CALIFORNIA DEPARTMENT OF HEALTH CARE SERVICES

Health Care Options, P.O. Box 989009 West Sacramento, CA 95798-9860

RETURN SERVICES REQUESTED To the addressee or guardian of:



John B. Sample 1234 Any Street ANY CITY, CA 90000



State of California-Health and Human Services Agency
Department of Health Care Services

Health Plan Choice Book









MU_0003991_ENG_1213

State of California — Health and Human Services

Department of Health Care Services

P.O. Box 989009, West Sacramento, CA 95798-9850

XX/XX/XXXX

RETURN SERVICES REQUESTED To the addressee or guardian of:



Mr. John Sample 1234 Sample Street Anytown, CA 90000

Welcome to Medi-Cal Managed Care!

We're happy to welcome you to Medi-Cal Managed Care. We look forward to working with you to keep you healthy. That's our number one concern.

The beneficiary listed on the enclosed choice form <u>must</u> choose a health plan. If you do not make a choice, we will choose one of the health plans for you. You have until XX/XX/XXXX to complete and return the choice form.

Enrolling in a Medi-Cal health plan: Does NOT change your Medicare services or benefits. Does NOT change your Medicare doctors. Does NOT change your Medi-Cal eligibility or cost you extra. Does NOT cut any of your Medi-Cal services or benefits.

Your Medi-Cal plan will coordinate all your Medi-Cal covered services, including Long-Term Services and Supports. Your Medi-Cal plan will pay for certain Medicare cost-sharing, and other benefits that are not covered by Medicare, such as some medical transportation, certain medical supplies, and certain prescriptive drugs.

You can make a plan choice at any time before the date listed above. The effective date of your plan enrollment will depend on when we receive your plan choice. Your plan choice could be effective as early as the first of the next month. After your plan choice has been received and processed, you will receive a letter with your chosen health plan's name and start date. Your new health plan will also send you some information once you are enrolled.

If you have any questions, want to enroll over the phone, or need this packet in another language or alternative format, please call Health Care Options, toll-free, at 1-844-580-7272, between the hours of 8:00 a.m. and 5:00 p.m., Monday through Friday. If you need personal assistance, take a look at the presentation schedule in this packet for site locations near your home or visit us on-line at www.healthcareoptions.dhcs.ca.gov. For TTY/TDD users, call 1-800-430-7077.

Medi-Cal Plans for Long Term Services and Supports

Medi-Cal Plan benefits.

If you need any of the services below, you can ask your Medi-Cal plan for help.

The **In-Home Supportive Services (IHSS)** program provides personal care and other services for people who need help to live safely at home.

• If you get IHSS, your services will not change when you are in a health plan. You will keep your IHSS providers and can still hire, fire, and manage them. The county IHSS social worker will still assess your needs and approve your IHSS hours. Your rights to appeal stay the same.

Daytime health care is available at Community-Based Adult Services (CBAS) centers that provide nursing, therapy, activities, and meals for people with certain chronic health conditions.

Through the Multipurpose Senior Services Program (MSSP) people age 65 and older can get care coordination. Care coordination helps you work with your doctors, specialists, and other providers. It also helps you get needed equipment and services.

Nursing home care is long term care provided in a facility.

Medical equipment and supplies like walkers or wheelchairs, and medical supplies, like bandages and adult diapers.

Medical Transportation is a service covered by your plan.

Medi-Cal pays your Medicare deductibles and up to 20% cost sharing, when applicable.

I don't use Medi-Cal Long Term Services and Supports. Why must I join a plan?

It is now mandatory to join a plan. Medi-Cal health plans will pay any Medicare costs that the state pays today, like your deductibles. Also, the Medi-Cal plans provide medical equipment, transportation and a 24-hour nurse advice line. The health plan will be able to help you if you ever do need Long Term Services and Supports.

Making a Health Plan Choice is EASY!



Call Toll Free

Call toll free 1-844-580-7272, Monday through Friday, 8:00 a.m. to 5:00 p.m. For TTY/TDD users, call 1-800-430-7077. A representative can help you sign-up for a health plan or change your health plan.

