

Starting with the Basics

Your Apple Health plan covers you for more than just primary care visits and trips to the hospital. Take advantage of the services below to create a happier, healthier you!

- Smoking, alcohol, or drug abuse addictions
- Transportation to appointments
- Paying for medications
- Dental & behavioral health services
- Children's health
- Pregnancy care & birth control



Health Plans

Amerigroup

- Customer Service: 1-800-600-4441
- 24-hour Nurse Helpline: 1-866-864-2544
- TTY: 1-800-855-2880

Molina Healthcare of Washington, Inc.

- Customer Service: 1-800-869-7165
- 24-hour Nurse Helpline: 1-888-275-8750
- TTY: 1-866-833-4703

UnitedHealthcare

- Customer Service: 1-866-633-2446
- 24-hour Nurse Helpline: 1-866-864-2544
- TTY: 1-800-855-2880

Check enrollment status or switch a health plan by calling 1-800-562-3022 or visit the Provider One Client Portal:
www.waproviderone.org/client

PCHS exemplifies a culture of community service.



**Peninsula
Community
Health
Services**

PCHS Office: 360-377-3776

Extended Hours Line: 360-475-3729

Nurse Advice Line: 866-418-2920

www.pchsweb.org

Almira

Medical, Dental

5455 Almira Drive NE, Bremerton, WA 98311

Franklin

Medical

627 West Franklin Street, Shelton, WA 98584

Port Orchard

Dental

1950 Pottery Ave, Suite 170, Port Orchard, WA 98366

Medical, Pharmacy, Behavioral Health

320 South Kitsap Blvd, Port Orchard, WA 98366

Poulsbo

Dental

19705 Viking Avenue NW, Suite 201, Poulsbo, WA 98370

Medical, Pharmacy, Behavioral Health 19917 7th

Avenue,

Suite 206,

Poulsbo, WA 98370

Wheaton Way

Medical, Pharmacy, Behavioral Health

2508 Wheaton Way, Bremerton, WA 98310

Belfair

Medical, Dental, Pharmacy, Behavioral Health

31 NE State Route 300, Suite 200, Belfair, WA 98528

Kingston

Medical, Behavioral Health

25989 Barber Cut Off Road NE, Kingston, WA 98346

Sixth Street

Medical, Dental, Pharmacy, Behavioral Health

616 6th Street, Bremerton, WA 98337

Silverdale

Medical, Dental, Behavioral Health

3100 Northwest Bucklin Hill Road, Suite 202, Silverdale, WA 98383

Key Peninsula

Medical, Dental Behavioral Health, Pharmacy (Drive-Thru)

11901 137th Ave. Ct. NW, Suite A, Gig Harbor, WA 98329



**Peninsula
Community
Health
Services**

Your Patient-Centered Health Home



Apple Health
Integrated Managed Care



Learn how to make an appointment & take care of yourself with your Apple Health insurance plan:

www.pchsweb.org

Preventative Care

Your PCHS Primary Care Provider (PCP) is your first choice for care. Your PCHS PCP knows your history and wants to work with you to keep you healthy. We offer appointments for:

- Allergy & physical examinations
- Depression & anxiety counseling
- Medication assisted treatment for addiction
- Healthy lifestyle counseling
- High blood pressure
- Sexually transmitted diseases
- Rashes & asthma
- Immunizations
- Headache, cold, cough, flu,
- Pregnancy
- Health & cancer screenings

American Indians/Alaska Natives

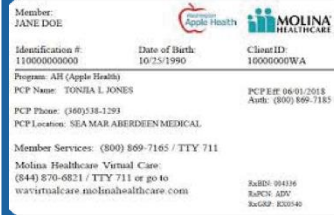
American Indians & Alaska Natives, including those who have Indian Health Services, can apply for Apple Health coverage. You may be required to provide income information & tribal membership documents. Call your tribal clinic or Washington Health Plan Finder if you have questions about applying.

Prescriptions

Many common drugs are covered under the Apple Health plan. Check with our pharmacy staff to see the cost of a prescription before getting it filled. Always confirm your prescription details with your health care provider and your pharmacist. If you have questions, make sure to ask them before you leave.

Pharmacists and your health care providers are here to help you with improving and maintaining your health.

It is important to follow your prescription instructions exactly



Two Cards?

Yes! Bring your blue ProviderOne Services Card & your health plan ID card to all appointments.

Lost or Stolen Card?

If your ProviderOne card is ever lost or stolen, call 1-800-562-3022, ext. 16131 for a replacement card. To replace your health plan ID card, call the health plan's phone number in this brochure.

Change in Income?

If you begin making \$150 more or less per month over two months, call Washington Health Plan Finder at 1-800-855-WAFINDER or www.wahealthplanfinder.org

Covered Every Year!

The Health Care Authority (HCA) will automatically renew your coverage each year based on qualifying criteria. An HCA representative will be in contact if additional information is needed.

Dental & Vision

Apple Health covers yearly dental exams, x-rays, & cleanings for adults & children.

For information about dental benefits, call 1-800-562-3022.

Apple Health covers eye exams for children & adults. Call your health plan for specific coverage on glasses & contacts

Urgent Care

Seek an urgent care if you are in need of medical attention after PCHS clinic hours. Most Urgent Walk-ins are always welcome.

Go to an Urgent Care for the following:

- Sore throat, cold, cough, flu, & fever
- Dislocated joints, sprains, & possible fractures
- Abscesses that look like big spider bites
- Wounds that will not heal
- Diarrhea & vomiting
- Minor animal bites
- Painful urination
- MRSA infections
- Asthma attack
- Lice or scabies
- Ear infection
- Pink Eye



Emergency Care

Seek the nearest hospital emergency room or call 911 for a serious, life-threatening medical emergency.

Go to an emergency room for the following:

- Head & eye injuries
- Swallowed or stuck objects in the body
- Stabbing or gunshot
- Leg swelling with heat & pain
- Dizziness that does not go away
- Heart beating too hard, fast, or skipping beats
- After any serious accident
- Newborn with fever
- Severe bleeding
- Trouble breathing
- Slurred speech, weakness on one side
- Extreme pain in chest or stomach
- Broken bones or burns
- Seizures

