services

Care Coordination

Pharmacy Services

Transportation Services

Gym Membership

Dental Coverage

Crisis Support

Appeals & Grievances

Become a HERO

Glide Townhall

Alternative languages and formats:

This document is available in other languages, large print, braille or formats that suit your needs. You can also request a language interpreter. Please call 888-788-9821 (TTY/TDD 711).

Puede obtener este folleto informativo en otros idiomas, en letra grande, en braille o en el formato que prefiera. También puede solicitar un intérprete. Llame al 541-229-4842 o al TTY 711.







Connect with us:

Monday – Friday, 8:00AM – 5:00PM

Phone: 541-229-4842 **Toll free:** 866-672-1551 **TTY:** 541-440-6304 | 711

Email: <u>UHCustomerCare@umpquahealth.com</u>

Website:

www.umpquahealth.com

Address:

3031 NE Stephens Street, Roseburg, OR 97470

Facebook:

@UmpquaHealth

LinkedIn

@Umpqua-Health

umpquahealth.com/ membernewsletter/



SCHEDULE INTERPRETER SERVICES

We provide sign language interpreters, spoken language interpreters, written materials in other languages, braille, large print, audio, auxiliary aids and other formats at no cost to you. We strongly advise pre-scheduling interpreter services to ensure the availability of an Oregon Qualified or Certified interpreter. *In-person interpreters are available upon request.*



Sign Language

Umpqua Health

Customer Care via Linguava

Phone: (541) 229-4842 Email: <u>UHCustomerCare@umpquahealth.com</u>

► ASL patients contact us to schedule a Listening Device Tablet.

All Hands

Phone: (541) 729-7111

Spoken Language



Umpqua Health

Customer Care via Linguava or OCIN

Phone: (541) 229-4842 Email: <u>UHCustomerCare@umpquahealth.com</u>

Spanish Interpreter

Phone: (541) 537-2553 Email: <u>anavazquez1980</u> @gmail.com

Contact Us

Monday – Friday, 8:00AM – 5:00PM

Phone: 541-229-4842 **Toll free:** 866-672-1551 **TTY:** 541-440-6304 | 711

Email: <u>UHCustomerCare@</u> <u>umpquahealth.com</u>

Website:

www.umpquahealth.com

Address:

3031 NE Stephens Street, Roseburg, OR 97470

Member Handbook:

UHA Member Handbook



Interpreter Services

Los miembros del Plan de Salud de Oregon (OHP) tienen derecho a un intérprete gratuito.

¿Qué es un intérprete? Una persona que habla dos o más idiomas y ayuda al paciente a comunicarse y entender al médico y al personal médico.

¿Necesita un intérprete? Informe al consultorio de su médico que necesita un intérprete para sus citas médicas.

¿Tiene preguntas o inquietudes? Comuníquese con el Servicio de Atención al Cliente de UHA al (541) 229-4842 o en uhcustomercare@umpquahealth.com.

¡Comparta su experiencia! Cuéntenos su experiencia con los servicios de interpretación escaneando el siguiente código QR y respondiendo a una encuesta.

Oregon Health Plan (OHP) cov tswv cuab muaj cai rau ib tug neeg txhais lus dawb-ntawm-tus nai.

Tus neeg txhais lus yog dab tsi? Tus neeg uas hais ob hom lus los sis ntau hom lus thiab pab tus neeg mob sib txuas lus thiab nkag siab lawv tus kws kho mob thiab cov neeg ua hauj lwm kho mob.

Koj puas xav tau tus neeg txhais lus? Qhia rau koj tus kws kho mob qhov chaw hauj lwm tias koj xav tau tus neeg txhais lus rau koj qhov kev teem caij kho mob.

Cov lus nug los sis kev txhawi xeeb? Hu rau UHA's Lub Chaw Saib Xyuas Tus Neeg Qhua ntawm (541) 229-4842 los sis uhcustomercare@umpquahealth.com.

Qhia koj qhov kev paub! Qhia rau peb txog koj lis kev paub dhau los nrog kev pab cuam tus neeg txhais lus los ntawm kev luam theej daim duab QR hauv qab no thiab ua daim ntawv ntsuam xyuas.

Участники программы Oregon Health Plan (OHP) имеют право на бесплатного переводчика.