Or



Visit Us in Person

Find an Enrollment Specialist near you by using one of the following tools:

- See the Health Care Options Presentations page in this booklet;
- Call Health Care Options at 1-844-580-7272 for information. For TTY/TDD users, call 1-800-430-7077;
- Visit www.healthcareoptions.dhcs.ca.gov and click "Presentation Sites" option.

Or



Mail In Your Choice Form

Complete the Medi-Cal Choice Form in this booklet and mail in the postage paid envelope provided.



For more information about your health care choices, visit **www.healthcareoptions.dhcs.ca.gov**

PLI	MEDI-CAL CHOICE FORM. Use this form to join or change health plans. If you need help filling out this form, call 1-844-580-7272. Mail Completed form to: California Department of Health Care Services • Health Care Options • Box 989009, W. Sacramento, CA 95798-9850. PLEASE PRINT CLEARLY USING BLUE OR BLACK INK ONLY. COMPLETELY FILL IN THE OVALS TO INDICATE YOUR CHOICE. SEE BACK FOR EXAMPLE									
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4)	1, 2, 3, R, E, S, I, D, E, N, C, E, D, R, I, V, E, C, I, T, Y, 9, 9, 9, 9, 9, 9, 9, 9, 9, 9, 9, 9, 9,									
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Co Co	LAN CHANGE REASON CODES: de 1: I could not choose the doctor or dentis de 2: The health/dental plan did not meet my de 3: My doctor/dentist did not meet my nee	y needs Code 5: I did not choo	se this plan Code	7: Indian Health Program Exemption 8: Medical/Dental Exemption 9: Other						

NOTICE: I have read the plan description. I understand that Kaiser requires the use of binding neutral arbitration to resolve certain disputes. This includes disputes about whether the right medical treatment was provided (called medical malpractice) and other disputes relating to benefits or the delivery of services. If I pick Kaiser, I give up my right to a jury or court trial for those certain disputes. I do not give up my right to a State hearing of any issue, which is subject to the State hearing process.

CHOICE STATEMENT: I/We have made written choice to receive Medi-Cal benefits through the medical plans as I/we have indicated on this form. I/We have read and understand the conditions of this agreement. I/We understand that in order to change my/our current Medi-Cal Health plan, I/we must complete this form.

Head of Household's Signature

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Date
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Other Adult's Signature



Other Adult's Signature



1 2 3 4 5 6 7 8 9 0 , A B C D E F G H I J K L M N O P Q R S T U V W X Y Z -

PRIVACY STATEMENT

The Department of Health Care Services will keep the information you provide. It is used only to enroll and/or disenroll people that are eligible for Medi-Cal managed care. The laws that allow this are in the Welfare and Institutions Code, Sections 14016.5, 14016.6, 14087.305, 14087.31, 14087.35, 14087.36, 14087.38, 14087.96, 14088, 14089, 14089.5, and 14631, and California Code of Regulations, Section 51085.5. If any information asked for on the choice form is missing, then someone on the form may not be able to join a health plan, get out of a plan, or choose the plan he or she wants.

Only other government agencies that relate to the Medi-Cal program can see the information you provide. The persons listed on the form can look at the files that Medi-Cal keeps on them. However, any information that is being used in an investigation or lawsuit cannot be seen. If you want to see your Medi-Cal file, contact the Department of Health Care Services at the address on the other side of this form.

How To Fill Out the Medi-Cal Choice Form

Use the **MEDI-CAL CHOICE FORM(S)** in this packet. If you need additional forms, you can call Health Care Options at 1-844-580-7272.

Please print clearly, using blue or black ink only. Write in block letters, and completely fill in all areas to indicate your choice. **See the backside of the choice form for an example.**

Head of Household Name

This section is to be completed by the Medi-Cal head of household.

