



# Medi-Cal

## For People with Disabilities and Seniors In Tehama County

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

If you live in Tehama 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](http://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.



## Choosing a Medi-Cal Health Plan in Tehama 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
<b>Basic Services</b>		
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
<b>Costs to You</b>		
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 1-800-240-3208.

Anthem Blue Cross	California Health and Wellness
<ul style="list-style-type: none"><li>• Barton Memorial Hospital</li><li>• Biggs-Gridley Memorial Hospital</li><li>• Colusa Regional Medical Center</li><li>• Enloe Medical Center Inc.</li><li>• Feather River Hospital</li><li>• Glenn Medical Center</li><li>• John C Freemont Healthcare District</li><li>• Mammoth Hospital</li><li>• Mark Twain Medical Center</li><li>• Marshall Medical Center</li><li>• Mercy Medical Center Mt Shasta</li><li>• Northern Inyo Hospital</li><li>• Oroville Hospital</li><li>• Rideout Memorial Hospital</li><li>• Seneca District Hospital</li><li>• Sierra Nevada Memorial Miners Hospital</li><li>• Sonora Community Hospital</li><li>• Southern Inyo Hospital</li><li>• St Elizabeth Community Hospital</li><li>• Sutter Amador Hospital</li><li>• Sutter Auburn Faith Hospital</li><li>• Sutter Auburn Surgery Center</li><li>• Sutter Roseville Medical Center</li><li>• Sutter Surgical Hospital - North Valley</li><li>• Tahoe Forest Hospital District</li></ul>	<ul style="list-style-type: none"><li>• Barton Memorial Hospital</li><li>• Biggs-Gridley Memorial Hospital</li><li>• Colusa Regional Medical Center - Hospital</li><li>• Eastern Plumas Hospital District</li><li>• Enloe Medical Center</li><li>• Feather River Hospital</li><li>• Glenn Medical Center</li><li>• John C Freemont Healthcare District</li><li>• Mark Twain Medical Center</li><li>• Marshall Medical Center</li><li>• Northern Inyo Hospital</li><li>• Oroville Hospital</li><li>• Plumas District Hospital</li><li>• Seneca Healthcare District</li><li>• Sierra Nevada Memorial Hospital</li><li>• Sonora Regional Medical Center</li><li>• Southern Inyo Hospital</li><li>• St Elizabeth Community Hospital</li></ul>

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

## Useful Phone Numbers

**Denti-Cal** 1-800-322-6384  
Information about dental care that is covered by Medi-Cal for people under age 21

**Area 3 Agency on Aging – Passages Adult Resource Center** 1-530-898-5923  
Information and referrals to many services for people with disabilities and seniors

**Tehama County Health Services Agency  
Mental Health Division** 1-800-240-3208  
Information about mental health services

**Alcohol and Drug Programs** 1-530-527-7893  
Help with alcohol and drug problems

## If You Have a Problem with Medi-Cal, your Plan, or Getting Care

**Help Center** 1-888-466-2219  
Help if your Medi-Cal Health Plan denies the services you need

**Medi-Cal Managed Care Ombudsman** 1-888-452-8609  
Help if you have a problem you cannot solve with your Plan

**Medi-Cal State Hearing** 1-800-952-5253  
File an appeal if your Plan denies the services you need

**Anthem Blue Cross** 1-800-407-4627  
Help if you have a problem with Anthem Blue Cross

**California Health and Wellness** 1-877-658-0305  
Help if you have a problem with California Health and Wellness