Do you have Medicare and Medi-Cal?

If so, you can combine all your Medicare and Medi-Cal benefits under one health plan called **Cal MediConnect**. You can continue seeing your doctors and specialists if they work with a Cal MediConnect plan.

**Benefits of Joining Cal MediConnect**

- You’ll **only have one card** to present at medical appointments and **one phone number** to call for help
- Your Long-Term Services and Supports (including IHSS) **stay exactly the same**
- **Extra vision benefits** - some plans give extra dental benefits
- You’ll have access to a **care coordinator**

**Each Cal MediConnect Plan Covers:**

- ✓ All Medicare (Parts A, B, and D) and Medi-Cal services under one plan
- ✓ Your **Long-Term Services and Supports (LTSS)**, also coordinated by the plan

Long-Term Services and Supports include:

- Community-Based Adults Services (CBAS)
- In-Home Supportive Services (IHSS)
- Multipurpose Senior Services Program (MSSP)
- Nursing home care

**How Can a Care Coordinator Help Me?**

A care coordinator is a social worker or nurse who helps you manage your health care services and suggests other support that may be helpful.

Your care coordinator can:

- **get referrals** from your primary care doctor to see specialists
- **set up continuity of care** so you can see your important out-of-network providers for a limited time
- **help arrange for transportation** to medically-related appointments
- **connect you to Long-Term Services and Supports** if you qualify
- **assist you with finding services and products** (grab bars, wheelchairs, etc.) that can help you live more independently
Cal MediConnect Health Plan

CalOptima OneCare Connect
1-855-705-8823
TTY: 1-800-735-2929
www.caloptima.org/en/ Members/OneCare.aspx

Additional Resources

CalDuals.org
info@calduals.org
www.calduals.org

For free, unbiased counseling to help you make a decision:
Health Insurance Counseling & Advocacy Program 1-714-560-0424

To enroll in a plan:
CalOptima 1-855-705-8823

If you have a problem with your OneCare Connect plan:
Cal MediConnect Ombudsman 1-855-501-3077