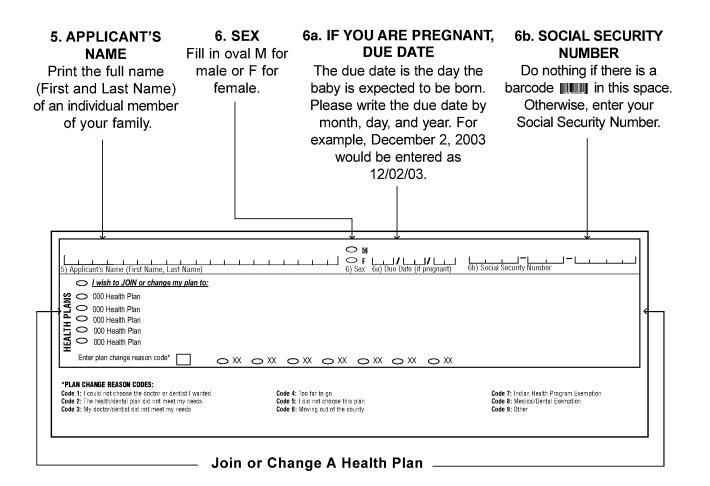
	D OF HOUSEHOL Print your full nam First and Last Nam	е	2. SE Fill in oval M or F for fe	1 for male	
PLEASE PRINT CLEAR	Use this form to join o Mail Completed form to: California D	MEDI-CAL CHOID r change health plans. If you need epartment of Health Care Services • Hea MPLETELY FILL IN THE OVALS	help filling out this form, call 1-4 th Care Options • Box 989009, W. Sa	acramento, CA 95798-9850.	
PLEASE PRINT CLEARLY USING BLUE OR BLACK INK ONLY. COMPLETELY FILL IN THE OVALS TO INDICATE YOUR CHOICE. SEE BACK FOR EXAMPLE.					
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-	4. HOME ADDR our home address nber, Street, Apartm and Zip Code	including the nent Number, City	Write your	PHONE NUMBER home area code a phone number.	

Choosing a Health Plan

Before continuing with the form, choose a health plan that will best fit your health care needs. After you have made your health plan choice, you can complete the Medi-Cal Choice Form.

Join or Change a Health Plan

Please complete all sections to change a health plan. Parts of this section may already be filled out for you.



• Join a Health Plan:

Fill in the oval next to "I wish to JOIN or change my plan to:". Then, fill in the oval for your health plan choice.

• Change in Health Plan:

Choose a reason for leaving the health plan from the shaded box called "* PLAN CHANGE REASON CODES" located at the bottom of the form. Write this code number in the box next to "Enter plan change reason code*".

Completing and Mailing the Form

NOTICE: I have read the plan description. I understand that Kaiser requires the use of binding neutral arbitration to resolve certain disputes. This includes disputes about whether the right medical reatment was provided (called medical malpractice) and other disputes relating to benefits or the delivery of services. If I pick Kaiser, I give up my right to a jury or court trial for those certain disputes. I also agree to use binding neutral arbitration to resolve up my right to a jury or court trial for those certain disputes. I do not give up my right to a State hearing of any issue, which is subject to the State hearing process.						
	ritten choice to receive Medi-Cal benefits through the m o change from my/our current Medi-Cal Health plan, I/we		icated on this form. I/We read and understand	the conditions of this		
Head of Household's Signature	Head of Household's Signature Date Other Adult's Signature Date Other Adult's Signature Date					
	Highly Confidential	Health				

SIGNATURE

Make sure that you and any other adults listed on the form SIGN and date the form on the bottom.

You're Done!

Use the envelope included in this packet to mail the form. It does not need a stamp. Keep the last copy of the form for your records.

If you have questions or need help filling out this form, call Health Care Options at 1-844-580-7272. Visit www.healthcareoptions.dhcs.ca.gov and click the "Presentation Sites" option.

DO NOT CALL YOUR ELIGIBILITY WORKER IF YOU HAVE QUESTIONS ABOUT YOUR MEDI-CAL CHOICE FORM. Your Eligibility Worker can only help you with questions about Medi-Cal benefits or eligibility.





SACRAMENTO, CA

PERMIT NO. 238

BUSINESS REPLY MAIL

FIRST-CLASS MAIL

Medi-Cal Choice

For Healthy Care

UNITED STATES IF MAILED IN THE

NO POSTAGE NECESSARY

DID YOU REMEMBER TO ...

Sign and date your Choice Form? Keep the last copy?

TEAR HERE

TEAR HERE

102_0003491_ENG1_0211a

Attend an informative session at one of these convenient locations.