Что представляет собой переводчик? Это человек, говорящий на двух или более языках и помогающий пациенту общаться и понимать своего врача и медицинский персонал.

Вам нужен переводчик? Сообщите в кабинете врача, что для медицинской консультации вы нуждаетесь в переводчике.

Вопросы или проблемы? Свяжитесь с отделом по работе с клиентами UHA по телефону (541) 229-4842 или uhcustomercare@umpquahealth.com.

Поделитесь своим опытом! Расскажите нам о своем опыте использования услуг переводчика, отсканировав приведенный ниже QR-код и пройдя опрос.

오리건주 건강 보험(Oregon Health Plan, OHP) 가입자 는 무료 통역사 서비스를 이용할 수 있습니다.

통역사는 어떤 일을 하나요? 두 가지 이상의 언어를 구사하여 환자와 의사 및 의료진 간 의사소통을 돕는 일을 합니다.

통역사가 필요하신가요? 진료 예약을 위해 통역사가 필요하다고 병원에 말해 주세요.

문의 사항이나 기타 용무가 있으신가요? UHA 고객 센터 (541) 229-4842로 전화하거나 <u>uhcustomercare@umpquahealth.com</u>을 통해 문의하세요.

여러분의 후기를 들려주세요! 아래 QR 코드를 스캔하고 설문조사를 작성하여 통역사 서비스 이용 경험을 들려주세요.

Anggota Oregon Health Plan (OHP) na hak keu interpreter hana biaya.

Peue nyan interpreter? Ureueng nyang meututoe dua atawa leubeh basa, geutulông pasien peugah haba ngon meuphom dokter ngon staf medis.

DNeupeulee awak interpreter? Peugah bak kanto dokter bahwa Droeneuh perle interpreter untuk janji medis droeneuh.

Pertanyaan atawa Kebimbangan? Hubungi UHA's Customer Care bak (541) 229-4842 atawa <u>uhcustomercare@umpquahealth.com</u>.

Peudeuh pengalaman droeneuh! Peugah bak kamoe pengalaman droeneuh ngon layanan interpreter ngon cara ne scan kode QR di miyueb nyoe ngon neuget survei.

May karapatan sa isang interpreter ang mga miyembro ng Planong Pangkalusugan ng Oregon (Oregon Health Plan, OHP) nang walang bayad.

Ano ang isa interpreter? Isang taong nagsasalita ng dalawa o higit pang wika at tumutulong sa pasyente na makipag-usap at maunawaan ang kanilang doktor at mga medikal na tauhan.

Kailangan mo ba ng isang interpreter? Sabihin sa tanggapan ng iyong doktor na kailangan mo ng interpreter para sa iyong mga medikal na appointment.

Mga tanong at alalahanin? Makipag-ugnayan sa Customer Care ng UHA sa (541) 229-4842 o <u>uhcustomercare@umpquahealth.com</u>.

Ibahagi ang iyong karanasan! Sabihin sa amin ang iyong karanasan sa mga serbisyo ng interpreter sa pamamagitan ng pag-scan ng QR code sa ibaba at paglahok sa survey.





Care Coordination

Care Coordination is like having someone who looks out for you and helps you manage your health. We assist with finding local resources, navigating the health care system, setting up doctor appointments, understanding health conditions, getting a ride to medical appointments, and much more!

- General Case Management
- Hepatitis C Case Managers
- Transitions of Care Team
- Pregnancy Services & Support
- Chronic Care Team
- Health Related Social Needs

Case Management & Intensive Coordination

Our General Care Coordination team can...

- Help make doctor appointments
- Help with food and housing
- Help get rides to your doctor
- Find local help

Our team experts include:

- Registered Nurses
- Social Workers
- Respiratory Therapist
- Care Coordinators
- Intensive Care Coordinators
- Traditional Health Workers

Umpqua Health

Case Management
Phone: 541-229-4842
Toll free: 866-672-1551

TTY: 541-440-6304 | 711



umpquahealth.com/ case-management/



PHARMACY SERVICES

We are committed to providing appropriate, high-quality, and cost-effective medication therapy to our members. We also provide clinical services to help members and providers manage medication therapy.

