



2026

Member Handbook

What You Need to Know About Your Benefits

CalOptima Health Combined Evidence of Coverage (EOC) and Disclosure Form



Member Handbook

What you need to know about your benefits

CalOptima Health Combined Evidence of Coverage (EOC) and Disclosure Form

2026

Orange County, California

Other languages and formats

Other languages

You can get this Member Handbook and other plan materials in other languages for free. CalOptima Health provides written translations from qualified translators. Call **1-888-587-8088** (TTY **711**). The call is free. Read this Member Handbook to learn more about health care language assistance services such as interpreter and translation services.

Other formats

You can get this information in other formats such as braille, 20-point font large print, audio format, and accessible electronic formats (data CD) at no cost to you. Call **1-888-587-8088** (TTY **711**). The call is free.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

Interpreter services

CalOptima Health provides oral interpretation services, as well as sign language, from a qualified interpreter, on a 24-hour basis, at no cost to you. You do not have to use a family member or friend as an interpreter. We discourage the use of minors as interpreters unless it is an emergency. Interpreter, linguistic, and cultural services are available for free. Help is available 24 hours a day, 7 days a week. For help in your language, or to get this handbook in a different language, call **1-888-587-8088** (TTY **711**). The call is free.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Notice of Availability of Language Assistance Services and Auxiliary Aids and Services

English

ATTENTION: If you need help in your language, call **1-888-587-8088 (TTY 711)**. Aids and services for people with disabilities, like documents in braille and large print, are also available. Call **1-888-587-8088 (TTY 711)**. These services are free of charge.

(Arabic) العربية

يُرجى الانتباه: إذا احتجت إلى المساعدة بلغتك، فاتصل بـ **1-888-587-8088 (TTY 711)**. تتوفر أيضًا المساعدات والخدمات للأشخاص ذوي الإعاقة، مثل المستندات المكتوبة بطريقة بريـل والخط الكبير اتصل بـ **1-888-587-8088 (TTY 711)**. هذه الخدمات مجانية.

Հայերեն (Armenian)

ՈՒՇԱԴՐՈՒԹՅՈՒՆ: Եթե Ձեզ օգնություն է հարկավոր Ձեր լեզվով, զանգահարեք **1-888-587-8088 (TTY 711)**: Կան նաև օժանդակ միջոցներ ու ծառայություններ հաշմանդամություն ունեցող անձանց համար, օրինակ՝ Բրայլի գրատիպով ու խոշորատառ տպագրված նյութեր: Չանգահարեք **1-888-587-8088 (TTY 711)**: Այդ ծառայություններն անվճար են:

ខ្មែរ (Cambodian)

ចំណាំ៖ បើអ្នក ត្រូវ ការជំនួយ ជាភាសា របស់អ្នក សូម ទូរស័ព្ទទៅលេខ **1-888-587-8088 (TTY 711)** ។ ជំនួយ និង សេវាកម្ម សម្រាប់ ជនពិការ ដូចជាឯកសារសរសេរជាអក្សរធំ សម្រាប់ជនពិការភ្នែក ឬឯកសារសរសេរជាអក្សរពុម្ពធំ ក៏អាចរកបានផងដែរ។ ទូរស័ព្ទមកលេខ **1-888-587-8088 (TTY 711)** ។ សេវាកម្មទាំងនេះមិនគិតថ្លៃឡើយ។



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

简体中文 (Simplified Chinese)

请注意:如果您需要以您的母语提供帮助,请致电

1-888-587-8088 (TTY 711)。我们另外还提供针对残疾人士的帮助和服务,例如盲文和大字体阅读,提供您方便取用。请致电 **1-888-587-8088 (TTY 711)**。这些服务都是免费的。

繁體中文 (Traditional Chinese)

注意:如果您需要以您的語言獲得幫助,請致電 **1-888-587-8088 (TTY 711)**。為殘障人士也提供幫助和服務,例如盲文和大字體的文件。致電**1-888-587-8088 (TTY 711)**。這些服務是免費的。

فارسی (Farsi)

توجه: اگر می خواهید به زبان خود کمک دریافت کنید, با **1-888-587-8088 (TTY 711)** تماس بگیرید. کمک ها و خدمات مخصوص افراد دارای معلولیت, مانند نسخه های خط بریل و چاپ با حروف بزرگ, نیز موجود است. با **1-888-587-8088 (TTY 711)** تماس بگیرید. این خدمات رایگان ارائه می شوند.

ગુજરાતી (Gujarati)

ધ્યાન આપો: જો તમને તમારી ભાષામાં મદદની જરૂર હોય તો આ નંબર પર કોલ કરો: **1-888-587-8088 (TTY 711)**. વિકલાંગ લોકો માટે સહાય અને સેવાઓ, જેમ કે બ્રેઇલ અને મોટી પ્રિન્ટમાં પણ દસ્તાવેજો ઉપલબ્ધ છે. કોલ કરો: **1-888-587-8088 (TTY 711)**. આ સેવા વિનામૂલ્યે ઉપલબ્ધ છે.

हिंदी (Hindi)

ध्यान दें: अगर आपको अपनी भाषा में सहायता की आवश्यकता है तो **1-888-587-8088 (TTY 711)** पर कॉल करें। अशक्तता वाले लोगों के लिए सहायता और सेवाएं, जैसे ब्रेल और बड़े प्रिंट में भी दस्तावेज़ उपलब्ध हैं। **1-888-587-8088 (TTY 711)** पर कॉल करें। ये सेवाएं नि: शुल्क हैं।



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

Hmoob (Hmong)

CEEB TOOM: Yog koj xav tau kev pab txhais koj hom lus hu rau **1-888-587-8088** (TTY **711**). Muaj cov kev pab txhawb thiab kev pab cuam rau cov neeg xiam oob qhab, xws li puav leej muaj ua cov ntawv su thiab luam tawm ua tus ntawv loj. Hu rau **1-888-587-8088** (TTY **711**). Cov kev pab cuam no yog pab dawb xwb.

日本語 (Japanese)

注意日本語での対応が必要な場合は **1-888-587-8088** (TTY **711**) へお電話ください。点字の資料や文字の拡大表示など、障がいをお持ちの方のためのサービスも用意しています。
1-888-587-8088 (TTY **711**) へお電話ください。これらのサービスは無料で提供しています。

한국어 (Korean)

유의사항: 귀하의 언어로 도움을 받고 싶으시면 **1-888-587-8088** (TTY **711**) 번으로 문의하십시오. 점자나 큰 활자로 된 문서와 같이 장애가 있는 분들을 위한 도움과 서비스도 이용 가능합니다.
1-888-587-8088 (TTY **711**) 번으로 문의하십시오. 이러한 서비스는 무료로 제공됩니다.

ພາສາລາວ (Laotian)

ປະກາດ: ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານໃຫ້ໂທຫາເບີ **1-888-587-8088** (TTY **711**). ຍັງມີຄວາມຊ່ວຍເຫຼືອແລະການບໍລິການສໍາລັບຄົນພິການ ເຊັ່ນເອກະສານທີ່ເປັນອັກສອນນູນແລະມິໂຕພິມໃຫຍ່ ໃຫ້ໂທຫາເບີ **1-888-587-8088** (TTY **711**). ການບໍລິການເຫຼົ່ານີ້ບໍ່ຕ້ອງເສຍຄ່າໃຊ້ຈ່າຍໃດໆ.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

Mien

LONGC HNYOUV JANGX LONGX OC: Beiv taux meih qiemx longc mienh tengx faan benx meih nyei waac nor douc waac daaih lorx taux **1-888-587-8088** (TTY **711**). Liouh lorx jauv-louc tengx aengx caux nzie gong bun taux ninh mbuo wuaaic fangx mienh, beiv taux longc benx nzangc-pokc bun hluc mbiutc aengx caux aamz mborqv benx domh sou se mbenc nzoih bun longc. Douc waac daaih lorx **1-888-587-8088** (TTY **711**). Naaiv deix nzie weih gong-bou jauv-louc se benx wang-henh tengx mv zuqc cuotv nyaanh oc.

Português (Portuguese)

ATENÇÃO: Se você precisar de ajuda no seu idioma, ligue para **1-888-587-8088** (TTY **711**). Serviços e auxílio para pessoas com incapacidades, como documentos em braile ou impressos com letras grandes, também estão disponíveis. Ligue para **1-888-587-8088** (TTY **711**). Esses serviços são gratuitos.

