Finding Health Care Coverage in California

This booklet offers information about free and low-cost health care coverage for individuals, families, and small businesses.
Finding health care coverage that works for you

No Californian should be without health care coverage and go without routine medical care or be forced to use emergency rooms for their medical needs. This booklet can help you, your family, or your employees find free or affordable health care coverage. Options are available to all Californians and are offered through either publicly sponsored programs or private health care coverage. On the following pages, you will find descriptions of the many options available to you. Regardless of your income, having health care coverage is essential to ensuring your family’s health, safety, and security. Health coverage connects you and your family to a doctor, and that means you and your children get the care needed to stay healthy. If you or someone you know is without health coverage, please call the US Uninsured Help Line at 800-234-1317. Friendly information specialists are standing by to help answer eligibility and enrollment questions about publicly sponsored programs and private health coverage options available to you.

How does the U.S. health care system work?
In the U.S., we have two systems for providing health care: private and public. In the private system, many people get their health insurance from their employer; if you do not have insurance from your employer, you can buy your own plan as an individual or a family.

The public system includes programs for individuals and families who may not be able to afford private health insurance.

Why is health care coverage so important?
Taking care of our health is our responsibility. Even when we’re not sick, going to the doctor for regular check-ups can help us stay healthy. If you do become ill, having health care coverage means you will have your own doctor who can help you. It’s especially important for children to see a doctor regularly.

Why can’t I just go to the emergency room?
Emergency rooms are designed to take care of life-threatening emergencies. Going to the emergency room for your health care can cost 5-10 times more than a visit to a doctor’s office. It wastes money and makes health care more expensive for everyone.

What if I can’t afford health insurance?
Many people think they can’t afford private health insurance – but the fact is, there are many affordable plans. This booklet includes phone numbers you can call to see what plan is best for you. There are also public programs available at low or no-cost if your income qualifies.

Who pays for health care?
Private insurance companies pay the doctors and hospitals when their members need medical care. Our government pays the bills for some people until they can afford to pay for their own health care. You can help keep costs from rising by signing up for a plan, even if you can only afford to pay a small amount. It is important for all of us to have private or public health care insurance coverage.

What health care programs am I eligible for?
Many uninsured people are eligible for public programs but aren’t signed up. Many others are healthy people who don’t realize how affordable health insurance can be. This booklet will help you find the plan that’s right for you.
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How to use this booklet

In this booklet, we discuss some private insurance and publicly sponsored insurance programs. Use the worksheet on the next page to determine your income. Then use the income guidelines chart on page 4 to determine your eligibility for a publicly sponsored insurance program. Once you know your income guideline percentage, you can look through this booklet to find programs that may be right for you or your family.

The Income Guidelines are used as a “starting point” to help determine eligibility for certain programs. If your income exceeds the Income Guideline limits, you may still be eligible for publicly sponsored programs. Government programs look at each family’s circumstance individually to determine eligibility. Also, affordable coverage through private insurance companies is available. For more information, please call the US Uninsured Help Line at 800-234-1317 or visit our website at www.coverageforall.org.
Income worksheet

To estimate the countable income for your family, write down how much family income you earn each month. Please fill out this sheet to the best of your ability before calling the US Uninsured Help Line.

Your monthly income + ________________

Spouse’s monthly income + ________________

TOTAL INCOME = ________________

Please fill in the following information:

For each working parent in the household, add $90 + ________________

If you pay for childcare for children under the age of 2, add $200 for each child + ________________

If you pay for childcare for children over the age of 2, or for a disabled child, add $175 for each child + ________________

If you receive child support, add $50 for each child+ If you pay alimony and/or child support, enter the amount + ________________

TOTAL DEDUCTIONS = ________________

To find your total monthly income after deductions, subtract Total Deductions from Total Income.

TOTAL INCOME ________________

TOTAL DEDUCTIONS - ________________

TOTAL INCOME AFTER DEDUCTIONS = ________________

Use this total to find your income “percentage” on the next page.

Note: This income worksheet is only intended to serve as a guide. Some factors in determining your eligibility may not be represented above. Deductions listed here are typical for most public programs but may vary by agency.
To use the income chart below, start by finding the number of family members in your household.

Next, use your total after deductions (see page 3) to figure out which percentage applies to you. Your monthly income can be up to the dollar amount shown below.

