

# Guiding Women to Better Health Care



## Empower Yourself

Make informed health care decisions for you and your family

The California Office of the Patient Advocate is here to help you

### Get the Most Out of Your Health Care

#### New Health Care Laws

Learn about new protections, programs, and other changes to your health care

Visit [Healthcare.ca.gov](http://Healthcare.ca.gov)

#### Educational Materials

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

Available in English, Spanish and Chinese.

#### Quality Care

Visit [opa.ca.gov](http://opa.ca.gov) to learn how well your health care plan meets national medical standards for maternity care, cancer screening and other health care services.

VISIT [OPA.CA.GOV](http://OPA.CA.GOV)



Have a problem or complaint with your health plan?  
Call 1.888.466.2219 or visit [Healthhelp.ca.gov](http://Healthhelp.ca.gov)

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