ਪੰਜਾਬੀ (Punjabi)

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਾਲ ਕਰੋ **1-888-587-8088** (TTY **711**). ਅਪਾਹਜ ਲੋਕਾਂ ਲਈ ਸਹਾਇਤਾ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬ੍ਰੇਲ ਅਤੇ ਮੋਟੀ ਛਪਾਈ ਵਿੱਚ ਦਸਤਾਵੇਜ਼, ਵੀ ਉਪਲਬਧ ਹਨ | ਕਾਲ ਕਰੋ **1-888-587-8088** (TTY **711**) ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ |



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

Română (Romanian)

ATENȚIE: În cazul în care aveți nevoie de ajutor în limba dvs., sunați la **1-888-587-8088 (TTY 711)**. Sunt disponibile, de asemenea, ajutoare și servicii pentru persoanele cu dizabilități, precum documente în limbaj Braille și cu caractere mărite. Sunați la **1-888-587-8088 (TTY 711)**. Aceste servicii sunt gratuite.

Русский (Russian)

ВНИМАНИЕ! Если вам нужна помощь на вашем родном языке, звоните по номеру **1-888-587-8088 (линия TTY 711)**. Также предоставляются средства и услуги для людей с ограниченными возможностями, например документы крупным шрифтом или шрифтом Брайля. Звоните по номеру **1-888-587-8088 (линия TTY 711)**. Такие услуги предоставляются бесплатно.

Español (Spanish)

ATENCIÓN: si necesita ayuda en su idioma, llame al **1-888-587-8088 (TTY 711)**. También ofrecemos asistencia y servicios para personas con discapacidades, como documentos en braille y con letras grandes. Llame al **1-888-587-8088 (TTY 711)**. Estos servicios son gratuitos.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Tagalog (Filipino)

ATENSIYON: Kung kailangan mo ng tulong sa iyong wika, tumawag sa **1-888-587-8088 (TTY 711)**. Mayroon ding mga tulong at serbisyo para sa mga taong may kapansanan, tulad ng mga dokumento sa braille at malaking print. Tumawag sa **1-888-587-8088 (TTY 711)**. Libre ang mga serbisyonang ito.

ภาษาไทย (Thai)

โปรดทราบ: หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ กรุณาโทรศัพท์ไปที่หมายเลข **1-888-587-8088 (TTY 711)** นอกจากนี้ ยังพร้อมให้ความช่วยเหลือและบริการต่าง ๆ สำหรับบุคคลที่มีความพิการ เช่น เอกสารต่าง ๆ ที่เป็นอักษรเบรลล์และเอกสารที่พิมพ์ด้วยตัวอักษรขนาดใหญ่ กรุณาโทรศัพท์ไปที่หมายเลข **1-888-587-8088 (TTY 711)** ไม่มีค่าใช้จ่ายสำหรับบริการเหล่านี้

Türkçe Etiket (Turkish)

DIKKAT: Kendi dilinizde yardıma ihtiyacınız varsa **1-888-587-8088 (TTY 711)** numaralı telefonu arayın. Braille alfabesi ve büyük harflerle yazılmış belgeler gibi engellilere yönelik yardım ve hizmetler de mevcuttur. Call: **1-888-587-8088 (TTY 711)**. Bu hizmetler ücretsizdir.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

Українська (Ukrainian)

УВАГА! Якщо вам потрібна допомога вашою рідною мовою, телефонуйте на номер **1-888-587-8088 (TTY 711)**. Люди з обмеженими можливостями також можуть скористатися допоміжними засобами та послугами, наприклад, отримати документи, надруковані шрифтом Брайля та великим шрифтом. Телефонуйте на номер **1-888-587-8088 (TTY 711)**. Ці послуги безкоштовні.

(Urdu) اردو

توجہ: اگر آپ کو اپنی زبان میں مدد کی ضرورت ہے تو کال کریں **1-888-587-8088 (TTY 711)**۔ معذور افراد کے لئے امداد اور خدمات، جیسے بریل اور بڑے پرنٹ میں دستاویزات، بھی دستیاب ہیں۔ کال **1-888-587-8088 (TTY 711)**۔ یہ خدمات مفت ہیں۔

Tiếng Việt (Vietnamese)

CHÚ Ý: Nếu quý vị cần trợ giúp bằng ngôn ngữ của mình, vui lòng gọi số **1-888-587-8088 (TTY 711)**. Chúng tôi cũng hỗ trợ và cung cấp các dịch vụ dành cho người khuyết tật, như tài liệu bằng chữ nổi Braille và chữ khổ lớn (chữ hoa). Vui lòng gọi số **1-888-587-8088 (TTY 711)**. Các dịch vụ này đều miễn phí.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

Welcome to CalOptima Health!

Thank you for joining CalOptima Health. CalOptima Health is a health plan for people who have Medi-Cal. CalOptima Health works with the State of California to help you get the health care you need. CalOptima Health contracts with health networks to coordinate your care. A health network is a group of doctors, hospitals and other providers who work with CalOptima Health. You will need to choose a health network and a primary care provider (PCP). Your PCP must be contracted with your health network. You can choose the same health network and PCP for all your family members eligible with Medi-Cal, or you can choose different health networks and PCPs.

Member Handbook

This Member Handbook tells you about your coverage under CalOptima Health. Please read it carefully and completely. It will help you understand your benefits, the services available to you, and how to get the care you need. It also explains your rights and responsibilities as a member of CalOptima Health. If you have special health needs, be sure to read all sections that apply to you.

This Member Handbook is also called the Combined Evidence of Coverage (EOC) and Disclosure Form. **This EOC and Disclosure Form constitutes only a summary of the health plan. The health plan contract must be consulted to determine the exact terms and conditions of coverage.** To learn more, call CalOptima Health at **1-888-587-8088 (TTY 711)**.

In this Member Handbook, CalOptima Health is sometimes referred to as “we” or “us.” Members are sometimes called “you.” Some capitalized words have special meaning in this Member Handbook.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Welcome to CalOptima Health!

To ask for a copy of the contract between CalOptima Health and the California Department of Health Care Services (DHCS), call **1-888-587-8088** (TTY **711**). You may ask for another copy of the Member Handbook for free. You can also find the Member Handbook on the CalOptima Health website at **www.caloptima.org**. You can also ask for a free copy of CalOptima Health non-proprietary clinical and administrative policies and procedures. They are also on the CalOptima Health website at **www.caloptima.org**.

Contact us

CalOptima Health is here to help. If you have questions, call **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free.

You can also visit online at any time at **www.caloptima.org**.

Thank you,

CalOptima Health
500 City Parkway West
Orange, CA 92868



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Table of contents

Other languages and formats	2
Other languages	2
Other formats.....	2
Interpreter services.....	3
Welcome to CalOptima Health!	11
Member Handbook	11
Contact us.....	12
Table of contents	13
1. Getting started as a member	16
How to get help	16
Who can become a member	17
Identification (ID) cards	18
2. About your health plan	19
Health plan overview.....	19
How your plan works	21
Changing health plans	21
Students who move to a new county or out of California.....	22
Continuity of care	23
Costs	26
3. How to get care	29
Getting health care services.....	29



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Table of contents

Primary care provider (PCP).....	30
Provider network.....	33
Appointments.....	42
Getting to your appointment.....	43
Canceling and rescheduling.....	43
Payment.....	43
Referrals.....	45
California Cancer Equity Act referrals.....	46
Pre-approval (prior authorization).....	46
Second opinions.....	48
Sensitive care.....	49
Urgent care.....	52
Emergency care.....	53
Nurse Advice Line.....	55
Advance health care directives.....	55
Organ and tissue donation.....	55
4. Benefits and services.....	56
What benefits and services your health plan covers.....	56
Medi-Cal benefits covered by CalOptima Health.....	59
Other CalOptima Health covered benefits and programs.....	81
Other Medi-Cal programs and services.....	88
Services you cannot get through CalOptima Health or Medi-Cal.....	95
5. Child and youth well care.....	96
Medi-Cal for Kids and Teens.....	96



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Table of contents

Well-child health check-ups and preventive care	98
Blood lead poisoning screening	99
Help getting child and youth well care services	100
Other services you can get through Fee-for-Service (FFS) Medi-Cal or other programs	100
6. Reporting and solving problems	103
Complaints	104
Appeals	105
What to do if you do not agree with an appeal decision.	106
State Hearings	107
Fraud, waste, and abuse.	109
7. Rights and responsibilities	110
Your rights	110
Your responsibilities	111
Notice of non-discrimination	112
Ways to get involved as a member	114
Notice of privacy practices	115
Notice about laws	124
Notice about Medi-Cal as a payer of last resort, other health coverage (OHC), and tort recovery	124
Notice about estate recovery.	125
Notice of Action	125
8. Important numbers and words to know	127
Important phone numbers	127
Words to know	127



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here
Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at
www.caloptima.org.