Remember this percentage when you are looking at the plans in this booklet.

<table>
<thead>
<tr>
<th>Family Size (Household)</th>
<th>100%</th>
<th>133%</th>
<th>200%</th>
<th>250%</th>
<th>300%</th>
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<table>
<thead>
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<th>Annual Gross Income Guidelines</th>
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<tr>
<td>7</td>
</tr>
<tr>
<td>8</td>
</tr>
</tbody>
</table>

A pregnant woman counts as two family members for the purpose of this chart.

For income up to 100% of the Monthly Income Guidelines, add $311 per month for each additional family member after eight.


Reminder

Income guidelines and eligibility requirements for programs can change. To be sure you have the most current information, please call the US Uninsured Help Line at 800-234-1317 or visit www.coverageforall.org.
Health services available

→ Medical
→ Dental
→ Vision
→ Prescription
→ Treatment for special health problems like breast cancer, kidney problems, and AIDS

Who can get Medi-Cal?

→ You must live in California
→ Persons with high medical expenses
→ Persons who are under 21 years of age
→ Certain adults, between 21 years of age and 65 years of age, if they have minor children living with them
→ Persons who are blind or disabled
→ Pregnant women
→ Persons receiving nursing home care

WHO TO CONTACT:

Medi-Cal  800-952-5253  www.medi-cal.ca.gov
   or your local county social services agency (see page 18)

US Uninsured Help Line   800-234-1317
How to qualify

You can obtain no-cost coverage for your children:

→ If your child is under one year of age, your income can be up to 200% of the Income Guidelines, see page 4.

→ If your children are ages 1-5, your income can be up to 133% of the Income Guidelines, see page 4.

→ If your children are ages 6-18, your income can be up to 100% of the Income Guidelines, see page 4.

You can obtain no-cost coverage for yourself:

→ If you are pregnant, your income can be up to 200% of the Income Guidelines, see page 4.

→ If you are elderly or disabled, your income can be up to 133% of the Income Guidelines, see page 4.

→ If you are the parent of a child 18 years of age or younger, your income can be 100% of the Income Guidelines, see page 4.

Reminder

→ Program eligibility will depend on many factors, including family income and certain income deductions.

→ If you do not fall within these income guidelines, you may still be eligible for Medi-Cal but may be asked to pay some of the costs based upon your income, also known as share-of-cost.

→ If you have high medical expenses, you may still qualify for Medi-Cal, even if your income is higher than the Income Guidelines, also known as spend-down.

→ Contact your local county social service agency for assistance or to apply, see page 20.
PUBLIC SPONSORED PROGRAMS

Healthy Families Program

Children in families with moderate income

The Healthy Families Program is available to children from families who are at or below 250% of the Income Guidelines.

Health services available

→ Medical
→ Dental
→ Vision Care
→ Prescriptions

How to qualify

→ Your children must live in California and be citizens or legal immigrants.

→ If your children qualify for no cost Medi-Cal (see page 6) or have a health plan with your job, your children cannot participate in the Healthy Families Program.

→ If your children have not been on an employer-covered health plan for at least three months they may qualify.

→ If your children are ages 1-5, your income must be between 133%-250% of Income Guidelines, see page 4.

→ If your children are 6-18 years old, your income must be between 100%-250% of Income Guidelines, see page 4.

What services cost

→ Your monthly payment ($4-17 per child, maximum $51 per family) will depend on your income and the plan you choose.

→ You will usually pay a small amount ($5) for doctor visits and prescriptions.

→ Some check-ups are no-cost.

WHO TO CONTACT:

Healthy Families 800-880-5305 or 888-747-1222  www.healthyfamilies.ca.gov
or your local county social services agency (see page 18)

US Uninsured Help Line 800-234-1317
County-sponsored programs

Children ineligible for state programs

County-sponsored programs are available in some counties for children from families who are less than 300% of the Income Guidelines. In counties without county-sponsored programs, services may be available to children through Blue Cross of California-endowed CaliforniaKids, or Kaiser Child Health Plan. Children with physical disabilities, severe medical conditions, or who are in need of surgical or rehabilitative services may be eligible for no or low-cost treatment programs through California Children’s Services (CCS) or the Medical Therapy Program (MTP). Legal immigration status may not be required to participate in these programs.

