

Ways to connect with us about your medical, food, cash and child care benefits!



Online



- Visit us online at benefits.oregon.gov.
 - Create or login to your ONE Online account in English or Spanish.
 - Get the free Oregon ONE Mobile app in English or Spanish at bit.ly/ONEMobileApp.

In Person



- Visit a local office. Interpreters are available.
- Visit an Oregon Health Plan community partner for help with medical benefits: bit.ly/ohplocalhelp.

Phone



- Call us at the ONE Customer Service Center: 1-800-699-9075. Monday through Friday, 7 a.m. to 6 p.m., Pacific Time. All relay calls accepted. Help is available in many languages.
- Use one of the 16 toll-free Help in Your Language lines to connect with us in the language you choose.
- Call a local office. Visit bit.ly/ONEOfficeFinder to find an office.
- Call an Oregon Health Plan community partner for help with medical benefits. Visit bit.ly/ohplocalhelp.

By Mail or Fax



- Send mail to: ONE Customer Service Center, PO Box 14015, Salem, OR 97309.
- Fax to 503-378-5628.

You can get this document in other languages (bit.ly/ONEHelpInYourLanguage), large print, braille or a format you prefer free of charge. Contact us at ONE.Communications@odhsoha.oregon.gov.



Scan the QR code to find locations and phone numbers for getting in-person help.

You can apply for benefits online, by phone or in person. Know what information you may need before you apply: bit.ly/ONEApplicationinfo