1. Getting started as a member

How to get help

CalOptima Health wants you to be happy with your health care. If you have questions or concerns about your care, CalOptima Health wants to hear from you!

Customer Service

CalOptima Health Customer Service is here to help you. CalOptima Health can:

- Answer questions about your health plan and CalOptima Health covered services.
- Help you choose or change a primary care provider (PCP).
- Tell you where to get the care you need.
- Help you get interpreter services if you speak limited English.
- Help you get information in other languages and formats.
- Provide a replacement identification (ID) card.
- Provide a Member Handbook or Provider Directory.
- Assist with billing inquiries.
- Coordinate transportation.

If you need help, call **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. CalOptima Health must make sure you wait less than 10 minutes when calling.

You can also visit Customer Service online at any time at **www.caloptima.org**. CalOptima Health's website makes it easier for you to find what you need on any device. It also has a secure online member portal so you can:

- Update your personal information
- Request a new ID card
- Print a copy of your ID card



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

- Make telehealth appointments for mental health
- Complete plan surveys
- Change your health network or primary care provider (PCP)
- Request interpreter services
- View plan documents and other important resources
- Use **My Care Checklist** (a personalized plan for preventive screenings and care gaps)

You can access the CalOptima Health member portal at <https://www.caloptima.org/ForMembers/MemberPortal.aspx>.

Who can become a member

Every state may have a Medicaid program. In California, Medicaid is called **Medi-Cal**.

You qualify for CalOptima Health because you qualify for Medi-Cal and live in Orange County, California. If you have questions about how you qualify for Medi-Cal, call the Social Services Agency (SSA) at 1-800-281-9799. You might also qualify for Medi-Cal through Social Security because you are getting SSI or SSP.

For questions about enrollment, call Health Care Options at 1-800-430-4263 (TTY 1-800-430-7077 or 711), or go to <http://www.healthcareoptions.dhcs.ca.gov/>.

For questions about Social Security, call the Social Security Administration at 1-800-772-1213, or go to <https://www.ssa.gov/locator/>.

Transitional Medi-Cal

You may be able to get Transitional Medi-Cal if you started earning more money and you no longer qualify for Medi-Cal.

You can ask questions about qualifying for Transitional Medi-Cal at your local county office at: <http://www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx>

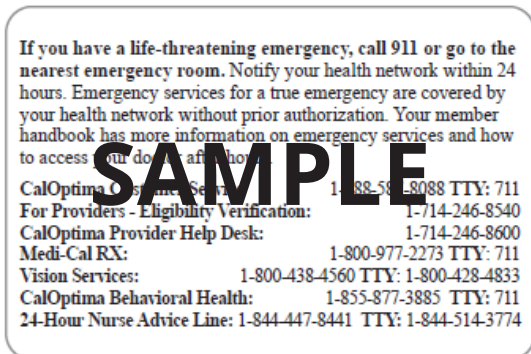
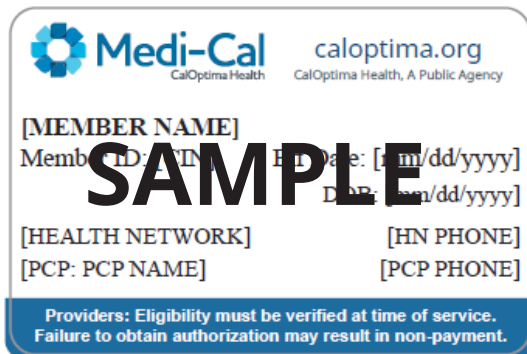
Or call Health Care Options at 1-800-430-4263 (TTY 1-800-430-7077 or 711).



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

Identification (ID) cards

As a member of CalOptima Health, you will get our CalOptima Health Identification (ID) card. You must show your CalOptima Health ID card **and** your Medi-Cal Benefits Identification Card (BIC) when you get health care services or prescriptions. Your Medi-Cal BIC card is the benefits identification card sent to you by the State of California. You should always carry all health cards with you. Your Medi-Cal BIC and CalOptima Health ID cards look like these:



If you do not get your CalOptima Health ID card within a few weeks after your enrollment date, or if your CalOptima Health ID card is damaged, lost, or stolen, call Customer Service right away. CalOptima Health will send you a new card for free. Call **1-888-587-8088 (TTY 711)**. If you do not have a Medi-Cal BIC card or if your card is damaged, lost, or stolen, call the local county office. To find your local county office, go to <http://www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx>.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

2. About your health plan

Health plan overview

CalOptima Health is a health plan for people who have Medi-Cal in Orange County, California. CalOptima Health works with the State of California to help you get the health care you need.

Talk with one of the CalOptima Health Customer Service representatives to learn more about the health plan and how to make it work for you. Call **1-888-587-8088** (TTY **711**).

When your coverage starts and ends

When you enroll in CalOptima Health, we will send your CalOptima Health Identification (ID) card within two weeks of your enrollment date. You must show both your CalOptima Health ID card and your Medi-Cal Benefits Identification Card (BIC) when you get health care services or prescriptions.

Your Medi-Cal coverage will need renewing every year. If your local county office cannot renew your Medi-Cal coverage electronically, the county will send you a pre-populated Medi-Cal renewal form. Complete this form and return it to your local county office. You can return your information in person, by phone, by mail, online, or by other electronic means available in your county.

As a CalOptima Health member, you need to:

1. Choose a health network from the Health Network Provider Directory.
 - You may choose the same health network for all eligible family members, or you may choose a different health network for each family member.
 - You may change your health network every 30 days.
2. Choose a Primary Care Provider (PCP) from the Health Network Provider Directory.
 - You must choose a PCP that is contracted with your chosen health network.
 - You may choose the same PCP for all eligible family members, or you may choose a different PCP for each family member.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

- If you do not choose a PCP, your health network will choose one for you.
 - You may change your PCP every 30 days.
3. To select your PCP and health network, you can:
- access your secure online member portal at **<https://member.caloptima.org/#/user/login>**, or;
 - complete and return the CalOptima Health Network Selection Form sent in your new member packet, or
 - Call CalOptima Health Customer Service at **1-888-587-8088 (TTY 711)**.

You can end your CalOptima Health coverage and choose another health plan at any time. For help choosing a new plan, call Health Care Options at 1-800-430-4263 (TTY 1-800-430-7077 or 711), or go to www.healthcareoptions.dhcs.ca.gov.

CalOptima Health is a health plan for Medi-Cal members in Orange County, California. Find your local county office at <http://www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx>.

CalOptima Health Medi-Cal coverage may end if any of the following is true:

- You move out of Orange County, California.
- You no longer have Medi-Cal.
- You are in jail or prison.

If you lose your CalOptima Health Medi-Cal coverage, you may still qualify for FFS Medi-Cal coverage. If you are not sure if you are still covered by CalOptima Health, call **1-888-587-8088 (TTY 711)**.

Special considerations for American Indians in managed care

If you are an American Indian, you have the right to get health care services at an Indian Health Care Provider (IHCP). You can also stay with or disenroll (drop) from CalOptima Health while getting health care services from these locations. To learn more about enrollment and disenrollment, call **1-888-587-8088 (TTY 711)**.

CalOptima Health must provide care coordination for you, including in- and out-of-network case management. If you ask to get services from an IHCP, CalOptima Health must help you find an in- or out-of-network IHCP of your choice. To learn more, read "Provider network" in Chapter 3 of this handbook.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

How your plan works

CalOptima Health is a managed care health plan contracted with DHCS. CalOptima Health works with doctors, hospitals, and other providers in the CalOptima Health service area to provide health care to our members. As a member of CalOptima Health, you may qualify for some services provided through FFS Medi-Cal. These include outpatient prescriptions, non-prescription drugs, and some medical supplies through Medi-Cal Rx.

Customer Service will tell you how CalOptima Health works, how to get the care you need, how to schedule provider appointments during office hours, how to request free interpreting and translation services or written information in alternative formats, and how to find out if you qualify for transportation services.

To learn more, call **1-888-587-8088 (TTY 711)**. You can also find Customer Service information online at **www.caloptima.org**.

Changing health plans

You can leave CalOptima Health and join another health plan in your county of residence at any time if another health plan is available. To choose a new plan, call Health Care Options at 1-800-430-4263 (TTY 1-800-430-7077 or 711). You can call between 8 a.m. and 6 p.m. Monday through Friday, or go to <https://www.healthcareoptions.dhcs.ca.gov>.

