

# Are You Medi-Cal Eligible?

## Are You Living With AIDS?

### Medi-Cal Has Choices.

A Medi-Cal Managed Care Health Plan May Be Right For You.

#### Why should you enroll in Medi-Cal Managed Care?

Medi-Cal Managed Care Health Plans offer benefits to help you get the care you need and help you stay healthy.

#### The Health Plans offer

- Help coordinating your care.
- Help finding primary care doctors and specialists.
- Ongoing referrals to specialists.
- Telephone advice nurses.
- Customer service centers.
- Support groups.
- **Health education programs to:**
  - Quit smoking
  - Prevent and deal with drug and alcohol problems
  - Manage chronic pain
  - Eat well and exercise safely

**For more information about the Medi-Cal Managed Care Health Plans in your county, call Health Care Options: 1-800-430-4263**

Health Care Options can answer your questions and help you enroll in a Medi-Cal Managed Care Health Plan.

You can stay in Regular Medi-Cal or change to Medi-Cal Managed Care. And you can change back to Regular Medi-Cal by calling Health Care Options at anytime.

If you are in Medi-Cal Managed Care, you must see doctors in the Health Plan. Ask your doctors if they are part of a Medi-Cal Managed Care Health Plan.

Talk to your doctors about Regular Medi-Cal and Medi-Cal Managed Care to decide which Medi-Cal option is best for you.

**Representatives are available between the hours of 8:00 am - 5:00 pm, Monday - Friday.**

<b>English</b>		1-800-430-4263	<b>Mandarin</b>	國語	1-800-576-6885
<b>Arabic</b>	اللغة العربية	1-800-576-6881	<b>Russian</b>	Русский	1-800-430-7007
<b>Armenian</b>	Հայերեն	1-800-840-5032	<b>Spanish</b>	Español	1-800-430-3003
<b>Cambodian</b>	ភាសាខ្មែរ	1-800-430-5005	<b>Tagalog</b>	Tagalog	1-800-576-6890
<b>Cantonese</b>	粵語	1-800-430-6006	<b>Vietnamese</b>	Tiếng Việt	1-800-430-8008
<b>Farsi</b>	فارسی	1-800-840-5034	<b>Other Languages</b>		1-800-430-4263
<b>Hmong</b>	Hmoob	1-800-430-2022	<b>For TDD users, call:</b>		1-800-430-7077
<b>Korean</b>	한국어	1-800-576-6883			

**For more information about Medi-Cal Managed Care,**

a guidebook with more information is available on-line at:

<http://dhcs.ca.gov/MediCalChoices>

Department of Health Care Services: To preserve and improve the health status of all Californians.

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