

Being a caregiver can be difficult, especially when your loved one has complex medical needs. But you don't have to be alone in coordinating their care. There is a new option that can provide relief called **Cal MediConnect**.

## Are You a Caregiver?

Many families, friends and neighbors help older, sick, or disabled family members and friends with every day chores and support. While some people receive care from paid caregivers, most rely on unpaid assistance from friends, family and neighbors like you. Caregivers often feel satisfaction and reward helping loved ones, but if the demands are heavy, over time the job can become stressful and exhausting.

The person you care for may have both Medicare and Medi-Cal health care plans. These patients, known as dual eligibles, often have higher health care needs and services and may face financial, cultural, or linguistic barriers when accessing health care. This unique population often places higher demands on their caregivers.

While caregivers do their best to coordinate care, many patients need additional help and support to improve their health and live more independently.

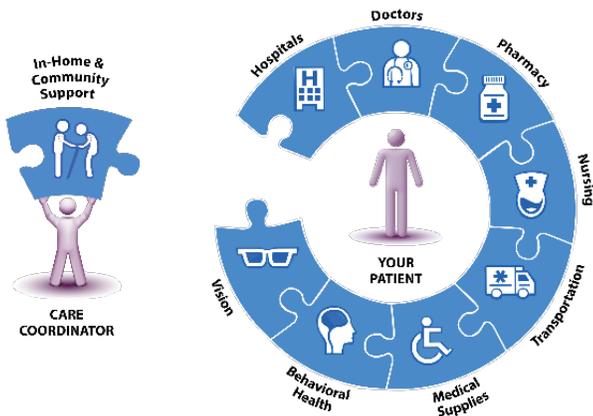


## You Are Not Alone

Cal MediConnect is a health care plan that provides all Medicare and Medi-Cal benefits in one plan, plus additional benefits such as care coordination, transportation to medical services, and vision benefits. These new plans make it simpler for your loved one to get the support and services they need.

Cal MediConnect health plans coordinate all health care needs for their patients, including; medical and vision care, mental health care, home- and community-based services (such as In-Home Supportive Services and adult day programs), prescription medicines, equipment and supplies, and substance abuse programs.

## You have the Support of a Care Team



Cal MediConnect health plans provide patients a personal Care Coordinator. This person can be a nurse or other health care professional who can help provide care management support and smooth flow of information between doctors, pharmacists, and other providers. The Care Coordinator serves as a key point of contact for the patient and makes sure the patient's doctors and health care providers are all on the same page.

## Cal MediConnect can be a Resource for You

Cal MediConnect plans recognize the key role that you play in helping your loved one stay healthy. You can participate on their interdisciplinary care team (if patient has given permission), have access to their Health Risk Assessment (HRA), and help your loved one stay on track with their individualized care plan. This can help you ensure your loved one gets all the care and supports they need to live safely in their homes and avoid unnecessary hospitalizations.

For example, the Cal MediConnect Care Coordinator can help:

- Arrange transportation to pick up prescriptions.
- Help you and your loved one follow through on their doctor's recommendations and care plan.
- Answer questions you or your loved one may have.
- Make sure your loved one returns for follow-up visits.
- Help with non-medical needs to help the patient get and stay healthy (like nutrition).

## How to Access These Extra Benefits

If someone you care for is interested in joining a Cal MediConnect plan, simply call **Health Care Options** at 1-844-580-7272 or call a **Cal MediConnect** plan directly.

More information and resources are available at [www.CalDuals.org](http://www.CalDuals.org) or [www.dhcs.ca.gov](http://www.dhcs.ca.gov). Please email [info@calduals.org](mailto:info@calduals.org) with any questions.