90-Day Medication Supply

We can assist you in setting up an account or working with your provider to ensure you get a 90-day medication supply. Get most medications at any contracted retail or mailorder pharmacy. Excludes specialty meds and narcotics. Enjoy the convenience of fewer pharmacy trips!

Umpqua Health

Customer Care

Monday – Friday, 8:00AM – 5:00PM

Phone: 541-229-4842 Toll free: 866-672-1551

TTY: 541-440-6304 | 711



umpquahealth.com/pharmacy-services/

Email: <u>UHPharmacyServices</u> @umpquahealth.com

Website:

www.umpquahealth.com

Mail Order Prescriptions

Umpqua Health Alliance (UHA) has mail order pharmacy options to deliver prescription medications through the mail directly to the comfort of your home.

For assistance, contact **Postal Prescription Services (PPS)** at 800-552-6694.

1

Create Online Account:

- 1. Visit the Postal Prescription Service website www.ppsrx.com
- 2. Create an account
- 3. Enter email address and create a secure password
- 4. Select "Create Account"

2

Set-Up & Access Information:

- 5. Now that you have an PPS account, select "Add a Patient"
- 6. Fill out a request form, select "Request New Patient"
- 7. Set up your patient profile and request your first prescription fill(s)
- 8. Use your PPS prescription number and select, "Add Online Prescription Management"

3

Order Prescriptions:

9. Select "Add a Prescription" to request a new prescription from your doctor or a transferred prescription from another pharmacy

Your doctor can send a new prescription to PPS by electronic prescribing, fax, phone, or mail.

Allow 3-5 business days for PPS to obtain your prescription(s). Refills will be sent as soon as the prescriptions are received.

Medical Transportation

Umpqua Health Alliance provides Non-Emergency Medical Transportation (NEMT) through Bay Cities Brokage (BCB).

Contact BCB at least two business days in advance to arrange your transportation based on your medical condition at the time of the appointment; bus tickets/passes, car, taxi, van, wheelchair van or stretcher van.



Phone: 877-324-8109

TTY: 711

Email: support@bca-ride.com

Website: bca-ride.com



Gas Mileage Reimbursement

Get mileage reimbursement for driving yourself or having a friend or family member drive you to approved medical appointments.

- 1. Fill out reimbursement form
- 2. Bring form to your appointment
- 3. Obtain physicians signature
- Upon completion, return form by mail Bay Cities Brokerage 3505 Ocean Blvd SE, Coos Bay OR 97420

Form must be sent within 45 days from the appointment. Upon receiving, allow 30 days for reimbursement processing.

Umpqua Health

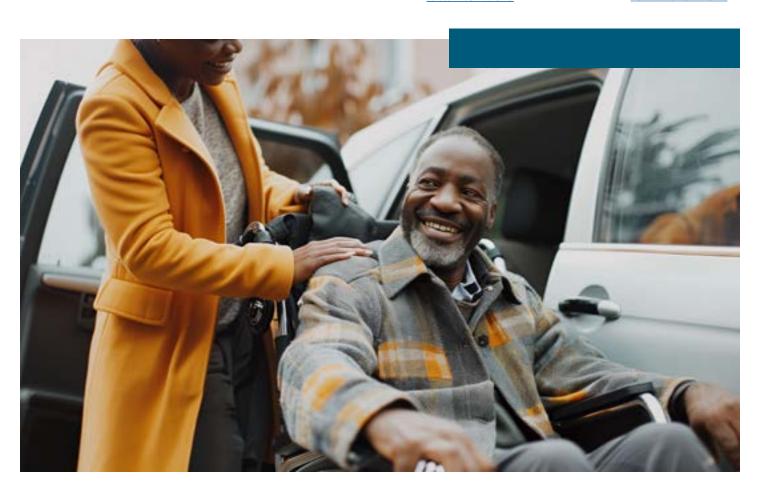
Customer Care

Phone: 541-229-4842 Toll free: 866-672-1551 Website: <u>bca-ride.com/</u>

uha-members



<u>UHA Gas Mileage</u> Reimbursment Form



Gym Membership

Enrich your life with a healthy outlet, we offer Umpqua Health Alliance members a free YMCA gym membership.

Joining the Y means you are part of something greater than just a fitness facility. You become part of a movement dedicated to nurturing the potential of children, enhancing health and well-being, and giving back to the community. Your membership provides you and your neighbors with the opportunity to learn, grow, and thrive together.