It takes up to 30 days or more to process your request to leave CalOptima Health and enroll in another plan in your county. To find out the status of your request, call Health Care Options at 1-800-430-4263 (TTY 1-800-430-7077 or 711).

If you want to leave CalOptima Health sooner, you can call Health Care Options to ask for an expedited (fast) disenrollment.

Members who can request expedited disenrollment include, but are not limited to, children getting services under the Foster Care or Adoption Assistance programs, members with special health care needs, and members already enrolled in Medicare or another Medi-Cal or commercial managed care plan.

You can ask to leave CalOptima Health by contacting your local county office. Find your local county office at:

<http://www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx>.

Or call Health Care Options at 1-800-430-4263 (TTY 1-800-430-7077 or 711).



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Students who move to a new county or out of California

You can get emergency care and urgent care anywhere in the United States, including the United States Territories. Routine and preventive care are covered only in your county of residence. If you are a student who moves to a new county in California to attend higher education, including college, CalOptima Health will cover emergency room and urgent care services in your new county. You can also get routine or preventive care in your new county, but you must notify CalOptima Health. Read more below.

If you are enrolled in Medi-Cal and are a student in a different county from the California county where you live, you do not need to apply for Medi-Cal in that county.

If you temporarily move away from home to be a student in another county in California, you have two choices. You can:

- Tell your eligibility worker at the Orange County Social Services Agency that you are temporarily moving to attend a school for higher education and give them your address in the new county. The county will update the case records with your new address and county code. You must do this if you want to keep getting routine or preventive care while you live in a new county. If CalOptima Health does not serve the county where you will attend college, you might have to change health plans. For questions and to prevent delay in joining a new health plan, call Health Care Options at 1-800-430-4263 (TTY 1-800-430-7077 or 711).

Or

- If CalOptima Health does not serve the new county where you attend college, and you do not change your health plan to one that serves that county, you will only get emergency room and urgent care services for some conditions in the new county. To learn more, read Chapter 3, “How to get care” in this handbook. For routine or preventive health care, you would need to use the CalOptima Health network of providers located in Orange County, California.

If you are leaving California temporarily to be a student in another state and you want to keep your Medi-Cal coverage, contact your eligibility worker at the Orange County Social Services Agency. As long as you qualify, Medi-Cal will cover emergency care and urgent care in another state. Medi-Cal will also cover emergency care that requires hospitalization in Canada and Mexico.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Routine and preventive care services are not covered when you are outside of California. You will not qualify for Medi-Cal medical benefit coverage for those out-of-state services. CalOptima Health will not pay for your health care. If you want Medicaid in another state, you will need to apply in that state. Medi-Cal does not cover emergency, urgent, or any other health care services outside of the United States, except for emergency care requiring hospitalization in Canada and Mexico as noted in Chapter 3.

Out-of-state pharmacy benefits are limited to up to a 14-day emergency supply when delays would prevent a medically necessary service. For more help, call Medi-Cal Rx at 1-800-977-2273 or visit them online at <https://medi-calrx.dhcs.ca.gov/home>.

Continuity of care

Continuity of care for an out-of-network provider

As a member of CalOptima Health, you will get your health care from providers in CalOptima Health's network. To find out if a health care provider is in the CalOptima Health network, read the Provider Directory on the CalOptima Health website at **www.caloptima.org**. Providers not listed in the directory may not be in the CalOptima Health network.

In some cases, you might be able to get care from providers who are not in the CalOptima Health network. If you were required to change your health plan or to switch from FFS Medi-Cal to managed care, or you had a provider who was in network but is now outside the network, you might be able to keep your provider even if they are not in the CalOptima Health network. This is called continuity of care.

If you need to get care from a provider who is outside the network, call CalOptima Health to ask for continuity of care. You may be able to get continuity of care for up to 12 months or more if all of these are true:

- You have an ongoing relationship with the out-of-network provider before enrollment in CalOptima Health.
- You went to the out-of-network provider for a non-emergency visit at least once during the 12 months before your enrollment with CalOptima Health.
- The out-of-network provider is willing to work with CalOptima Health and agrees to CalOptima Health's contract requirements and payment for services.
- The out-of-network provider meets CalOptima Health's professional standards.
- The out-of-network provider is enrolled and participating in the Medi-Cal program.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

To learn more, call Customer Service at **1-888-587-8088** (TTY **711**).

If your providers do not join the CalOptima Health network by the end of 12 months, do not agree to CalOptima Health payment rates, or do not meet quality of care requirements, you will need to change to providers in the CalOptima Health network. To discuss your choices, call Customer Service at **1-888-587-8088** (TTY **711**).

CalOptima Health is not required to provide continuity of care for an out-of-network provider for certain ancillary (supporting) services such as radiology, laboratory, dialysis centers, or transportation. You will get these services with a provider in CalOptima Health's network.

To learn more about continuity of care and if you qualify, call Customer Service.

Completion of covered services from an out-of-network provider

As a member of CalOptima Health, you will get covered services from providers in CalOptima Health's network. If you are being treated for certain health conditions at the time you enrolled with CalOptima Health or at the time your provider left CalOptima Health's network, you might also still be able to get Medi-Cal services from an out-of-network provider.

You might be able to continue care with an out-of-network provider for a specific time period if you need covered services for these health conditions:

Health condition	Time period
Acute conditions (a medical issue that needs fast attention).	For as long as your acute condition lasts.
Serious chronic physical and behavioral conditions (a serious health care issue you have had for a long time).	For up to 12 months from the coverage start or the date the provider's contract ends with CalOptima Health.
Pregnancy and postpartum (after birth) care.	During your pregnancy and up to 12 months after the end of pregnancy.
Maternal mental health services.	For up to 12 months from the diagnosis or from the end of your pregnancy, whichever is later.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Health condition	Time period
Care of a newborn child between birth and 36 months old.	For up to 12 months from the start date of the coverage or the date the provider's contract ends with CalOptima Health.
Terminal illness (a life-threatening medical issue).	For as long as your illness lasts. You may still get services for more than 12 months from the date you enrolled with CalOptima Health or the time the provider stops working with CalOptima Health.
Performance of a surgery or other medical procedure from an out-of-network provider as long as it is covered, medically necessary, and authorized by CalOptima Health as part of a documented course of treatment and recommended and documented by the provider.	The surgery or other medical procedure must take place within 180 days of the provider's contract termination date or 180 days from the effective date of your enrollment with CalOptima Health.

For other conditions that might qualify, call CalOptima Health Customer Service.

If an out-of-network provider is not willing to keep providing services or does not agree to CalOptima Health's contract requirements, payment, or other terms for providing care, you will not be able to get continued care from the provider. You may be able to keep getting services from a different provider in CalOptima Health's network.

For help choosing a contracted provider to continue with your care or if you have questions or problems getting covered services from a provider who is no longer in CalOptima Health's network, call Customer Service at **1-888-587-8088** (TTY **711**).

CalOptima Health is not required to provide continuity of care for services Medi-Cal does not cover or that are not covered under CalOptima Health's contract with DHCS. To learn more about continuity of care, eligibility, and available services, call Customer Service.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Costs

Member costs

CalOptima Health serves people who qualify for Medi-Cal. In most cases, CalOptima Health members do not have to pay for covered services, premiums, or deductibles.

If you are an American Indian, you do not have to pay enrollment fees, premiums, deductibles, co-pays, cost sharing, or other similar charges. CalOptima Health must not charge any American Indian member who gets an item or service directly from an IHCP or through a referral to an IHCP or reduce payments due to an IHCP by the amount of any enrollment fee, premium, deductible, copayment, cost sharing, or similar charge.

Except for emergency care, urgent care that is outside the CalOptima Health service area, or sensitive care, you must get pre-approval (prior authorization) from CalOptima Health before you visit a provider outside the CalOptima Health network. If you do not get pre-approval (prior authorization) and you go to a provider outside the network for care that is not emergency care, out-of-area urgent care, or sensitive care, you might have to pay for care you got from that provider. For a list of covered services, read Chapter 4, "Benefits and services" in this handbook. You can also find the Provider Directory on the CalOptima Health website at www.caloptima.org.

For members with long-term care and a Monthly Resident Cost

You might have to pay a Monthly Resident Cost (share of cost) each month for your long-term care services. The amount of your Monthly Resident Cost depends on your income. Each month, you will pay your own health care bills, including but not limited to, long-term care bills, until the amount you have paid equals your Monthly Resident Cost. After that, CalOptima Health will cover your long-term care for that month. You will not be covered by CalOptima Health until you have paid your entire long-term care Monthly Resident Cost for the month.

