

# GUIDING YOU TO BETTER HEALTH CARE

California's Office of the Patient Advocate is here to help you.

Order a FREE guide  
on "How to Use  
Your Health Plan"  
at [opa.ca.gov](http://opa.ca.gov).

Web site and guide are available in  
English, Spanish and Chinese.

Learn about getting the  
care you need and  
making the most of  
doctor visits, health  
insurance benefits,  
and more.

Visit [opa.ca.gov](http://opa.ca.gov) for  
health care tips, to  
download health  
worksheets, find out  
about patient rights,  
plus much more!



VISIT OPA. *CA* .GOV THE PATIENT  
ADVOCATE



Have a problem or complaint with your health plan?

Call 1.888.466.2219 or visit [HealthHelp.ca.gov](http://HealthHelp.ca.gov)

Find the Office of the Patient Advocate on:

facebook

twitter