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XX/XX/XXXX

Tsab Ntawv Qhia Ua Zaum Kawg Kom Nco Ntsoov

Txoj Kev Koj Tau Koj Cov Kev Pab Los Ntawm Medi-Cal Yuav Hloov Rau Lub [MM/DD/YYYY]

Koj **yuav tsum** tau koom rau hauv Medi-Cal txoj kev pab them nqi kho mob hauv pawg neeg muab kev pab uas koom ua ke (managed care plan) mas koj thiaj li tau koj cov kev pab los ntawm Medi-Cal. Qhov kev hloov no mas yog los pab koj cov kev pab los ntawm Medi-Cal los ua ke rau hauv ib qho chaw.

Tsab ntawv no yog tsab qhia rau koj ua ZAUM KAWG kom koj nco ntsoov uas qhia txog koj cov kev xaiv thaum uas koj xaiv Medi-Cal ib txoj kev pab them nqi kho mob.

Tshwj tsis yog tias koj ho xaiv Medi-Cal txoj kev pab them nqi kho mob txawv, koj qhov kev pab them nqi hauv

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yuav pib rau lub MM/DD/YYYY. Peb xaiv txoj kev pab them nqi kho mob no rau koj raws li koj cov kev pab thiab cov kev kho mob yav dhau los, tiam sis koj yeej tseem muaj cai xaiv Medi-Cal ib txoj kev pab them nqi kho mob txawv.

Yog tias koj tau Medicare, qhov kev hloov no tsis muaj feem raug rau qhov koj tau kev pab them nqi los ntawm Medicare los sis koj lub peev xwm mus cuag koj tus kws kho mob hauv Medicare.

Qhov kev hloov no yuav muaj feem raug kuv li cas?

- Koj qhov Medi-Cal txoj kev pab them nqi kho mob yuav tswj xyuas tag nrho koj cov kev pab uas kam them los ntawm Medi-Cal, suav Long Term Services and Supports tib si thiab.
- Koj cov kev pab los ntawm Medicare thiab cov chaw muab kev pab yuav TSIS hloov.
- Koj cov kev pab los ntawm Medi-Cal thiab cov kev pab cuam yuav TSIS hloov.
- Koj txoj kev tsim nyog rau Medi-Cal yuav TSIS hloov thiab koj yuav tsis them ib tug nqi tshaj dab tsi li.

Yog tias koj tau Medi-Cal nkaus xwb, koj yuav tau xyuas hauv koj qhov Medi-Cal txoj kev pab them nqi kho mob seb koj cov chaw muab kev pab puas ua hauj lwm nrog txoj kev pab them nqi kho mob ntawd.

Medi-Cal Long Term Services and Supports yog dab tsi?

- **In-Home Supportive Services (IHSS)** yog cov kev pab tu tus kheej rau cov neeg uas xav tau kev pab kom lawv nyob tau yam nyab xeeb hauv lawv lub tsev. Yog tias koj tau IHSS tam sim no, koj tsis tas yuav hloov koj cov chaw muab IHSS thiab koj tseem yuav txais tau neeg ua hauj lwm, tshem neeg tawm hauj lwm, thiab tswj xyuas koj cov chaw muab kev pab.
- **Community-Based Adult Services (CBAS)** yog ib qho kev pab kho mob ntawm cov chaw rau yav nruab hnuab uas muab kev pab los ntawm tus kws ntsuam mob (nursing), kev pab kom rov ua tau zoo li qub (therapy), cov kev ua si, thiab zaub mov rau cov neeg uas muaj tej co mob mus ntev.
- **Multipurpose Senior Services Program (MSSP)** muab cov kev pab tswj xyuas txog kev sib tham nrog neeg thiab kev kho mob rau cov neeg uas muaj hnuab nyoog 65 xyoos thiab laus dua ntawd. Yog tias koj tau MSSP tam sim no, koj qhov Medi-Cal kev pab them nqi kho mob yuav ua hauj lwm nrog koj qhov chaw muab MSSP kom pab tswj xyuas txoj kev kho koj kom zoo zog thiab koj tsis tas hloov koj qhov chaw muab MSSP.
- **Kev pab tim tsev laus:** Yog tias koj tau kev pab hauv ib lub tsev laus, koj qhov kev pab them nqi kho mob yuav ua hauj lwm nrog koj tus kws kho mob thiab lub tsev laus kom tswj tau txoj kev kho koj kom zoo zog. Yog tias koj nyob hauv ib lub tsev laus tam sim no, koj tsis tas yuav hloov koj lub tsev laus.

Yog tias koj tsis tau cov kev pab no tam sim no, koj qhov Medi-Cal txoj kev pab them nqi kho mob yuav pab tau kom koj tau cov kev pab no yav tom ntej no, yog tias koj xav tau cov kev pab no.

Kuv cov kev xaiv yog dab tsi?

- **Nyob rau hauv Medi-Cal txoj kev pab them nqi kho mob uas peb tau xaiv rau koj.**
Yog koj txiav txim tias
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yog ib qho zoo rau koj, koj tsis tas yuav ua dab tsi li. Yuav muab koj rau npe koom rau hauv Medi-Cal txoj kev pab them nqi kho mob pib lub MM/DD/YYYY.
- **Xaiv Medi-Cal txoj kev pab them nqi kho mob txawv.** Koj yuav xyuas tau cov kev pab them nqi kho mob uas muaj hauv koj ub nras es xyuas seb ib qho ntawd puas yuav zoo zog rau koj. Peb tau xa ib pob ntawv uas muab cov lus qhia rau koj txog cov kev pab them nqi kho mob uas koj yuav xaiv tau.
 - Koj hu tau rau Health Care Options ntawm 1-844-580-7272 es xaiv ib qho, los sis teb Medi-Cal Tsab Ntawv Xaiv Ib Txoj Kev Pab Them Nqi Kho Mob, kos npe rau, thiab xa rov qab tuaj tsis pub dhau lub MM/DD/YYYY. Yog tias koj xav rov qab tau ib pob ntawv xaiv, hu rau Health Care Options.

Yog xav tau kev pab los sis cov lus qhia ntxiv

Yog tias koj tau Medicare, thov hu rau **California Health Insurance Counseling & Advocacy Program (HICAP) ntawm 1-800-434-0222 (TTY: 711).**

Yog tias koj muaj lus nug txog Medicare, thov hu rau 1-800-MEDICARE (1-800-633-4227), 24 teev hauv ib hnuab, 7 hnuab hauv ib lim piam. Cov neeg siv TTY yuav tsum hu rau 1-877-486-2048.

Yog tias koj xav xaiv ib qho Medi-Cal txoj kev pab them nqi kho mob txawv, thiab/los sis tau tsab ntawv no ua lwm hom lus los sis lwm yam ntawv – xws li ua cov ntawv loj, kaw ua suab, los sis cov ntawv Braille rau cov neeg tsis pom kev, thov hu rau Health Care Options Zwj Hli (Monday) txog Zwj Kuab (Friday) 8 teev sawv ntxov txog 5 teev tsaus ntuj ntawm 1-844-580-7272 los sis TTY: 1-800-430-7077.