How a provider gets paid

CalOptima Health pays providers in these ways:

- Capitation payments
 - CalOptima Health pays some providers a set amount of money every month for each CalOptima Health member. This is called a capitation payment. CalOptima Health and providers work together to decide on the payment amount.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

- FFS payments
 - Some providers give care to CalOptima Health members and send CalOptima Health a bill for the services they provided. This is called an FFS payment. CalOptima Health and providers work together to decide how much each service costs.
- Financial Incentives
 - A health network may have a Physician Incentive Plan that may include financial incentives. Incentive plans do not affect your health care. You may ask for information on incentive plans from CalOptima Health.

To learn more about how CalOptima Health pays providers, call **1-888-587-8088** (TTY **711**).

If you get a bill from a health care provider

Covered services are health care services that CalOptima Health must pay. If you get a bill for any Medi-Cal covered services, do not pay the bill. Call Customer Service right away at **1-888-587-8088** (TTY **711**). CalOptima Health will help you figure out if the bill is correct.

If you get a bill from a pharmacy for a prescription drug, supplies, or supplements, call Medi-Cal Rx Customer Service at 1-800-977-2273, 24 hours a day, 7 days a week. TTY users can use option 7 or call 711. You can also go to the Medi-Cal Rx website at <https://medi-calrx.dhcs.ca.gov/home/>.

Asking CalOptima Health to pay you back for expenses

If you paid for services that you already got, you might qualify to be reimbursed (paid back) if you meet **all** of these conditions:

- The service you got is a covered service that CalOptima Health is responsible for paying. CalOptima Health will not reimburse you for a service that CalOptima Health does not cover.
- You got the covered service while you were an eligible CalOptima Health member.
- You ask to be paid back within one year from the date you got the covered service.
- You show proof that you, or someone on your behalf, paid for the covered service, such as a detailed receipt from the provider.
- You got the covered service from a Medi-Cal enrolled provider in CalOptima Health's network. You do not need to meet this condition if you got emergency care, family planning services, or another service that Medi-Cal allows out-of-network providers to perform without pre-approval (prior authorization).



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

- If the covered service normally requires pre-approval (prior authorization), you need to give proof from the provider that shows a medical need for the covered service.

CalOptima Health will tell you if they will reimburse you in a letter called a Notice of Action (NOA). If you meet all of the above conditions, the Medi-Cal-enrolled provider should pay you back for the full amount you paid. If the provider refuses to pay you back, CalOptima Health will pay you back for the full amount you paid.

If the provider is enrolled in Medi-Cal but is not in the CalOptima Health network and refuses to pay you back, CalOptima Health will pay you back, but only up to the amount that FFS Medi-Cal would pay. CalOptima Health will pay you back for the full out-of-pocket amount for emergency care, family planning services, or another service that Medi-Cal allows to be provided by out-of-network providers without pre-approval (prior authorization). If you do not meet one of the above conditions, CalOptima Health will not pay you back.

CalOptima Health will not pay you back if:

- You asked for and got services that are not covered by Medi-Cal, such as cosmetic services.
- The service is not a covered service for CalOptima Health.
- You have an unmet Medi-Cal Monthly Resident Cost.
- You went to a doctor who does not take Medi-Cal and you signed a form that said you want to be seen anyway and you will pay for the services yourself.
- You have Medicare Part D co-pays for prescriptions covered by your Medicare Part D plan.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

3. How to get care

Getting health care services

PLEASE READ THE FOLLOWING INFORMATION SO YOU WILL KNOW FROM WHOM OR WHAT GROUP OF PROVIDERS HEALTH CARE MAY BE OBTAINED.

You can start getting health care services on your effective date of enrollment in CalOptima Health. Always carry with you your CalOptima Health Identification (ID) card, Medi-Cal Benefits Identification Card (BIC), and any other health insurance cards. Never let anyone else use your BIC card or CalOptima Health ID card.

New members with only Medi-Cal coverage must be assigned a primary care provider (PCP) in the CalOptima Health network. New members with both Medi-Cal and comprehensive other health coverage do not have to choose a PCP.

The CalOptima Health Medi-Cal network is a group of doctors, hospitals, and other providers who work with CalOptima Health. If you have only Medi-Cal coverage, you must choose a PCP within 30 days from the time you become a member of CalOptima Health. If you do not choose a PCP, CalOptima Health will choose one for you.

You can choose the same PCP or different PCPs for all family members in CalOptima Health, as long as the PCP is available.

If you have a doctor you want to keep, or you want to find a new PCP, go to the Provider Directory for a list of all PCPs and other providers in the CalOptima Health network. The Provider Directory has other information to help you choose a PCP. If you need a Provider Directory, call **1-888-587-8088 (TTY 711)**. You can also find the Provider Directory on the CalOptima Health website at **www.caloptima.org**.

If you cannot get the care you need from a participating provider in the CalOptima Health network, your PCP or specialist in CalOptima Health's network must ask CalOptima Health for approval to send you to an out-of-network provider. This is called a referral. You do not need a referral to go to an out-of-network provider to get sensitive care services listed under the heading "Sensitive care" later in this chapter.

Read the rest of this chapter to learn more about PCPs, the Provider Directory, and the provider network.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

The Medi-Cal Rx program administers outpatient prescription drug coverage. To learn more, read “Other Medi-Cal programs and services” in Chapter 4 of this handbook.

Primary care provider (PCP)

Your primary care provider (PCP) is the licensed provider you go to for most of your health care. Your PCP also helps you get other types of care you need. You must choose a PCP within 30 days of enrolling in CalOptima Health. Depending on your age and sex, you can choose a general practitioner, OB/GYN, family practitioner, internist, or pediatrician as your PCP.

A nurse practitioner (NP), physician assistant (PA), or certified nurse midwife can also act as your PCP. If you choose an NP, PA, or certified nurse midwife, you can be assigned a doctor to oversee your care. If you are in both Medicare and Medi-Cal, or if you also have other comprehensive health care insurance, you do not have to choose a PCP.

You can choose an Indian Health Care Provider (IHCP), Federally Qualified Health Center (FQHC), or Rural Health Clinic (RHC) as your PCP. Depending on the type of provider, you might be able to choose one PCP for yourself and your other family members who are members of CalOptima Health, as long as the PCP is available.

Note: American Indians can choose an IHCP as their PCP, even if the IHCP is not in the CalOptima Health network.

If you do not choose a PCP within 30 days of enrollment, CalOptima Health will assign you to a PCP. If you are assigned to a PCP and want to change, call **1-888-587-8088 (TTY 711)**. The change happens on the first day of the next month.

Your PCP will:

- Get to know your health history and needs
- Keep your health records
- Give you the preventive and routine health care you need
- Refer you to a specialist if you need one
- Arrange for hospital care if you need it

You can look in the Provider Directory to find a PCP in the CalOptima Health network. The Provider Directory has a list of IHCPs, FQHCs, and RHCs that work with CalOptima Health.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

You can find the CalOptima Health Provider Directory online at **www.caloptima.org**, or you can request a Provider Directory to be mailed to you by calling **1-888-587-8088** (TTY **711**). You can also call to find out if the PCP you want is taking new patients.

Choice of doctors and other providers

You know your health care needs best, so it is best if you choose your PCP. It is best to stay with one PCP so they can get to know your health care needs. However, if you want to change to a new PCP, you can change anytime. You must choose a PCP who is in the CalOptima Health provider network and is taking new patients.

Your new choice will become your PCP on the first day of the next month after you make the change.

To change your PCP, call **1-888-587-8088** (TTY **711**). You can also access our secure online member portal at **www.caloptima.org** to change your health network or PCP.

CalOptima Health can change your PCP if the PCP is not taking new patients, has left the CalOptima Health network, does not give care to patients your age, or if there are quality concerns with the PCP that are not resolved. CalOptima Health or your PCP might also ask you to change to a new PCP if you cannot get along with or agree with your PCP, or if you miss or are late to appointments. If CalOptima Health needs to change your PCP, CalOptima Health will tell you in writing.

If your PCP changes, you will get a letter and new CalOptima Health member ID card in the mail. It will have the name of your new PCP. Call Customer Service if you have questions about getting a new ID card.

Some things to think about when picking a PCP:

- Does the PCP take care of children?
- Does the PCP work at a clinic I like to use?
- Is the PCP's office close to my home, work, or my children's school?
- Is the PCP's office near where I live and is it easy to get to the PCP's office?
- Do the doctors and staff speak my language?
- Does the PCP work with a hospital I like?
- Does the PCP provide the services I need?
- Do the PCP's office hours fit my schedule?
- Does the PCP work with specialists I use?