Health services available

→ Medical care of many kids for your children
→ Hospital care for your children
→ Check-ups and other kids of care to prevent health problems for your children

How to qualify

→ Your income must be less than 300% of Income Guidelines, see page 4.
→ For Kaiser Child Health Plan, your children must live in a Kaiser plan area.
→ Not all counties share healthy kids or California kids and rules may vary.
→ If you qualify for no-cost Medi-Cal or the Healthy Families Program, or have coverage through your employer, your children cannot qualify for these programs.

What services cost

→ For CaliforniaKids, families pay a $10-20 per month per child along with $5-10 co-pays for some services. CaliforniaKids does not pay for hospitalization.
→ For Kaiser Child Health Plan, you could pay $8-15 per child per month for up to three children ($45 max per family). Some services require co-pays of $5-35 up to $250 per year ($500 for 2 or more children).

WHO TO CONTACT:

Your local county social services (see page 18)
California Children’s Services (CCS) www.dhcs.ca.gov/services/ccs
Medical Therapy Program (MTP) www.dhs.ca.gov/pcfh/cms/ccs/mtp.htm
CaliforniaKids 818-755-9700 www.californiakids.org
Kaiser Child Health Plan 800-255-5053 www.kaiserpermanente.org
US Uninsured Help Line 800-234-1317
Health services available

Restricted Medi-Cal coverage

→ Emergency medical services
→ Pregnancy-related care (prenatal and delivery)
→ Kidney dialysis
→ Treatment for breast and cervical cancer

Family PACT (Planning, Access, Care, Treatment)

→ Family planning and reproductive services

How to qualify

→ You live in California and plan to stay
→ You meet the income eligibility requirements for Medi-Cal, see page 6.
→ For Family Pact, your income must be less than 200% of Income Guidelines, see page 4.

What services costs

→ You may be asked to pay part of the cost based on your income.
→ For additional programs, for children, see page 7.

Reminder

→ Contact your local county social service agency for assistance with your specific circumstance, see page 20.

WHO TO CONTACT:

Your local county social services agency (see page 18)
Ask for information about Restricted Medi-Cal.

Family PACT (CA Office of Family Planning’s information and referral service)
800-942-1054
www.familypact.org

US Uninsured Help Line 800-234-1317
Medi-Cal & Access for Infants and Mothers (AIM)

Pregnant women, infants

AIM and Medi-Cal offer special health care services to pregnant women and to infants. Pregnant women can contact Baby Cal for education and assistance in early prenatal care. Pregnant women, infants, and children can also get coverage for Healthy Families and Women-Infant-Children (WIC).

What services cost

→ For AIM, it will cost you 1.5% of your annual family income, see income worksheet on page 3.
→ For no-cost Medi-Cal, it will not cost you any money if you have an income below 200% of the Income Guidelines, see page 4.

How to qualify

→ If you are pregnant, you may qualify for no-cost Medi-Cal if your income is below 200% of the Income Guidelines, see page 4.
→ For AIM, you must have an income between 200%-300% of Income Guidelines, see page 4.
→ For AIM, you must be pregnant less than 31 weeks and have lived in California for at least 6 months. If you are pregnant, you may not need legal immigration status to qualify.
→ Low-income women with insurance deductibles or co-payments over $500 may also qualify for AIM.

WHO TO CONTACT:

Medi-Cal 800-824-0088 or 888-747-1222  www.medi-cal.ca.gov
Ask for information about Medi-Cal and the AIM program.

AIM (Access for Infants & Mothers) 800-433-2611  www.aim.ca.gov

Healthy Families 800-880-5305 or 888-747-1222  www.healthyfamilies.a.gov

Women-Infant-Children (WIC) 888-WICWORKS  www.wicworks.ca.gov

Baby Cal Help Line 800-BABY-999 (800-222-9999)

US Uninsured Help Line 800-234-1317
County Programs

Adults without dependents

Uninsured single adults who are not able to get Medi-Cal may qualify for County Medical Services Program (CMSP) programs available in every county. Adults with qualifying genetic diseases can qualify for the Genetically Handicapped Persons program.

Health services available

→ Medical
→ Hospital care
→ Prescriptions
→ Other services, which vary by county

County Medical Services

In 34 California’s rural counties, the MIA program is known as the County Medical Services Program (or CMSP).