Take full advantage of the benefits:

- A wide variety of exercise and water aerobics classes.
- Sports, preschool, child care, and personal training.
- Fitness equipment orientations for adults and youth.

YMCA (Roseburg, OR) 1151 NW Stewart Pkwy, Roseburg, OR 97471

Phone: 541-440-9622

Website:

ymcaofdouglascounty.org

Membership Desk: Monday - Friday 8am - 7:30pm Saturday 8am - 11:30am

Facilities: Monday - Friday 5am-8pm Saturday 8am-5pm Sunday - Closed

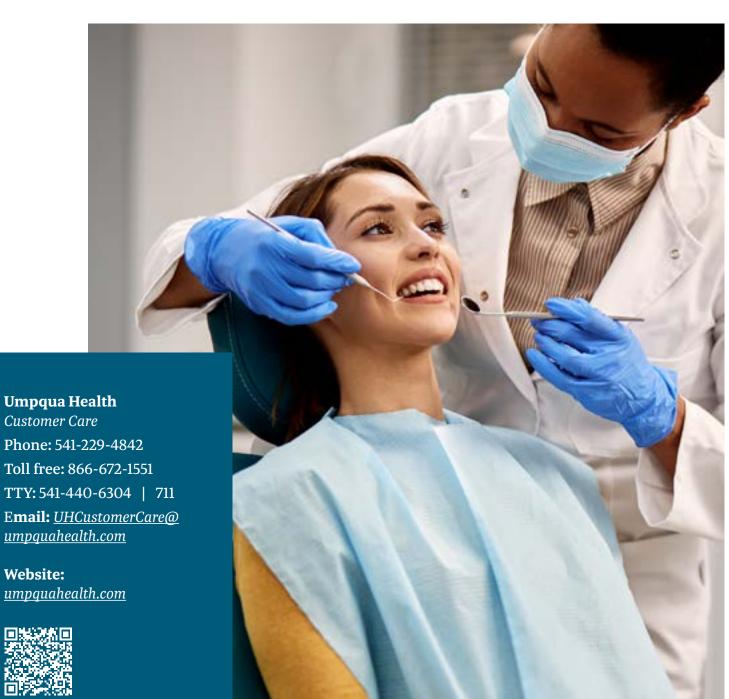


<u>UHA Fitness</u> <u>Membership</u>



Dental Coverage

Umpqua Health Alliance members with dental coverage under Care Coordination Organizations (CCOA, CCOG, or CCOF plans) are eligible for annual oral exams and regular teeth and mouth check-ups with your Primary Care Dentist (PCD). Members under 19 years of age can receive exams twice a year.





Website:

UHA Members Handbook



988 LIFELINE

You are not alone. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, caring counselors are available for you 24/7/365. Conversations are free and confidential.

988 Lifeline

Phone: 988

Chat: 988

Website: 988lifeline.org



988lifeline.org

adapt Integrated Health Care

Same-day walk-in access to behavioral health crisis services is available Monday-Friday, 8 AM to 5 PM. Mental Health Crisis Counselors can respond immediately to help de-escalate situations and prevent arrest, available 24/7.

Adapt Integrated Health Care

24-Hours: 800-866-9780

Crisis Line: 541-440-4471

Phone: 541-440-3532



adaptoregon.org

COMPLAINTS, GRIEVANCES, APPEALS AND FAIR HEARINGS

At Umpqua Health Alliance, we prioritize your health and if you need to appeal a decision, share a complaint, file a grievance, or request a hearing. We are here to assist you with any concerns regarding your care.

We can provide:

- Help from a qualified communy health worker or care coordination service
- Interpreter services or auxiliary aids
- Additional language and communication formats

Appeals Explained:

A Notice of Adverse Benefit Determination (NOABD) is a denial letter that tells you about our decision to deny, stop, or reduce a medical, dental and/or behavioral health service.

If you disagree with our decision, you have 60 days from the date you received the denial letter (NOABD) to ask us to change it. You must get a denial letter before you can ask for an appeal.

If you haven't received a letter or your provider tells you that you can't receive a service or have to pay for it, request a denial letter (NOABD) from Umpqua Health (UH).



Written Request:

Form 3302 is a formal request for an appeal, which can be completed by a provider, member, or authorized representative; however, it must include a valid member signature.