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Initial Health Appointment (IHA)

CalOptima Health recommends that, as a new member, you visit your new PCP within 120 days for your first health appointment, called an Initial Health Appointment (IHA). The purpose of the first health appointment is to help your PCP learn your health care history and needs. Your PCP might ask you questions about your health history or may ask you to complete a questionnaire. Your PCP will also tell you about health education counseling and classes that can help you.

When you call to schedule your first health appointment, tell the person who answers the phone that you are a member of CalOptima Health. Give your CalOptima Health ID number.

Take your Medi-Cal BIC card, CalOptima Health ID card and any other health insurance cards to your appointment. It is a good idea to take a list of your medicine and questions with you to your visit. Be ready to talk with your PCP about your health care needs and concerns.

Be sure to call your PCP's office if you are going to be late or cannot go to your appointment.

If you have questions about your first health appointment, call **1-888-587-8088** (TTY **711**).

Routine care

Routine care is regular health care. It includes preventive care, also called wellness or well care. It helps you stay healthy and helps keep you from getting sick. Preventive care includes regular check-ups, screenings, immunizations, health education, and counseling.

CalOptima Health recommends that children, especially, get regular routine and preventive care. CalOptima Health members can get all recommended early preventive services recommended by the American Academy of Pediatrics and the Centers for Medicare and Medicaid Services. These screenings include hearing and vision screening, which can help ensure healthy development and learning. For a list of pediatrician-recommended services, read the "Bright Futures" guidelines from the American Academy of Pediatrics at https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf.

Routine care also includes care when you are sick. CalOptima Health covers routine care from your PCP.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

Your PCP will:

- Give you most of your routine care, including regular check-ups, immunizations (shots), treatment, prescriptions, required screenings, and medical advice.
- Keep your health records.
- Refer you to specialists if needed.
- Order X-rays, mammograms, or lab work if you need them.

When you need routine care, you will call your PCP for an appointment. Be sure to call your PCP before you get medical care unless it is an emergency. For emergency care, call **911** or go to the nearest emergency room or hospital.

To learn more about health care and services CalOptima Health covers and what it does not cover, read Chapter 4, “Benefits and services” and Chapter 5, “Child and youth well care” in this handbook.

All CalOptima Health in-network providers can use aids and services to communicate with people with disabilities. They can also communicate with you in another language or format. Tell your provider or CalOptima Health what you need.

Provider network

The Medi-Cal provider network is the group of doctors, hospitals, and other providers that work with CalOptima Health to provide Medi-Cal covered services to Medi-Cal members.

CalOptima Health is a managed care health plan. When you choose our Medi-Cal Plan, you are choosing to get your care through our medical care program. You must get most of your covered services through CalOptima Health from our in-network providers. You can go to an out-of-network provider without a referral or pre-approval for emergency care or for family planning services. You can also go to an out-of-network provider for out-of-area urgent care when you are in an area that we do not serve. You must have a referral or pre-approval for all other out-of-network services, or they will not be covered.

Note: American Indians can choose an IHCP as their PCP, even if the IHCP is not in the CalOptima Health network.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

If your PCP, hospital, or other provider has a moral objection to providing you with a covered service, such as family planning or abortion, call **1-888-587-8088** (TTY **711**). For more about moral objections, read “Moral objection” later in this chapter.

If your provider has a moral objection to giving you covered health care services, they can help you find another provider who will give you the services you need. CalOptima Health can also help you find a provider who will perform the service.

In-network providers

You will use providers in the CalOptima Health network for most of your health care needs. You will get preventive and routine care from in-network providers. You will also use specialists, hospitals, and other providers in the CalOptima Health network.

To get a Provider Directory of in-network providers, call **1-888-587-8088** (TTY **711**). You can also find the Provider Directory online at **www.caloptima.org**. To get a copy of the Contract Drugs List, call Medi-Cal Rx at 1-800-977-2273 (TTY 1-800-977-2273) and press 7 or 711. Or go to the Medi-Cal Rx website at <https://medi-calrx.dhcs.ca.gov/home/>.

You must get pre-approval (prior authorization) from CalOptima Health before you visit an out-of-network provider except when:

- If you need emergency care, call **911** or go to the nearest emergency room or hospital.
- If you are outside the CalOptima Health service area and need urgent care, go to any urgent care facility.
- If you need family planning services, go to any Medi-Cal provider without pre-approval (prior authorization).

If you are not in one of the cases listed above and you do not get pre-approval (prior authorization) before getting care from a provider outside the network, you might be responsible for paying for any care you got from out-of-network providers.

Out-of-network providers who are inside the service area

Out-of-network providers are providers that do not have an agreement to work with CalOptima Health. Except for emergency care, and care pre-approved by CalOptima Health, you might have to pay for any care you get from out-of-network providers in your service area.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

If you need medically necessary health care services that are not available in the network, you might be able to get them from an out-of-network provider for free. CalOptima Health may approve a referral to an out-of-network provider if the services you need are not available in-network or are located very far from your home. For CalOptima Health's time or distance standards for where you live, go to <https://www.caloptima.org/en/find-a-provider>. If we give you a referral to an out-of-network provider, we will pay for your care.

For urgent care inside the CalOptima Health service area, you must go to a CalOptima Health in-network urgent care provider. You do not need pre-approval (prior authorization) to get urgent care from an in-network provider. You do need to get pre-approval (prior authorization) to get urgent care from an out-of-network provider inside the CalOptima Health service area.

If you get urgent care from an out-of-network provider inside CalOptima Health service area, you might have to pay for that care. You can read more about emergency care, urgent care, and sensitive care services in this chapter.

Note: If you are an American Indian, you can get care at an IHCP outside of our provider network without a referral. An out-of-network IHCP can also refer American Indian members to an in-network provider without first requiring a referral from an in-network PCP.

If you need help with out-of-network services, call **1-888-587-8088 (TTY 711)**.

Outside the service area

If you are outside of the CalOptima Health service area and need care that is **not** an emergency or urgent, call your PCP right away. Or call **1-888-587-8088 (TTY 711)**.

For emergency care, call **911** or go to the nearest emergency room or hospital. CalOptima Health covers out-of-network emergency care. If you travel to Canada or Mexico and need emergency care requiring hospitalization, CalOptima Health will cover your care. If you are traveling abroad outside of Canada or Mexico and need emergency care, urgent care, or any health care services, CalOptima Health will **not** cover your care.

If you paid for emergency care requiring hospitalization in Canada or Mexico, you can ask CalOptima Health to pay you back. CalOptima Health will review your request. To learn more about being paid back, read Chapter 2, "About your health plan" in this handbook.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

If you are in another state or are in a United States Territory such as American Samoa, Guam, Northern Mariana Islands, Puerto Rico, or the United States Virgin Islands, you are covered for emergency care. Not all hospitals and doctors accept Medicaid.

(Medi-Cal is what Medicaid is called in California only.) If you need emergency care outside of California, tell the hospital or emergency room doctor as soon as possible that you have Medi-Cal and are a member of CalOptima Health.

Ask the hospital to make copies of your CalOptima Health ID card. Tell the hospital and the doctors to bill CalOptima Health. If you get a bill for services you got in another state, call CalOptima Health right away. We will work with the hospital and/or doctor to arrange for CalOptima Health to pay for your care.

If you are outside of California and have an emergency need to fill outpatient prescription drugs, have the pharmacy call Medi-Cal Rx at 1-800-977-2273.

Note: American Indians may get services at out-of-network IHCPs.

The California Children's Services (CCS) program is a state program that treats children under 21 years of age who have certain health conditions, diseases, or chronic health problems and meet the CCS program rules. If you need health care services for a CCS-eligible medical condition and CalOptima Health does not have a CCS-paneled specialist in the network who can provide the care you need, you may be able to go to a provider outside of the provider network for free. To learn more about the CCS program, read Chapter 4, "Benefits and services" in this handbook.

If you have questions about out-of-network or out-of-service-area care, call **1-888-587-8088** (TTY **711**). If the office is closed and you want help from a CalOptima Health representative, call CalOptima Health's Nurse Advice Line at **1-844-447-8441** (TTY **1-844-514-3774**), 24 hours a day, 7 days a week. The call is free.

If you need urgent care out of the CalOptima Health service area, go to the nearest urgent care facility. If you are traveling outside the United States and need urgent care, CalOptima Health will not cover your care. For more on urgent care, read "Urgent care" later in this chapter.