How to qualify for CMSP

→ You must not be eligible for Medi-Cal
→ You must show that you live in a county where CMSP is available.
→ You must be 21 or 64 years of age and your income can be up to 200% of Income Guidelines, see page 4.
→ You must live in California and be a citizen or legal immigrant.
→ You may have up to $2,000 of “assets” besides a home or car (Assets include cash, bank accounts, etc.)

Other Counties

The other 24 metropolitan counties each administer their own MIA program, so benefits and eligibility standards can vary by county.

WHO TO CONTACT:

Your local county social services agency (see page 18)
County Medical Services Program (CMSP) www.cmspcounties.org
Genetically Handicapped 800-639-0597 www.dhcs.ca.gov/services/ghpp Persons Program
US Uninsured Help Line 800-234-1317
MRMIP (Major Risk Medical Insurance Plan)

Individuals with pre-existing, severe or chronic medical conditions

This publicly sponsored program is available to individuals who do not qualify for other publicly sponsored health insurance programs. MRMIP is a 36 month program. Starting with the 37th month, MRMIP subscribers have the opportunity to enroll into guaranteed coverage that health plans are required to offer in the individual insurance market. Due to changes in the program, MRMIP has opened up a waitlist.

Health services available

→ Medical care provided by HMOs and PPOs.

→ Medical care up to $75,000 a year with lifetime limit of $750,000

→ MRMIP has a 3 month exclusion period for pre-existing conditions.

How to qualify

→ You must live in California.

→ You must show proof that you were denied coverage or show proof that a plan you were offered is more expensive than MRMIP.

→ You cannot get this plan if you qualify for COBRA, see page 14, or other public programs like Medi-Cal.

What services cost

→ The cost depends on your age, where you live, and which health plan you choose.

→ The maximum cost to you is $2,500 per year, with a $4,000 annual out-of-pocket limit per household.

WHO TO CONTACT:

MRMIP (Major Risk Medical Insurance Plan) 800-289-6574
Ask for information about MRMIP. www.mrmib.ca.gov
US Uninsured Help Line 800-234-1317
Group health insurance

Employees & Small businesses (2-50 Employees)

Low-cost private health insurance is available to small business owners and their employees in California, purchasing insurance through the “small group” market (2-50 employees) may be more affordable than purchasing health coverage for the business owner alone.

Health services available
→ Medical care and hospitalization for individuals and families

Advantages of purchasing health insurance as a business
→ In California, you cannot be turned down. Coverage is guaranteed.
→ You and your employees are guaranteed health insurance coverage even if you have an illness (referred to as a “pre-existing health condition”).
→ Small business owners may receive certain tax advantages by purchasing small group coverage for themselves and their employees.
→ The self-employed may also be able to deduct the cost of their health care coverage.

How businesses qualify
→ Your company must have 2-50 employees.
→ You must have at least 2 employees who work for at least 6 months out of the year.
→ Employees must work at least 20 hours a week.
→ Business owners can count as workers.
→ The business owner must earn wages from the company.

Health services available
→ Cost depends on how much the business owner contributes, which plan is selected and ±10% of the insurance company’s index rate. There might be a waiting period for certain types of care.
→ Call the US Uninsured Help Line at 800-234-1317 and ask to speak to an agent familiar with low-cost small group health plans.

WHO TO CONTACT:
California Association of Health Underwriters 800-322-5934  www.cahu.org
US Uninsured Help Line 800-234-1317
PRIVATE HEALTH INSURANCE
COBRA & HIPAA & HIPP

Individuals recently covered by an employer health plan

If you recently lost your job, and you were included in your former employer’s health plan, you can continue coverage for you and your family through programs called COBRA and HIPAA. You may also be eligible for premium assistance for COBRA/Cal-COBRA under the Health Insurance Premium Payment (HIPP) program, if you have a high cost medical condition and qualify for Medi-Cal.

Health services available

→ You get the same benefits you had with your employer.
→ You can keep your insurance through COBRA for up to 36 months from the time you are out of work.
→ After that, you can continue the same level of coverage through HIPAA for as long as you need it.

How to qualify for COBRA or HIPAA

For COBRA

→ Your employer-provided insurance must have ended within the last 60 days.

For HIPAA

→ Your employer-provided insurance must not have ended due to fraud or gross misconduct.
→ If your employer was a church, you may not be able to qualify.
→ You must live in California.

