

# L.A. Care Health Plan and Your Health

It's simple: L.A. Care  
Cal MediConnect Plan  
(Medicare-Medicaid Plan)  
is here to help you.



**L.A. Care**  
HEALTH PLAN®

# Getting Started

6 ways L.A. Care  
Cal MediConnect Plan  
is here for you.



Member support 24 hours  
a day, including holidays



Nurse Advice Line



Rides to doctor appointments\*



Mental Health services



Help with all your  
medication needs



Managed Long-Term Services  
and Supports (MLTSS)

\*Quantity limits apply.



# Have Questions? Need Support?

We are only a call away. Member Services is here for you 24 hours a day, 7 days a week, including holidays. Call us at **1-888-522-1298** (**TTY: 1-888-212-4460**).



# Questions and concerns about your health can come up at anytime.

L.A. Care's Nurse Advice Line gives you information 24 hours a day, 7 days a week, including holidays. Simply call **1-800-249-3619 (TTY: 711)** to get answers to your common health needs.



# Getting to your doctor's appointments is easy.

As an L.A. Care Cal MediConnect Plan member you have **free** rides to get you to your doctor's appointment. Just call **1-866-529-2141** (TTY: **1-888-212-4460**) to schedule a ride.\*



\*Quantity limits apply.



# We're here to help answer your medication questions.

To find pharmacies near you, ask questions about getting your prescriptions filled, or learn tips on medication safety, call **1-888-522-1298** (TTY: **1-888-212-4460**) 24 hours a day, 7 days a week, including holidays.



**Did you know** as an L.A. Care Cal MediConnect Plan member you can use mail-order pharmacy services? To learn more, call **1-888-522-1298** (TTY: **1-888-212-4460**).

# Do you ever feel sad, worried, or overwhelmed?

These feelings can be normal responses to stress, loss or life's daily demands. But if these feelings last for more than two weeks, call our Mental Health and Substance Abuse Hotline (Beacon Health Strategies) at **1-877-344-2858 (TTY: 1-800-735-2929)** to get the help you need.



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We coordinate all your care to make sure you stay healthy.

If you need help to do everyday tasks like taking a bath, getting dressed, making food, and taking medicine, we can help. Most of these services are provided at your home or in your community but could be provided in a nursing home or hospital. Call **1-855-427-1223** (TTY: **1-888-212-4460**) to learn more.



L.A. Care Health Plan is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees.

This is not a complete list. The benefit information is a brief summary, not a complete description of benefits. For more information contact the plan or read the Member Handbook.

Limitations, copays, and restrictions may apply. For more information, call L.A. Care Cal MediConnect Plan Member Services or read the L.A. Care Cal MediConnect Plan Member Handbook.

Benefits, List of Covered Drugs, pharmacy and provider networks and/or copayments may change from time to time throughout the year and on January 1 of each year.

You can ask for this information in other formats, such as large print and audio. Call **1-888-522-1298** (TTY: **1-888-212-4460**). The call is free.

You can get this information for free in other languages. Call **1-888-522-1298** (TTY: **1-888-212-4460**). The call is free.

Puede obtener esta información gratis en otros idiomas. Llame al **1-888-522-1298** (TTY: **1-888-212-4460**). La llamada es gratis.

می توانید این اطلاعات را به زبان های دیگر به رایگان در اختیار داشته باشید.  
با شماره تلفن **1-888-522-1298** تماس بگیرید (TTY: **1-888-212-4460**).  
تماس با این شماره رایگان است.

Այս տեղեկությունները անվճար կարող եք ստանալ  
այլ լեզուներով: Զանգահարեք **1-888-522-1298**  
հեռախոսահամարով (TTY` **1-888-212-4460**): Զանգն  
անվճար է:

អ្នកអាចទទួលព័ត៌មាននេះជាភាសាផ្សេងៗដោយឥតគិតថ្លៃ។  
សូមហៅលេខ **1-888-522-1298** (TTY: **1-888-212-4460**)។  
ការហៅនេះគឺឥតគិតថ្លៃឡើយ។

이 정보는 다른 언어로도 무료로 구하실 수 있습니다.  
**1-888-522-1298** (TTY: **1-888-212-4460**)로 전화하시면 되며  
통화료는 무료입니다.

Вы можете бесплатно получить эту информацию на других  
языках. Позвоните по номеру телефона **1-888-522-1298**  
(TTY: **1-888-212-4460**). Звонок бесплатный.

Makukuha ninyo ang impormasyong ito nang libre sa ibang mga  
wika. Tumawag sa **1-888-522-1298** (TTY: **1-888-212-4460**). Ang  
tawag ay libre.

本資訊備有其他語言版本供您免費索取。請致電  
**1-888-522-1298 (TTY: 1-888-212-4460)**。這是免費電話。

Quý vị có thể được cấp thông tin này miễn phí bằng nhiều ngôn ngữ. Vui lòng gọi số **1-888-522-1298 (TTY: 1-888-212-4460)**. Số điện thoại này miễn phí.

يمكنك الحصول على هذه المعلومات مجانًا بلغات أخرى اتصل على الرقم  
**1-888-522-1298 (رقم الهاتف النصي: 1-888-212-4460)**. هذه المكالمات مجانية.







**We are only a call away. Call us -  
Important Phone Numbers You Should Know**

Member Services: **1-888-522-1298 (TTY: 1-888-212-4460)**

Nurse Advice Line: **1-800-249-3619 (TTY: 711)**

Transportation: **1-866-529-2141 (TTY: 1-888-212-4460)**

Mental Health and Substance Abuse Hotline (Beacon Health Strategies):  
**1-877-344-2858 (TTY: 1-800-735-2929)**

Pharmacy: **1-888-522-1298 (TTY: 1-888-212-4460)**

Managed Long-Term Services and Supports (MLTSS):  
**1-855-427-1223 (TTY: 1-888-212-4460)**



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**L.A. Care**  
H E A L T H P L A N <sup>®</sup>

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Los Angeles, CA 90017

[www.lacare.org](http://www.lacare.org)

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