California Health Care Options (HCO) Presentation Sites Los Angeles County June 2014 Schedule

In-Person Medi-Cal Managed Care Information

No Appointment Necessary

◆ Free Help To Complete Forms

Just ask for the "Health Care Options" Representative

CITY	LOCATION	ZIP CODE	DAY	HCO SITE HOURS	LANGUAGES
Canyon Country	County of LA Dept of Public Social Services Santa Clarita Branch 27233 Camp Plenty Road91351M - F8:00am - 12:30pm 1:30pm - 5:00pm		English / Spanish		
Chatsworth	County of LA Dept of Public Social Services DPSS West Valley Family Service Center 21415 Plummer Street	91311	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
Compton	County of LA Dept of Public Social Services 211 E. Alondra Boulevard	90220	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
Cudahy	County of LA Dept of Public Social Services 8130 S. Atlantic Avenue	90201	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
El Monte	County of LA Dept of Public Social Services San Gabriel Valley Family Service Center 3350 Aerojet Avenue	91731	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish / Vietnamese / Cantonese / Mandarin
	County of LA Dept of Public Social Services San Gabriel Valley Family Service Center 3352 Aerojet Avenue	91731	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish / Vietnamese / Cantonese / Mandarin

Presentation times, dates, and locations are subject to change. Please contact the Health Care Options toll-free number <u>1-844-580-7272</u> to verify the schedule before attending. Additional sites may be available at the time of your call. <u>Health Care Options will not be conducting presentations on June 20th due to a staff meeting.</u>

Attend an informative session at one of these convenient locations.

California Health Care Options (HCO) Presentation Sites Los Angeles County June 2014 Schedule

◆ In-Person Medi-Cal Managed Care Information

No Appointment Necessary

◆ Free Help To Complete Forms

Just ask for the "Health Care Options" Representative

CITY	LOCATION	ZIP CODE	DAY	HCO SITE HOURS	LANGUAGES
Glendale	Los Angeles County Dept of Public Social Services 4680 San Fernando Road	91204	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish / Armenian / Russian / Farsi
Lancaster	Los Angeles County Dept of Public Social Services 349-B East Avenue K-6	93535	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
	Dept of Public Social Services County of Los Angeles 5445 Whittier Boulevard	90022	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
	Exposition Park Family Service Center County of Los Angeles 3833 S. Vermont Avenue	90037	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
Los Angeles	County of LA Dept of Public Social Services 1740 E. Gage Avenue	90001	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
	Los Angeles County Dept of Public Social Services 4077 N. Mission Road	90032	T & W TH	8:00am - 12:30pm 1:30pm - 5:00pm 8:00am - 12:30pm	English / Spanish
	Dept of Public Social Services County of LA 2855 E. Olympic Blvd	90023	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish

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California Health Care Options (HCO) Presentation Sites Los Angeles County June 2014 Schedule

In-Person Medi-Cal Managed Care Information

No Appointment Necessary

◆ Free Help To Complete Forms

Just ask for the "Health Care Options" Representative

CITY	LOCATION	ZIP CODE	DAY	HCO SITE HOURS	LANGUAGES
	County of Los Angeles 2615 S. Grand Avenue	90007	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
	County of LA Dept of Public Social Services 2601 Wilshire Boulevard	90057	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
	Metro Special District #70 2707 S. Grand Avenue	90007	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
Los Angeles	Dept of Public Social Services Rancho Park District 11110 W. Pico Blvd	90064	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
	Ben F Peery Building County of LA Dept of Public Social Services 10728 S. Central Avenue	90059	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
	County of LA Administration Building 8300 S. Vermont Ave	90044	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
	County of LA Dept of Public Social Services Southwest Special District 1819 W. 120 th Street	90047	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish

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California Health Care Options (HCO) Presentation Sites Los Angeles County June 2014 Schedule

- In-Person Medi-Cal Managed Care Information
- No Appointment Necessary
- ♦ Free Help To Complete Forms