How to qualify for the COBRA Subsidy

→ If you were involuntarily terminated between Sept 1, 2008 and Dec 31, 2009, you are eligible for a COBRA subsidy from the Federal Government. If you become eligible for other insurance, you will no longer be eligible for the subsidy. If you turned down COBRA from Sept 1, 2008 to Feb 17, 2009, you are eligible for the subsidy. Must have an income at or below $125,000 for individuals or $250,000 for couples. All coverage terminated within the last 60 days (COBRA), or 63 days (HIPAA) for reasons other than gross misconduct or fraud.
→ Those who qualify will receive a 9 month COBRA subsidy where you only pay 35% of your COBRA premium.

How to qualify for HIPP

→ You are Medi-Cal eligible, see page 6.
→ You are a member of an HMO.
→ You have a high-cost medical condition (e.g., pregnancy, HIV/AIDS, or organ transplant).

What services cost

→ For COBRA and HIPAA, you will pay 102% of the cost of your employer-provided coverage. For example: If you were paying $100 a month for your share, and your employer was paying $100, you will pay $200 plus 2%, which is $204 per month.
→ If you qualify for the COBRA Subsidy, you will only pay 35% of your COBRA premium. For example, if you were paying $204 per month, you would only pay $71.40 per month for 9 months.
→ HIPP is paid by Medi-Cal.

WHO TO CONTACT:

Employee Benefits Security Administration
Ask for information about COBRA and HIPAA.
866-444-3272 www.dol.gov/dol/topic/health-plans

Department of Health Services
Ask for information about HIPP.
866-298-8443 (bilingual) www.dhs.ca.gov/mcs/psd/tpl/

US Uninsured Help Line 800-234-1317
Individual Health Plans

Individuals & families

Low-cost private insurance is available to individuals and families.

Health services available

→ You can choose a plan that covers all your health needs,

    OR

→ You can choose a plan that will only cover you if you get a serious illness. These types of plans usually have a high “deductible,” which is the amount you will have to pay if you need medical care.

→ If you have had serious health problems in the past, you may not qualify for private individual health insurance programs. If you have an ongoing medical problem and cannot qualify for an affordable individual health plan, see MRMIP plan on page 12.

What services cost

→ The cost depends on your age, where you live, and the type of plan you select. Individual and family health plans can be very affordable.

→ For more information about affordable private health insurance, please call the US Uninsured Help Line at 800-234-1317 and ask to be referred to an agent in your area.

WHO TO CONTACT:

California Association
of Health Underwriters  800-322-5934  www.cahu.org

US Uninsured Help Line  800-234-1317
Contact Information

Public Sponsored Programs

AIM
(Access for Infants & Mothers)
800-433-2611 (toll-free)
www.aim.ca.gov
(see page 10)

Baby Cal
800-BABY-999
800-222-9999

Breast & Cervical Cancer Screening & Treatment
800-511-2300 (toll-free)
www.dhs.ca.gov/cancerdetection

CaliforniaKids
CaliforniaKids Healthcare Foundation
818-755-9700
www.californiakids.org
(see page 8)

California Children’s Services (CCS)
Contact Local County Social Services (see page 18)
www.dhcs.ca.gov/services/ccs

Children Health and Disability Prevention (CHDP)
Contact your local county office
www.dhs.ca.gov/pcfhp/cms/chdp

CMSP
(County Medical Services Program)
www.cmspcounties.org
(see page 11)
Or contact your local county social services agency (see page 18)

COBRA
(Consolidated Omnibus Budget Reconciliation Act)
Employee Benefits Security Administration
866-487-2365 (toll-free)
www.dol.gov
(see page 14)

Family PACT
California Office of Family Planning Information & Referral Service
800-942-1054 (toll-free)
www.familypact.org
(see page 9)

Group Health Plans
Employee Benefits Security Administration
866-444-3272 (toll-free)
www.dol.gov/dol/topic/health-plans
California Uninsured Help Line
800-234-1317
(see page 13)

Genetically Handicapped Persons Program
800-639-0597
www.dhcs.ca.gov/services/ghpp

Healthy Families
Contact Information

800-880-5305 (toll-free)
www.healthyfamilies.ca.gov
(see page 7)

Healthy Kids
(County based program)
www.partnership.org
www.champ-net.org/programs/hkLA.cfm

HIPAA (Health Insurance Portability and Accountability Act)
Employee Benefits Security Administration
866-444-3272 (toll-free)
www.dol.gov
(see page 14)