Health Networks

A health network is a network is the group of doctors, hospitals, and other providers that work with CalOptima Health to provide Medi-Cal covered services to Medi-Cal members.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

How managed care works

CalOptima Health is a managed care health plan. CalOptima Health provides care to members who live in Orange County. In managed care, your PCP, specialists, clinic, hospital, and other providers work together to care for you.

CalOptima Health contracts with medical groups to provide care to CalOptima Health members. A medical group is made up of doctors who are PCPs and specialists. The medical group works with other providers such as laboratories and durable medical equipment suppliers. The medical group is also connected with a hospital. Check your CalOptima Health ID card for the names of your PCP, medical group, and hospital.

When you join CalOptima Health, you choose or are assigned to a PCP. Your PCP is part of a medical group. Your PCP and medical group direct the care for all of your medical needs. Your PCP may refer you to specialists or order lab tests and X-rays. If you need services that require pre-approval (prior authorization), CalOptima Health or your medical group will review the pre-approval (prior authorization) and decide whether to approve the service.

In most cases, you must go to specialists and other health professionals who work with the same medical group as your PCP. Except for emergencies, you must also get hospital care from the hospital connected with your medical group. If you have a medical emergency, you can get care right away at any emergency room, hospital or urgent care facility, even if it is not connected to your medical group. To learn more, read “Urgent care” and “Emergency care” in Chapter 3 of this handbook.

Sometimes, you might need a service that is not available from a provider in the medical group. In that case, your PCP will refer you to a provider who is in another medical group or is outside the network. Your PCP will ask for pre-approval (prior authorization) for you to go to this provider.

In most cases, you must have prior authorization from your PCP, medical group, or CalOptima Health before you can go to an out-of-network provider or a provider who is not part of your medical group. You do not need pre-approval (prior authorization) for emergency care, family planning services, or in-network mental health services.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Members who have both Medicare and Medi-Cal

Members who have Medicare and Medi-Cal have access to providers who are part of their Medicare coverage as well as providers who are included in the Medi-Cal plan coverage. Please refer to your Medicare Advantage Member Handbook and Provider Directory or call your Medicare Advantage plan Customer Service for more information.

Doctors

You will choose a doctor or other provider from the CalOptima Health Provider Directory as your PCP. The PCP you choose must be an in-network provider. To get a copy of the CalOptima Health Provider Directory, call **1-888-587-8088 (TTY 711)**. Or find it online at **www.caloptima.org**.

If you are choosing a new PCP, you should also call the PCP you want to make sure they are taking new patients.

If you had a doctor before you were a member of CalOptima Health, and that doctor is not part of the CalOptima Health network, you might be able to keep that doctor for a limited time. This is called continuity of care. You can read more about continuity of care in Chapter 2, “About your health plan” in this handbook. To learn more, call **1-888-587-8088 (TTY 711)**.

If you need a specialist, your PCP will refer you to a specialist in the CalOptima Health network. Some specialists do not require a referral. For more on referrals, read “Referrals” later in this chapter.

Remember, if you do not choose a PCP, CalOptima Health will choose one for you, unless you have other comprehensive health coverage in addition to Medi-Cal. You know your health care needs best, so it is best if you choose. If you are in both Medicare and Medi-Cal, or if you have other health care insurance, you do not have to choose a PCP from CalOptima Health.

If you want to change your PCP, you must choose a PCP from the CalOptima Health Provider Directory. Be sure the PCP is taking new patients. To change your PCP, call **1-888-587-8088 (TTY 711)**. You can also access our secure online member portal at **<https://www.caloptima.org/ForMembers/MemberPortal.aspx>** to change your health network or PCP.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Hospitals

In an emergency, call **911** or go to the nearest emergency room or hospital.

If it is not an emergency and you need hospital care, your PCP will decide which hospital you go to. You will need to go to a hospital that your PCP uses and is in the CalOptima Health provider network. The Provider Directory lists the hospitals in the CalOptima Health network.

Women's health specialists

You can go to a women's health specialist in CalOptima Health's network for covered care necessary to provide women's preventative and routine care services. You do not need a referral or authorization from your PCP to get these services. For help finding a women's health specialist, you can call **1-888-587-8088** (TTY **711**). You can also call the 24/7 CalOptima Health Nurse Advice Line at **1-844-447-8441** (TTY **1-844-514-3774**).

For family planning services, your provider does not have to be in the CalOptima Health provider network. You can choose any Medi-Cal provider and go to them without a referral or pre-approval (prior authorization). For help finding a Medi-Cal provider outside the CalOptima Health provider network, call **1-888-587-8088** (TTY **711**).

Provider Directory

The CalOptima Health Provider Directory lists providers in the CalOptima Health network. The network is the group of providers that work with CalOptima Health.

The CalOptima Health Provider Directory lists hospitals, PCPs, specialists, nurse practitioners, nurse midwives, physician assistants, family planning providers, FQHCs, outpatient mental health providers, long-term services and supports (LTSS) providers, Freestanding Birth Centers (FBCs), IHCPs, and RHCs, urgent care centers, nursing facilities, support providers, Community Based Adult Services (CBAS), and vision providers.

The Provider Directory has CalOptima Health in-network provider names, specialties, addresses, phone numbers, business hours, languages spoken, and whether the provider is taking new patients. The Provider Directory also shows whether a provider has informed CalOptima Health that they offer gender affirming services. It also gives the physical accessibility for the building, such as parking, ramps, stairs with handrails, and restrooms with wide doors and grab bars.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

To learn more about a doctor's education, professional qualifications, residency completion, training, and board certification, call **1-888-587-8088** (TTY **711**).

You can find the online Provider Directory at **www.caloptima.org**.

If you need a printed Provider Directory, call **1-888-587-8088** (TTY **711**).

You can find a list of pharmacies that work with Medi-Cal Rx in the Medi-Cal Rx Pharmacy Directory at <https://medi-calrx.dhcs.ca.gov/home/>. You can also find a pharmacy near you by calling Medi-Cal Rx at 1-800-977-2273 (TTY 1-800-977-2273) and press 7 or 711.

Timely access to care

Your in-network provider must provide timely access to care based on your health care needs. At minimum, they must offer you an appointment listed in the time frames shown in the table below. CalOptima Health must authorize a referral for care to an out-of-network provider if the services you need are not available in-network within these timely access standards.

Appointment type	You should be able to get an appointment within:
Urgent care appointments that do not require pre-approval (prior authorization)	48 hours
Urgent care appointments that do require pre-approval (prior authorization)	96 hours
Non-urgent (routine) primary care appointments	10 business days
Non-urgent (routine) specialist care appointments including psychiatrist	15 business days
Non-urgent (routine) mental health provider (non-doctor) care appointments	10 business days
Non-urgent (routine) mental health provider (non-doctor) follow-up care appointments	10 business days of last appointment
Non-urgent (routine) appointments for ancillary (supporting) services for the diagnosis or treatment of injury, illness, or other health condition	15 business days



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Other wait time standards	You should be able to get connected within:
Customer Service telephone wait times during normal business hours	10 minutes
Telephone wait times for Nurse Advice Line	30 minutes (connected to nurse)

Sometimes waiting longer for an appointment is not a problem. Your provider might give you a longer wait time if it would not be harmful to your health. It must be noted in your record that a longer wait time will not be harmful to your health. You can choose to wait for a later appointment or call CalOptima Health to go to another provider of your choice. Your provider and CalOptima Health will respect your wish.

Your doctor may recommend a specific schedule for preventive services, follow-up care for ongoing conditions, or standing referrals to specialists, depending on your needs.

Tell us if you need interpreter services, including sign language, when you call CalOptima Health or when you get covered services. Interpreter services are available for free. We highly discourage the use of minors or family members as interpreters. To learn more about interpreter services we offer, call **1-888-587-8088 (TTY 711)**.

If you need interpreter services, including sign language, at a Medi-Cal Rx pharmacy, call Medi-Cal Rx Customer Service at 1-800-977-2273, 24 hours a day, 7 days a week. TTY users can call 711, Monday through Friday, 8 a.m. to 5 p.m.

Travel time or distance to care

CalOptima Health must follow travel time or distance standards for your care. Those standards help make sure you can get care without having to travel too far from where you live. Travel time or distance standards depend on the county you live in.

If CalOptima Health is not able to provide care to you within these travel time or distance standards, DHCS may allow a different standard, called an alternative access standard. For CalOptima Health's time or distance standards for where you live, go to **www.caloptima.org**. Or call **1-888-587-8088 (TTY 711)**.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

It is considered far if you cannot get to that provider within the CalOptima Health's travel time or distance standards for your county, regardless of any alternative access standard CalOptima Health might use for your ZIP Code.

