



Health Care Change in California: What It Means to You

FINDING HEALTH CARE



There are new ways to find health care that is right for you, your family, and your budget.

► **Find care if you have a low income.**

Medi-Cal: Free and low-cost health care for people with low incomes who qualify. Call your county social services department, or visit CoveredCA.com.

Community Health Centers: Health care services, even if you have no health insurance. You pay based on your income. Visit Findahealthcenter.hrsa.gov.

County Medical Services Program: Health coverage for adults with low incomes in rural counties. Call your county social services department.

Family PACT: Family planning and birth control services. Call **1-800-942-1054**.

► **Find care if you have a pre-existing condition.**

Most health plans cannot refuse to cover children with pre-existing conditions. Starting in 2014, plans cannot refuse to cover adults with health problems.

► **Find care if you are under age 26.**

You can stay on your parent's or guardian's health plan until age 26, if the plan covers dependents.



► **Find care if you are pregnant.**

Medi-Cal: Free and low-cost health care for pregnant women with low incomes. Call your county social services department, or visit CoveredCA.com.

AIM (Access for Infants and Mothers): Low-cost care for pregnant women and newborns, including women whose insurance has a maternity-only deductible or co-pay over \$500. Call **1-800-433-2611**, or visit AIM.ca.gov.

► **New in 2014.**

Most people must have health care coverage in 2014. A new health plan marketplace called Covered California will help people find care they can afford. Visit CoveredCA.com

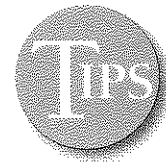


I do not qualify for low-income programs. How can I find a plan I can afford?

- Visit Covered California to learn about plans that will cover you starting January, 2014. Go to **CoveredCA.com**.
- Call the Consumer Assistance Program listed below.
- At a community health center, you pay based on your income. Go to **Findahealthcenter.hrsa.gov**.

What can I do if I am losing the health plan I have through my job?

COBRA and HIPAA are laws that help you stay enrolled in a health plan. Contact the Consumer Assistance Program below or go to the Department of Labor website at **DOL.gov/ebsa**.



Find out about health plans in your area.

You can search for plans in your area. These are individual health plans that you buy on your own. Go to **CoveredCA.com**. Call **1-800-300-1506** for help.

Apply for Medi-Cal coverage.

Use an online application to apply for Medi-Cal by visiting **benefitscal.org** or **Healthapp.net**. Call your county social services department, or visit **CoveredCA.com**.

Find local help.

Call the Health Consumer Alliance for free local assistance. Usually you can meet with someone face-to-face. To find the office nearest you, go to **HealthConsumer.org**.

Consumer Assistance Program

Free help in many languages

1-888-466-2219

HealthHelp.ca.gov

