



## Cal MediConnect Health Plan Options and Changes in your Medi-Cal Health Plan

### Who to Call for Help or More Information In San Mateo County

Call the Participating Health Plan Below:

Health Plan of San Mateo ☎ 1-800-750-4776

- To see if your doctors and other health providers are in the plan's network
- To find a new doctor or other provider
- To make sure your current medications are covered
- If you need help with health issues
- If you need transportation to get to your appointments
- If you need more help to stay healthy and at home

Health Insurance Counseling and Advocacy Program (HICAP) ☎ (650) 627-9350

- To learn more about your Medicare options
- For free, individual counseling help in deciding which Medicare and Medi-Cal options best meet your needs

Health Care Options ☎ 1-844-580-7272 TTY 1-800-430-7077

- For information and help to enroll in, change, or leave a health plan

Cal MediConnect Ombudsman ☎ 1-855-501-3077

- If you have a complaint or problem that your health plan has not been able to resolve to your satisfaction

Medicare ☎ 1-800-633-4227 TTY 1-877-486-2048 Visit [www.medicare.gov](http://www.medicare.gov)

- For information about the health plan options in your county
- To check the prescription drugs covered