Just ask for the "Health Care Options" Representative

СІТҮ	LOCATION ZIP CODE DAY HCO SITE HOURS		LANGUAGES		
Los Angeles	Dept of Public Social Services County of LA 2415 W. 6 th Street	90057	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
Norwalk	Norwalk 12727 Norwalk Blvd.	90650	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
Panorama City	County of LA Dept of Public Social Services 14545 Lanark Street	91402	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
Pasadena	LA County Dept of Public Social Services Child Support Services 955 N. Lake Avenue	91104	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
Pomona	LA County Dept of Public Social Services 2040 W. Holt Avenue	91768	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
Rancho	County of LA Dept of Public Social Services Paramount District Office 2961 East Victoria Street	90221	M - F	8:00am - 12:30pm 1:30pm - 5:00pm	English / Spanish
Dominguez	County of LA Dept of Public Social Services	90221	M - F	8:00am - 12:30pm	English / Spanish
	17600 "A" Santa Fe Ave.	70221	Т & ТН	1:30pm - 5:00pm	Cambodian

<u>Presentation times, dates, and locations are subject to change.</u> Please contact the Health Care Options toll-free number <u>1-844-580-7272</u> to verify the schedule before attending. Additional sites may be available at the time of your call. <u>Health Care Options will not be conducting presentations on June 20th due to a staff meeting.</u>

Common Terms and Definitions

Appeal

A request for a review of a health plan's denial to provide or pay for medical care.

Fair Hearing

An official meeting with a judge about a Medi-Cal appeal or grievance. You must ask for a Fair Hearing within 90 days after the date that your Medi-Cal benefits were denied, reduced, or stopped.

Formulary

A list of medications covered by a health plan offering prescription drugs.

Grievance

A way to write or tell the health plan about your unhappiness with your provider or medical care service.

Medi-Cal

This is what the Medicaid program is called in California. Medicaid is a government insurance program for persons of all ages with limited income and resources or with certain chronic conditions.

Choice Form

The form you fill out to choose or change your health plan.

Continuity of Care

This refers to the ability of a new health plan member to continue to receive Medicare up to 6 months and Medi-Cal services from their existing provider for up to 12 months without a break in service if the doctor and the health plan agree.

Health Care Options

Agency responsible for processing plan enrollment and disenrollments in all counties except San Mateo County.

Health Risk Assessment

Health plans use a number of predefined metrics to assess the health of a new member and develop a plan of care.

Member

A person enrolled in a managed care health plan, also called an "enrollee."

Medicare

The federal health program to provide health care for people aged 65 and older, people younger than 65 with certain disabilities, and people with certain diseases.

Medicare Part A covers inpatient hospital services and other services, such as skilled nursing facilities, and home health agencies.

Medicare Part B covers physician services, outpatient services, some home health care, durable medical equipment, and laboratory services and supplies.

Medicare Part D provides coverage for most prescription drugs.

Medicare Advantage Plans

A type of Medicare health plan that covers Medicare Part A and B benefits. Some plans also cover Part D, prescription drugs.

Preferred Drug List

A select list of medications covered by a health plan offering prescription drugs.

Primary Care Provider

This is your doctor or other provider you see first for most health problems. They make sure you get the care you need to keep you healthy. They help connect you to other doctors and services you need.

Provider Directory

A list of doctors, clinics, pharmacies, and hospitals that are in a health plan's network. You must use the providers in your health plan's network.



If you or your family member(s) have any questions, call HEALTH CARE OPTIONS, toll-free, at the numbers listed below.

Representatives are available between the hours of 8:00 a.m. and 5:00 p.m., Monday through Friday.

LANGUAGE		TELEPHONE	LANGUAGE		TELEPHONE	
ENGLISH		1-844-580-7272	한국어	(Korean)	1-844-580-7272	
العربية	(Arabic)	1-844-580-7272	國語	(Mandarin)	1-844-580-7272	
ՅԱՅԵՐԵՆ	(Armenian)	1-844-580-7272	Русский	(Russian)	1-844-580-7272	
ទើរ	(Cambodian)	1-844-580-7272	ESPAÑOL	(Spanish)	1-844-580-7272	
粵語	(Cantonese)	1-844-580-7272	TAGALOG	(Tagalog)	1-844-580-7272	
فارسى	(Farsi)	1-844-580-7272	Tiếng Việt	(Vietnamese)	1-844-580-7272	
HMOOB	(Hmong)	1-844-580-7272	LANGUAGES N	OT LISTED	1-844-580-7272	
	For TTY/TDD users, call 1-800-430-7077					

PLEASE TEAR OFF CARD AND KEEP FOR YOUR REFERENCE!

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