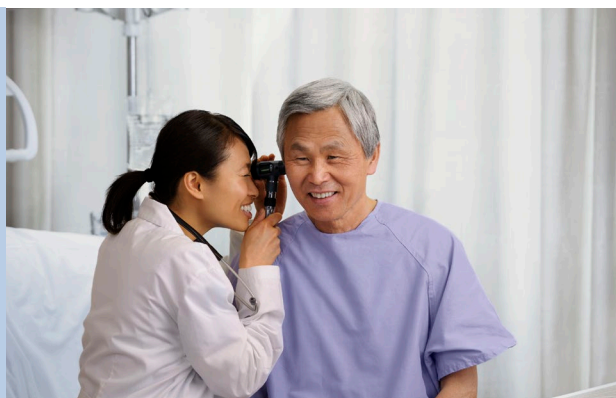


If you have both Medicare and Medi-Cal, find out more about Cal MediConnect, an alternative health plan.



**CalMediConnect**  
Your choice for complete care



## How does a Cal MediConnect plan in Los Angeles County help me?

- One health plan will provide your Medicare and Medi-Cal benefits.
- Your doctors, pharmacists and other providers will coordinate your care together to help you stay healthy.
- You will receive a complete assessment of your needs, preventive care, and services in your home and community whenever possible, instead of in emergency rooms, hospitals and nursing homes.
- Your quality of care should improve; coordinating your care will increase the focus on your wellness and reduce unnecessary tests and medications.
- You will receive additional benefits, including vision coverage and care coordination.

### To enroll in a plan, call:

Health Care Options      1-844-580-7272  
TTY: (800) 430-7077

**To find out if your doctor, hospital or other provider is in the Cal MediConnect network, call the Cal MediConnect health plans in your county:**

Anthem Blue Cross Cal MediConnect	1-888-350-3447
Blue Shield of California Promise Health Plan	1-888-905-3825
Health Net Cal MediConnect	1-888-788-5395
L.A. Care Cal MediConnect	1-888-522-1298
Molina Dual Options	1-855-665-4627

# Where Can I Go for More Help?



## **For Free and Individualized Assistance About Your Options:**

Call the Health Insurance Counseling and Advocacy Program (HICAP)

(213) 383-4519  
TTY: 711

## **If you are in a Cal MediConnect Plan and Need Further Assistance:**

The Cal MediConnect Ombudsman Program assists enrollees in navigating issues and filing appeals and complaints where needed.

The Cal MediConnect Ombudsman also:

- Investigates, negotiates, and resolves enrollee problems/complaints with Cal MediConnect plans;
- Refers enrollees to relevant entities and programs as needed, including but not limited to: the Department of Managed Health Care (DMHC), Health Insurance Counseling and Advocacy Programs (HICAPs), State Protection and Advocacy Programs, Aging and Disability Resource Centers (ADRCs), Consumer Assistance Programs, Legal Services Programs.

Call the Cal MediConnect Ombudsman Program

(855) 501-3077