

## 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

### Community Health Plan of Washington

- Customer Service: 1-800-440-1561
- 24-hour Nurse Helpline: 1-866-418-2920
- TTY: 1-800-440-1561 (Dial 711)

### Coordinated Care

- Customer Service: 1-877-644-4613
- 24-hour Nurse Helpline: 1-877-644-4613
- TTY: 1-866-862-9380

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](http://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](http://www.pchsweb.org)

### Agape

#### Behavioral Health

4841 Auto Center Way, Suite 203,  
Bremerton, WA 98312

### Belfair

#### Medical, Dental, Pharmacy, Behavioral Health

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

### Clare Avenue

#### Medical, Pharmacy, Behavioral Health

2720 Clare Avenue,  
Bremerton, WA 98310

### Key Peninsula

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

11901 137<sup>th</sup> Ave. Ct. NW,  
Suite A, Gig Harbor, WA  
98329

### Port Orchard

#### Dental

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

#### Medical, Pharmacy, Behavioral Health

320 South Kitsap Blvd,  
Port Orchard, WA 98366

### Silverdale

#### Medical, Dental, Behavioral Health

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

### Almira

#### Medical, Dental

5455 Almira Drive NE, Bremerton, WA  
98311

### Children's Clinic

#### Behavioral Health, Medical

9951 Mickelberry Road NW,  
Ste 101,  
Silverdale, WA 98383

### Franklin

#### Medical

627 West Franklin Street,  
Shelton, WA 98584

### Kingston

#### Medical, Behavioral Health

25989 Barber Cut Off Road NE, Kingston, WA  
98346

### Poulsbo

#### Dental

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

#### Medical, Pharmacy, Behavioral Health

19917 7th Avenue, Suite 206,  
Poulsbo, WA 98370

### Sixth Street

#### Medical, Dental, Pharmacy, Behavioral Health

616 6th Street,  
Bremerton, WA 98337



**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](http://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,
- Health & cancer screenings

## American Indians/Alaska Natives

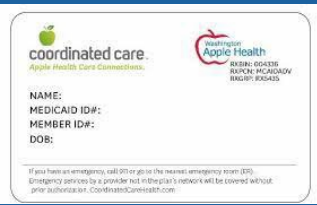
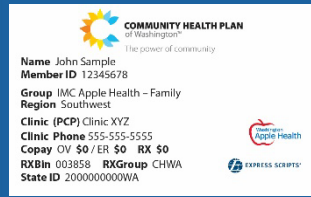
American Indians & Alaska Natives, including those who have Indian Health Services, can apply for Apple Health coverage. You may be required to provide income information & tribal membership documents. Call your tribal clinic or Washington Health Plan Finder if you have questions about applying.

# 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](http://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 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

