

# HELPFUL TRANSITION-AGED YOUTH REFERENCES

- **Optum Idaho** – [optumidaho.com](https://optumidaho.com)
  - » Optum Idaho Member Access and Crisis Line is available 24/7 at **1-855-202-0973** or at TDD/TTY: **711**
- **Idaho Department of Health and Welfare (IDHW)** – [healthandwelfare.idaho.gov](https://healthandwelfare.idaho.gov)
  - » IDHW “About Us” – <https://dhwblog.com/about-the-idaho-department-of-health-and-welfare/>
  - » IDHW Services and Programs – <https://healthandwelfare.idaho.gov/services-programs/medicaid-health/about-medicaid-adults>
  - » IDHW “Contact Us” page – <https://healthandwelfare.idaho.gov/contact-us>
  - » IDHW Offices page – <https://healthandwelfare.idaho.gov/offices>
  - » Medicaid application – <https://publicdocuments.dhw.idaho.gov/WebLink/DocView.aspx?id=3174&dbid=0&repo=PUBLIC-DOCUMENTS&cr=1>
- **Idalink** – To view your Medicaid benefits, register and/or login at [idalink.idaho.gov](https://idalink.idaho.gov)
- **Idaho Careline** – By phone by dialing **211** or online at <https://211-idaho.communityos.org/aboutus>
- **Provider List in Your Area** – <https://www.liveandworkwell.com/content/en/public.html>
- **Idaho Medicaid Offices** – Statewide number: **1-877-456-1233**
- **Idaho Medicaid Health Plan Booklet** – <https://healthandwelfare.idaho.gov/sites/default/files/2020-08/Idaho%20Health%20Plan%20English.pdf>