To support your appeal, provide legal and factual arguments through personal or written testimony. Appeal requests can be emailed, faxed, mailed or hand delivered to Umpqua Health.

Email: UHAGrievance@umpquahealth.com

Fax: 541-677-5881

Mail: Umpqua Health Alliance
Attn: Grievance and Appeals,

3031 NE Stephens Street, Roseburg, OR 97470

In Person: 3031 NE Stephens Street, Roseburg, OR 97470 (*Upstairs*)

For More Information:

UHA Customer Care Team

Monday – Friday, 8:00AM – 5:00PM

Phone: 541-229-4842

Toll free: 866-672-1551

TTY: 541-440-6304

Fax: 541-677-5881

Email: <u>UHAGrievance@</u> <u>umpquahealth.com</u>

Write:

Attn: Grievance & Appeals, 3031 NE Stephens Street, Roseburg, OR 97470 Website:

umpquahealth.com/ appeals-and-grievances





OHP Client Services Unit Phone: 800-273-0557

OHA's Ombudsperson Phone: 503-947-2346 Toll Free: 877-642 -0450

Verbal Request:

As a member you may call Umpqua Health Alliance to provide a verbal request for an appeal. A request received from a provider or representative without member's permission cannot be processed.

A notice letter will be sent to the adress on file and indicate the appeal is invalid without permission.

Umpqua Health Alliance

Grievance & Appeals

Phone: 541-229-4842 **Toll free:** 866-672-1551 **TTY:** 541-440-6304 | 711

Under Review:

When an appeal request is made by a member or with their consent, a clinical expert will review the original decision by examining the relevant medical records and service requests. A decision on the standard appeal will be provided within 16 days.

You can provide any additional information that might assist in making a decision.

If additional time is needed the timeframe can be extended by 14 days and efforts will be made to inform you verbally. A written notice will be sent to the address on file, explaining the reason for the extension. If you disagree, you have the right to file a grievance.

Expedited Appeals:

An expedited appeal can be requested if the member or their provider believes that waiting for a standard appeal could seriously put your life, health, or ability to function in danger.

We will call you and send you a letter, within 1 business day, to let you know we have received your request for a fast appeal.

A decision will be made as quickly as your health requires, and it will take no longer than 72 hours from the time the appeal request is received.

Efforts will be made to contact both the member and their provider by phone to communicate the decision and a written decision will be provided.

Decision Notice:

Once the review is complete, a decision notice will be sent in writing. This notice is referred to as a Notice of Appeal Resolution (NOAR). A hearing request form will also be attached in case the member does not agree with the outcome.

For More Information:

UHA Customer Care Team Monday – Friday, 8:00AM – 5:00PM

Phone: 541-229-4842

Toll free: 866-672-1551

TTY: 541-440-6304 Fax: 541-677-5881 Email: <u>UHAGrievance@</u> <u>umpquahealth.com</u>

Write: Attn: Grievance & Appeals, 3031 NE Stephens Street, Roseburg, OR 97470 Website:
<u>umpquahealth.com/</u>
<u>appeals-and-grievances</u>





OHP Client Services Unit Phone: 800-273-0557

OHA's Ombudsperson Phone: 503-947-2346 Toll Free: 877-642 -0450

Still don't agree?:

You have the right to ask the state of Oregon to review the appeal decision. You or someone with written permission to speak for you, a doctor or an authorized representative can request a hearing within 120 days from the date of the appeal decision letter (NOAR).

At the hearing, you can tell the Oregon Administrative Law judge why you do not agree with our decision about your appeal. The judge will make the final decision.

You can request an expedited hearing, and the state will decide if you can have it within two working days upon receiving your request.

Hearing requests (once the appeal process has been exhausted) can be emailed, faxed, mailed or hand delivered to the Oregon Health Authority.

Oregon Health Authority (OHA)

Medical Hearings

500 Summer St NE E49 Salem, OR 97301

Fax: 503-945-6035

Phone: 800-273-0557

Grievances:

If you are unhappy with our medical care and feel you were not treated with respect or did not receive the quality of care you deserve, you can bring this to our attention by filing a complaint. *With the exception to denied service cases.

You will be asked to provide additional information and we will reach out to those involved in the complaint.

