



Cal MediConnect Health Plan Options and Changes in your Medi-Cal Health Plan

Who to Call for Help or More Information In Los Angeles County

Call the Participating Health Plans Below:

Health Net

☎ 1-888-788-5395

L.A. Care

☎ 1-888-522-1298

CareMore

☎ 1-888-350-3447

Care1st

☎ 1-888-592-7168

Molina Duals Options

☎ 1-855-665-4627

- To see if your doctors and other health providers are in the Plan's network
- To find a new doctor or other provider
- To make sure your current medications are covered
- If you need help with health issues
- If you need transportation to get to your appointments
- If you need more help to stay healthy and at home

Health Insurance Counseling and Advocacy Program (HICAP) ☎ (213) 383-4519

- To learn more about your Medicare options
- For free, individual counseling help in deciding which Medicare and Medi-Cal options best meet your needs

Health Care Options ☎ 1-844-580-7272

TTY: 1-800-430-7077

- For information and help to enroll in, change or leave a health plan

Cal MediConnect Ombudsman ☎ 1-855-501-3077

- If you have a complaint or problem that your Health Plan has not been able to resolve to your satisfaction

Medicare ☎ 1-800-633-4227 TTY 1-877-486-2048 Visit www.medicare.gov

- For information about the Health Plan options in your county
- To check the prescription drugs covered