HIPP (Health Insurance Premium Payment Plan)
866-298-8443 (toll-free)
www.dhs.ca.gov/mcs/psd/tpl
(see page 14)

Indian Health Services
916-930-3927
www.ihs.gov

Individual Health Plans
California Department of Insurance Consumer Hotline
800-927-4357 (toll-free)
www.insurance.ca.gov
US Uninsured Help Line
800-234-1317

Kaiser Permanente Child Health Plan
800-255-5053 (toll-free)
www.kaiserpermanente.org
(see page 8)

Medi-Cal
800-952-5253 (toll-free)
www.medi-cal.ca.gov
(see page 5-6)
or contact your local Social Services agency (see page 18)

Medical Therapy Plan (MTP)
Contact Local County Social Services (see page 18)
www.dhs.ca.gov/pcfh/cms/ccs/mtp.htm

Medicare
800-MEDICARE (800-633-4227)
www.medicare.gov

MRMIP (Major Risk Medical Insurance Plan)
800-289-6574 (toll-free)
www.mrmib.ca.gov
(see page 12)

Veteran Affairs Medical Benefits
877-222-8387 (toll-free)
www.va.gov

Restricted Medi-Cal
800-952-5253 (toll-free)
www.medi-cal.ca.gov
(see page 5-6)
or contact your local Social Services agency (see page 18)

WISEWOMAN
800-511-2300 (toll-free)
www.dhs.ca.gov/cancerdetection

Women-Infants-Children
888-WICWORKS
www.wicworks.ca.gov
County Social Services Office Listing

For complete Medi-Cal eligibility information or other health-related services, please contact your nearest County Social Services Office at the phone number listed here.

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<tr>
<th>County</th>
<th>Phone Number</th>
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<tr>
<td>Alameda County</td>
<td>(510) 383-8523</td>
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<tr>
<td>Alpine County</td>
<td>(530) 694-2235</td>
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<tr>
<td>Amador County</td>
<td>(209) 223-6550</td>
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<tr>
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<td>(530) 538-7711</td>
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<tr>
<td>Calaveras County</td>
<td>(209) 754-6444</td>
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<tr>
<td>Colusa County</td>
<td>(530) 458-0250</td>
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<tr>
<td>Contra Costa County</td>
<td>(800) 709-8348</td>
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<tr>
<td>Del Norte County</td>
<td>(707) 464-3191</td>
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<td>El Dorado County</td>
<td>(530) 642-7300</td>
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<td>Fresno County</td>
<td>(559) 488-1888</td>
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<td>Glenn County</td>
<td>(530) 934-6514</td>
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<td>Humboldt County</td>
<td>(707) 269-3590</td>
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<td>(800) 891-8551</td>
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<tr>
<td>Imperial County</td>
<td>(760) 337-6800</td>
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<td>Inyo County</td>
<td>Bishop (760) 872-1394</td>
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<td>Lone Pine (760) 876-5545</td>
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<td>Kern County</td>
<td>(661) 631-6807</td>
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<td>Kings County</td>
<td>(559) 582-3241</td>
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<td>Lake County</td>
<td>(707) 995-4260</td>
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<tr>
<td>Lassen County</td>
<td>(530) 251-8152</td>
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<tr>
<td>Los Angeles County</td>
<td>(877) 597-4777 (toll free)</td>
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<td></td>
<td>(213) 639-6300 (Limited Service Area)</td>
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<tr>
<td>Madera County</td>
<td>(559) 675-7841</td>
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<tr>
<td>Marin County</td>
<td>(415) 499-7028</td>
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<td>Mariposa County</td>
<td>(800) 266-3609</td>
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<td>(209) 966-3609</td>
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<tr>
<td>Mendocino County</td>
<td>(707) 463-7700</td>
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<tr>
<td>Merced County</td>
<td>(209) 385-3000</td>
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<tr>
<td>Modoc County</td>
<td>(530) 233-6501</td>
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<tr>
<td>Mono County</td>
<td>(760) 932-7291</td>
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<td>(760) 932-5263</td>
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<tr>
<td>Monterey County</td>
<td>(831) 755-8500</td>
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<td>(831) 755-4650</td>
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<tr>
<td>Napa County</td>
<td>(707) 253-4279</td>
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<td>Nevada County</td>
<td>(530) 265-1340</td>
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<td>(888) 809-1340</td>
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County Social Services Office Listing

