

HEALTH CARE

We earned it. Use it. Learn your rights.



Need help getting the right health care?



VISIT **OPA**.*CA*.**GOV** 



Have a problem or complaint with your health plan?
Call 1.888.466.2219 or visit HealthHelp.ca.gov

Find the Office of the Patient Advocate on:  



DO YOU NEED...

- **Better cost savings?**
- **To understand your medical benefits?**
- **A doctor you can trust?**
- **Help with problems and complaints?**

We have advocates to help you get the most from your health insurance plan.



| Issue | Who Can Help | Call | Website |
|--|---|---|---|
| Finding the right doctor | <ul style="list-style-type: none"> • Your Health Plan: • Office of the Patient Advocate: <i>Choose a Doctor Worksheet</i> | <p>Number is on your insurance card.</p> <p>1-888-466-2219</p> | <p>Visit your health plan website.</p> <p>opa.ca.gov/worksheets</p> |
| Understanding medical coverage choices | <ul style="list-style-type: none"> • Office of the Patient Advocate: <i>Selecting the Right Plan</i> • Medi-Cal Managed Care: <i>Health Care Options</i> • CA Department of Insurance • U.S. Department of Labor: <i>Employee Benefits Security Administration: COBRA</i> | <p>1-888-466-2219</p> <p>1-800-430-4263</p> <p>1-800-927-4357</p> <p>1-866-444-3272</p> | <p>opa.ca.gov/right-plan</p> <p>HealthCareOptions.dhcs.ca.gov</p> <p>Insurance.ca.gov</p> <p>DOL.gov/ebsa</p> |
| Getting the right care | <ul style="list-style-type: none"> • CA Health Plan Help Center • Office of the Patient Advocate: <i>Worksheets</i> • State of California | <p>1-888-466-2219</p> <p>1-888-466-2219</p> | <p>HealthHelp.ca.gov</p> <p>opa.ca.gov/worksheets</p> <p>Healthcare.ca.gov</p> |
| Choosing treatment for health conditions | <ul style="list-style-type: none"> • National Library of Medicine • Mayo Clinic • U.S. Department of Health & Human Services | <p>1-888-346-3656</p> | <p>MedlinePlus.gov</p> <p>MayoClinic.com</p> <p>HealthFinder.gov</p> |
| A person to help you solve problems or complaints | <ul style="list-style-type: none"> • CA Health Plan Help Center • Health Insurance Counseling & Advocacy Program (HICAP) • Medi-Cal Managed Care Office of the Ombudsman | <p>1-888-466-2219</p> <p>1-800-434-0222</p> <p>1-888-452-8609</p> | <p>HealthHelp.ca.gov</p> <p>CaHealthAdvocates.org</p> <p>DHCS.ca.gov</p> |

