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

How Can a Care Coordinator Help Me?

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 benefits - some plans offer additional vision and/or dental benefits
► You’ll have access to a care coordinator
### Cal MediConnect Health Plans

**Anthem Blue Cross**  
Cal MediConnect  
1-888-350-3447  
TTY: 711  
https://lacountyduals.anthem.com/member-resources.html

**Blue Shield Promise**  
Cal MediConnect Plan  
1-855-905-3825  
TTY: 711  
www.blueshieldca.com/promise/calmediconnect

**Health Net**  
Cal MediConnect  
1-888-788-5395  
TTY: 711  
www.healthnet.com/calmediconnect

**L.A. Care Cal MediConnect**  
1-888-522-1298  
TTY: 711  
www.calmediconnectla.org

**Molina Dual Options**  
1-855-665-4627  
TTY: 711  

### Additional Resources

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

For free, unbiased counseling to help you make a decision:  
**Center for Health Care Rights (HICAP)**  
1-800-824-0780

To enroll in a plan:  
**Health Care Options**  
1-844-580-7272

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