

# 生活就是这样。 让我们为您提供保障。

相信我们能帮助您找到最适合您的健康需求、预算和位置的计划。



## Oregon Health Plan (OHP)

俄勒冈州健康计划升级版 (Oregon Health Plan, 简称“OHP”) 可供低收入儿童和成人选择，无论其移民身份状态如何。保险是免费的，包括心理健康、常规牙科和身体健康。



## OHP Bridge

俄勒冈州健康计划桥梁 (Oregon Health Plan Bridge, 简称“OHP Bridge”) 现在可供收入高于俄勒冈州健康计划升级版 (OHP) 的收入限制的成人选择。该保险是免费的，内容与俄勒冈州健康计划升级版 (OHP) 类似。



## 市场健康保险

医疗保险市场 (Marketplace) 的健康保险可供选择——通常可以获得经济援助。您的费用取决于您的收入、年龄、居住地和您选择的计划。

**请访问网站 [OregonHealthCare.gov](https://OregonHealthCare.gov) 查看您可以获得哪些保险。**

无论哪个保险选项适合你，您都可以放心，它将在您需要时为您提供保障。通过俄勒冈州健康计划升级版 (OHP)、俄勒冈州健康计划桥梁 (OHP Bridge) 和医疗保险市场 (Marketplace) 提供的所有保险计划均涵盖以下内容：

- 疫苗接种
- 健康检查和预防性护理
- 产妇和新生儿护理
- 心理健康护理和药物滥用治疗
- 处方药保险
- 生殖健康服务

通过俄勒冈州健康计划升级版 (OHP) 和俄勒冈州健康计划桥梁 (OHP Bridge) 提供的所有护理都是免费的。医疗保险市场 (Marketplace) 的计划可能要承担部分费用。

## 提供免费的本地帮助。

想要帮助来开始和申请保险？不确定如何申请或哪个计划最适合您？

您附近的健康保险专家可为您提供本地帮助 – 而且所有帮助都是免费的！请访问网站 [OregonHealthCare.gov](https://OregonHealthCare.gov) 查找一个本地专家。

**参加 2025 年 11 月 1 日至 2026 年 1 月 15 日的 2026 年市场保险，或在重大生活变化后 60 天内参加。**



# Life happens. Let's get you covered.

Count on us to help you find the best plan for your health needs, budget and location.



## Oregon Health Plan (OHP)

**OHP** is available to low income kids and adults regardless of immigration status. Coverage is free and includes mental health, routine dental, and physical health.



## OHP Bridge

**OHP Bridge** is available to adults with income above OHP Plus income limits. Coverage is free and similar to OHP Plus.



## Marketplace Health Coverage

**Marketplace health coverage** is available - often with financial help. Your cost depends on your income, age, where you live, and the plan you choose.

**See what coverage you can get at  
[OregonHealthCare.gov](https://OregonHealthCare.gov).**

No matter what coverage option is available to you, you can count on coverage that will be there when you need it. All plans available through OHP Plus, OHP Bridge, and the Marketplace cover:

- Immunizations
- Wellness check-ups and preventive care
- Maternity and newborn care
- Mental health care and substance abuse treatment
- Prescription drug coverage
- Reproductive health services

All care through OHP Plus and OHP Bridge is free. Cost sharing may apply to Marketplace plans.



**Free local help is available.**

Want help getting started and applying for coverage? Not sure how to apply or what plan is best for you?

Local help is available from health coverage experts near you - and all help is free! **Find a local expert at [OregonHealthCare.gov](https://OregonHealthCare.gov).**

**Enroll Nov. 1, 2025  
– Jan. 15, 2026 for  
2026 Marketplace  
coverage — or within  
60 days of a major  
life change.**