Efforts will be made to gather all the relevant facts regarding the issue and resolve within five working days. If a grievance requires expedited review, and meets criteria, a resolution will be provided within 72 hours.

Ultimately, we will work to resolve the complaint within 30 days. We will attempt to communicate the resolution by both phone and mail. If you are not satisfied with how the grievance was handled, you can contact OHP Client Services or an OHA Ombudsperson. The Ombuds are advocates for OHP members and they will do their best to help you.

Oregon Health Plan (OHP)

Client Services Unit (CSU)

Phone: 800-273-0557

Oregon Health Authority (OHA)

Ombudsperson

Phone: 503-947-2346

Toll Free: 877-642 -0450

Email: OHA.OmbudsOffice @odhsoha.oregon.gov

For More Information:

UHA Customer Care Team Monday – Friday,

Phone: 541-229-4842

8:00AM - 5:00PM

Toll free: 866-672-1551

TTY: 541-440-6304

Fax: 541-677-5881

Email: <u>UHAGrievance@</u> <u>umpquahealth.com</u>

Write: Attn: Grievance & Appeals, 3031 NE Stephens Street, Roseburg, OR 97470 Website:
umpquahealth.com/
appeals-and-grievances





OHP Client Services Unit Phone: 800-273-0557

OHA's Ombudsperson Phone: 503-947-2346 Toll Free: 877-642 -0450

BETTER HEALTH FOR ALL



 HERO Kids does not offer training or guidance to EMS on managing complex medical or behavioral health needs in an emergency.

(HERO) HEALTH EMERGENCY READY OREGON

HERO Kids Registry is a voluntary, no-cost system that lets Oregon families share critical health information about their child or young adult (ages 0-26) before an emergency. The information can be quickly and easily accessed by emergency medical services (EMS) and hospital emergency department (ED) providers to give a head start on understanding their medical history and unique needs.

The information is helpful for medically complex children and young adults who experience chronic health conditions, developmental disabilities and/or mental or behavioral health conditions and may help them provide care or comfort, such as avoding flashing lights that may cause seizures.

The Registry is a secure, HIPAA-compliant database operated by HERO Kids Registry staff. Only parents, legal guardians, and young adults aged 15-26 can create, change or cancel a registration.



For More Information:

www.herokidsregistry.org herokids@ohsu.edu (833) 770-4376

HOW-TO BE A HERO:

Information:
Gather diagnoses, current
medications, allergies,
emergency protocol letter, and
history of recent procedures.

Registration:
Online (computer or tablet only)
at herokidsregistry.org

Paper alternative available
through email request at,
herokids@ohsu.edu

Activation:
HERO Kids Registry staff activate the registration.
If there is a problem, they will contact the parent or legal guardian.

Confirmation:
Family gets a confirmation
packet in the mail with a
welcome letter, Registry ID
stickers and a backpack tag with
ID number on it.

In an Emergency:
The person calling 911 provides
HERO Kids Registry ID number

HERO Kids Registry ID number, or indicates that the child or young adult is registered.

EMS and ED providers access key health information through a confidential provider line or from the Emergency Department Information Exchange (EDIE). Information is relayed by phone or secure fax in less than 90 seconds.



Hope, Health, Life,

Glide Town Hall

Presented by

KC Bolton, Aviva Health CEO, and Jeana Beam, Executive Director, Glide Revitalization

Who: Residents of Glide and surrounding communities

What: Aviva Health Glide Town Hall

When: Tuesday, Feb. 27, 2025 6:30 p.m. to 8 p.m.

Where: Glide Community Center

20062 N Umpqua Highway, Glide, OR 97443

Why: To share information about Aviva Health services in Glide

and have an open discussion with the community about

area needs

Agenda -

6:15-6:30 Doors Open

6:30-7:00 Welcome and complimentary community dinner

7:00-7:25 Introduction of Aviva Health staff and brief presentation

7:25-7:55 Comments and questions from community members

7:55-8:00 Raffle drawing and closing remarks

*Complimentary Dinner

*Free Raffle for 2 attendees to win a \$40 Gift Card to The Atom Bistro and Coffee or COHO PIZZA CO







THANK YOU

We work hard to deliver readily accessible, high quality healthcare for Douglas County residents and to improve the health and vitality of the communities we serve.

