DHCS
California Department of HealthCareServices

Medi-Cal

For People with Disabilities and Seniors

In Alpine County

This information can help you decide which Medi-Cal Health Plan is best for you.

If you live in Alpine County, you must choose Anthem Blue Cross or California Health and Wellness.

These are Medi-Cal Health Plans.

To learn about these Plans, call

Anthem Blue Cross: 1-800-407-4627

California Health & Wellness: 1-877-658-0305

To enroll in either plan, call

Health Care Options: 1-800-430-4263

For TDD/TTY users call: **1-800-430-7077**

For more health plan information visit www.healthcareoptions.dhcs.ca.gov

Please choose one of the available health plans. If you do not make a choice, a health plan will be chosen for you.

Please look inside for details and phone numbers.

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Choosing a Medi-Cal Health Plan in Alpine County:

- **Use the chart** below to compare Medi-Cal Health Plans.
- **Choose the Plan** that includes the doctors that are most important to you.
  - Ask your doctors which Plans they take. Or call the Plan and ask.
  - If a doctor you use is not in the Plan, you may still be able to see him or her. Ask your doctor.
  - If you get care through a special program (like CCS, GHPP, or Waiver), your care for those conditions will not change. But, you will get other care through a Medi-Cal Health Plan.
- **To enroll in a Plan,** call **Health Care Options** at **1-800-430-4263** and enroll on the phone. *Or* use the enrollment form that came in this envelope.
- 15 - 45 days after you enroll, your new Plan will send you a membership card. While you are waiting for it, keep using the doctors and hospitals you use now.

	Medi-Cal Health Plans	
	Anthem Blue Cross 1-800-407-4627 www.anthem.com/ca	California Health & Wellness 1-877-658-0305 www.cahealthwellness.com
Basic Services		
Basic Medi-Cal Benefits	Same	Same
24-Hour Advice Nurse	Yes	Yes
Interpreter Services	Yes	Yes
To Get a List of Preferred Drugs	1-800-407-4627	1-877-658-0305
Costs to You		
Cost for Doctor Visits	$0	$0
Cost for Drugs	$0	$0

Hospitals you can go to for medical care are listed below.
You will usually go to the hospitals that your doctor works with.
For hospitals where you can go for mental health care, call 1-800-486-2163.

Anthem Blue Cross	California Health and Wellness
• Barton Memorial Hospital • Biggs-Gridley Memorial Hospital • Colusa Regional Medical Center • Enloe Medical Center Inc. • Feather River Hospital • Glenn Medical Center • John C Freemont Healthcare District • Mammoth Hospital • Mark Twain Medical Center • Marshall Medical Center • Mercy Medical Center Mt Shasta • Northern Inyo Hospital • Oroville Hospital • Rideout Memorial Hospital • Seneca District Hospital • Sierra Nevada Memorial Miners Hospital • Sonora Community Hospital • Southern Inyo Hospital • St Elizabeth Community Hospital • Sutter Amador Hospital • Sutter Auburn Faith Hospital • Sutter Auburn Surgery Center • Sutter Roseville Medical Center • Sutter Surgical Hospital - North Valley • Tahoe Forest Hospital District	• Barton Memorial Hospital • Biggs-Gridley Memorial Hospital • Colusa Regional Medical Center - Hospital • Eastern Plumas Hospital District • Enloe Medical Center • Feather River Hospital • Glenn Medical Center • John C Freemont Healthcare District • Mark Twain Medical Center • Marshall Medical Center • Northern Inyo Hospital • Oroville Hospital • Plumas District Hospital • Seneca Healthcare District • Sierra Nevada Memorial Hospital • Sonora Regional Medical Center • Southern Inyo Hospital • St Elizabeth Community Hospital

*For a complete list of hospitals refer to each plans provider directory.

Useful Phone Numbers	
Denti-Cal Information about dental care that is covered by Medi-Cal for people under age 21	1-800-322-6384
Area 12 Agency on Aging Information and referrals to many services for people with disabilities and seniors	1-209-532-6272
Alpine County Behavioral Health Services Information about mental health services	1-800-486-2163
Alcohol and Drug Programs Help with alcohol and drug problems	1-530-694-1816
If You Have a Problem with Medi-Cal, your Plan, or Getting Care	
Help Center Help if your Medi-Cal Health Plan denies the services you need	1-888-466-2219
Medi-Cal Managed Care Ombudsman Help if you have a problem you cannot solve with your Plan	1-888-452-8609
Medi-Cal State Hearing File an appeal if your Plan denies the services you need	1-800-952-5253
Anthem Blue Cross Help if you have a problem with Anthem Blue Cross	1-800-407-4627
California Health and Wellness Help if you have a problem with California Health and Wellness	1-877-658-0305