Orange County
Anaheim (714) 575-2400
Santa Ana (714) 435-5900
Laguna Hills (949) 587-8543
Garden Grove (714) 741-7100

Placer County
(530) 889-7610
(916) 784-6000

Plumas County
(530) 283-6350

Riverside County
(951) 955-1000

Sacramento County
(916) 874-2072

San Benito County
(831) 636-4180

San Bernardino County
(909) 388-0245

San Diego County
(858) 514-6885

San Francisco County & City
(415) 863-9892

San Joaquin County
(209) 468-1000

San Luis Obispo County
(805) 781-1600

San Mateo County
(650) 802-5018

Santa Barbara County
(805) 681-4401

Santa Clara County
(408) 271-5600

Santa Cruz County
(831) 454-4134

Shasta County
(530) 225-5767

Sierra County
(530) 993-6720

Siskiyou County
Yreka (530) 841-2700
Weed (530) 938-5100

Solano County
(707) 553-5311

Sonoma County
877-699-6868

Stanislaus County
(209) 558-2777

Sutter County
(530) 822-7230

Tehama County
(530) 527-1911

Trinity County
(530) 623-1265

Tulare County
Dinuba (559) 591-5804
Lindsey (559) 562-1377
Porterville (559) 782-4750
Tulare (559) 685-2600
Visalia (559) 733-6040

Tuolumne County
(209) 533-5711

Ventura County
Regional Offices:
Oxnard (805) 385-8654
Ventura (805) 658-4100
Santa Paula (805) 933-8300
Simi Valley (805) 584-4838

Yolo County
(530) 661-2750

Yuba County
(530) 749-6311
Other sources of information

There are health care programs for almost every type of person — and you may be eligible. To find out more, contact the organizations listed below.

Financial aid and free or low-cost benefits

**Department of Health Services**
916-327-1400
(English and Spanish)
TTY 888-757-6034
www.dhs.ca.gov
(Recorded information about Medi-Cal, Medicare, SSI, Food Stamps, Cash Assistance, CMSP, MISP, Healthy Families Program, CCS, MTP and more)

**Government Benefits Finder**
800-FED-INFO

**Catalog of Federal Domestic Assistance**
www.cfda.gov
(Search tool)

**Partnership For Prescription Assistance**
888-477-2669
www.pparx.org

Finding local health care options

**Bureau of Primary Health Care**
888-ASK-HRSA
www.ask.hrsa.gov/pc
(Search tool by zip code)

**Self Help Clearing House**
www.mentalhelp.net/selfhelp
(Search tool for people sharing information on hundreds of diseases, health conditions and other health care related situations)

**Health Coverage Tax Credit**
866-628-HCTC
www.irs.gov (key word HCTC)

**Health Consumer Alliance**
www.healthconsumer.org
(13 different languages; user-friendly information about programs and legal rights by county)

**IMPACT**
800-409-8252 (toll-free)
www.california-impact.org

Laws and regulations

**California Department of Insurance**
800-927-4357
www.insurance.ca.gov
(English and Spanish; general information on all types of insurance)

**Employee Benefits Security Administration**
www.dol.gov/ebsa
(Official information and rules from the U.S. Department of Labor)

**California Department of Managed Health Care**
888-466-2219
www.hmohelp.ca.gov
(English and Spanish; general information on all types of insurance)

**WHO TO CONTACT:**
**US Uninsured Help Line**
800-234-1317
The California Association of Health Underwriters is a statewide association working on behalf of health insurance agents and other health care professionals. Their mission is to educate the public and legislators on key health care issues affecting California consumers and to uphold fair and ethical insurance practices.

The Foundation for Health Coverage Education® is a non-profit organization with a mission to help simplify public and private health insurance information so that more people can access health coverage. The Foundation offers pamphlets and services to help consumers, health care professionals, employers and others. To learn more about health insurance in California and to use an interactive web tool to find out which plans might work for you, please visit www.coverageforall.org.

The Anthem Blue Cross Foundation, The Foundation for Health Coverage Education®, and the California Association of Health Underwriters have generously funded the US Uninsured Help Line public education program to ensure that every Californian has access to affordable quality health care coverage.


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US Uninsured Help Line
Free and low-cost health insurance options

800-234-1317

February 2009