If you need care from a provider located far from where you live, call Customer Service at **1-888-587-8088** (TTY **711**). They can help you find care with a provider located closer to you. If CalOptima Health cannot find care for you from a closer provider, you can ask CalOptima Health to arrange transportation for you to go to your provider, even if that provider is located far from where you live.

If you need help with pharmacy providers, call Medi-Cal Rx at 1-800-977-2273 (TTY 1-800-977-2273) and press 7 or 711.

Appointments

When you need health care:

- Call your PCP.
- Have your CalOptima Health ID number ready on the call.
- Leave a message with your name and phone number if the office is closed.
- Take your Medi-Cal BIC card and CalOptima Health ID card to your appointment.
- Ask for transportation to your appointment, if needed.
- Ask for needed language assistance or interpreting services before your appointment to have the services at the time of your visit.
- Be on time for your appointment, arrive a few minutes early to sign in, fill out forms, and answer any questions your PCP may have.
- Call right away if you cannot keep your appointment or will be late.
- Have your questions and medication information ready.

If you have an emergency, call **911** or go to the nearest emergency room or hospital. If you need help deciding how urgently you need care and your PCP is not available to speak with you, call the CalOptima Health Nurse Advice Line at **1-844-447-8441** (TTY **1-844-514-3774**).



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Getting to your appointment

If you do not have a way to get to and from your appointments for covered services, CalOptima Health can help arrange transportation for you. Depending on your situation, you may qualify for either Medical Transportation or Non-Medical Transportation. These transportation services are not for emergencies and are available for free.

If you are having an emergency, call **911**. Transportation is available for services and appointments not related to emergency care.

To learn more, read “Transportation benefits for situations that are not emergencies” in Chapter 4 of this handbook.

Canceling and rescheduling

If you cannot get to your appointment, call your provider’s office right away. Most providers require you to call 24 hours (1 business day) before your appointment if you have to cancel. If you miss repeated appointments, your provider might stop providing care to you and you will have to find a new provider.

Payment

You do **not** have to pay for covered services unless you have a Monthly Resident Cost for long-term care. To learn more, read “For members with long-term care and a Monthly Resident Cost” in Chapter 2. of this handbook. In most cases, you will not get a bill from a provider. You must show your CalOptima Health ID card and your Medi-Cal BIC card when you get health care services or prescriptions, so your provider knows who to bill. You can get an Explanation of Benefits (EOB) or a statement from a provider. EOBs and statements are not bills.

If you do get a bill, call **1-888-587-8088** (TTY **711**). If you get a bill for prescriptions, call Medi-Cal Rx at 1-800-977-2273 (TTY 1-800-977-2273) and press 7 or **711**. Or go to the Medi-Cal Rx website at <https://medi-calrx.dhcs.ca.gov/home/>.

Tell CalOptima Health the amount you are being charged, the date of service, and the reason for the bill. CalOptima Health will help you figure out if the bill was for a covered service or not. You do not need to pay providers for any amount owed by CalOptima Health for any covered service. If you get care from an out-of-network provider and you did not get pre-approval (prior authorization) from CalOptima Health, you might have to pay for the care you got.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

You must get pre-approval (prior authorization) from CalOptima Health before you visit an out-of-network provider except when:

- You need emergency care, in which case call **911** or go to the nearest emergency room or hospital.
- You need family planning services or services related to testing for sexually transmitted infections, in which case you can go to any Medi-Cal provider without pre-approval (prior authorization).
- You need mental health services, you can go to an in-network provider or to a county mental health plan provider without pre-approval (prior authorization)

If you need to get medically necessary care from an out-of-network provider because it is not available in the CalOptima Health network, you will not have to pay as long as the care is a Medi-Cal covered service and you got pre-approval (prior authorization) from CalOptima Health for it. To learn more about emergency care, urgent care, and sensitive services, go to those headings in this chapter.

If you get a bill or are asked to pay a co-pay you do not think you have to pay, call **1-888-587-8088** (TTY **711**). If you pay the bill, you can file a claim form with CalOptima Health. You will need to tell CalOptima Health in writing about the item or service you paid for. CalOptima Health will read your claim and decide if you can get money back. For questions, call **1-888-587-8088** (TTY **711**).

If you get services in the Veterans Affairs system or get non-covered or unauthorized services outside of California, you might be responsible for payment.

CalOptima Health will not pay you back if:

- The services are not covered by Medi-Cal such as cosmetic services.
- You have an unmet Medi-Cal Monthly Resident Cost.
- You went to a doctor who does not take Medi-Cal and you signed a form that said you want to be seen anyway and you will pay for the services yourself.
- You ask to be paid back for Medicare Part D co-pays for prescriptions covered by your Medicare Part D plan.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Referrals

If you need a specialist for your care, your PCP or another specialist will give you a referral to one. A specialist is a provider who focuses on one type of health care service. The doctor who refers you will work with you to choose a specialist. To help make sure you can go to a specialist in a timely way, DHCS sets time frames for members to get appointments. These time frames are listed in “Timely access to care” earlier in this chapter. Your PCP’s office can help you set up an appointment with a specialist.

Other services that might need a referral include in-office procedures, X-rays, lab work, and private duty nursing.

Your PCP might give you a form to take to the specialist. The specialist will fill out the form and send it back to your PCP. The specialist will treat you for as long as they think you need treatment.

If you have a health problem that needs special medical care for a long time, you might need a standing referral. Having a standing referral means you can go to the same specialist more than once without getting a referral each time.

If you have trouble getting a standing referral or want a copy of the CalOptima Health referral policy, call **1-888-587-8088** (TTY **711**).

You do **not** need a referral for:

- PCP visits
- Obstetrics/Gynecology (OB/GYN) visits
- Urgent or emergency care visits
- Adult sensitive services, such as sexual assault care
- Family planning services (to learn more, call the Office of Family Planning Information and Referral Service at 1-800-942-1054)
- HIV testing and counseling (12 years or older)
- Sexually transmitted infection services (12 years or older)
- Chiropractic services (a referral may be required when provided by out-of-network FQHCs, RHCs, and IHCPs)
- Initial mental health assessment
- Preventative services, such as mammograms
- Advanced stage 3 or 4 cancer biomarker testing services (tests to help customize cancer treatments).



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Minors can also get certain outpatient mental health treatment or counseling and substance use disorder (SUD) treatment and services without a parent or guardian's consent. To learn more, read "Minor consent services" later in this chapter and "Substance use disorder (SUD) treatment services" in Chapter 4 of this handbook.

California Cancer Equity Act referrals

Effective treatment of complex cancers depends on many factors. These include getting the right diagnosis and getting timely treatment from cancer experts. If you are diagnosed with a complex cancer, the new California Cancer Care Equity Act allows you to ask for a referral from your doctor to get cancer treatment from an in-network National Cancer Institute (NCI)-designated cancer center, NCI Community Oncology Research Program (NCORP)-affiliated site, or a qualifying academic cancer center.

If CalOptima Health does not have an in-network NCI-designated cancer center, CalOptima Health will allow you to ask for a referral to get cancer treatment from one of these out-of-network centers in California, if the out-of-network center and CalOptima Health agree on payment, unless you choose a different cancer treatment provider.

If you have been diagnosed with cancer, contact CalOptima Health to find out if you qualify for services from one of these cancer centers.

Ready to quit smoking? To learn about services in English, call 1-800-300-8086. For Spanish, call 1-800-600-8191.

To learn more, go to www.kickitca.org.

Pre-approval (prior authorization)

For some types of care, your PCP or specialist will need to ask CalOptima Health for permission before you get the care. This is called asking for pre-approval or prior authorization. It means CalOptima Health must make sure the care is medically necessary (needed).

Medically necessary services are reasonable and necessary to protect your life, keep you from becoming seriously ill or disabled, or reduce severe pain from a diagnosed disease, illness, or injury. For members under age 21, Medi-Cal services include care that is medically necessary to fix or help relieve a physical or mental illness or condition.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

The following services **always** need pre-approval (prior authorization), even if you get them from a provider in the CalOptima Health network:

- Hospitalization, if not an emergency
- Services out of the CalOptima Health service area, if not an emergency or urgent care
- Outpatient surgery
- Long-term care or skilled nursing services at a nursing facility (including adult and pediatric Subacute Care Facilities contracted with the Department of Health Care Services Subacute Care Unit) or intermediate care facilities (including Intermediate Care Facility for the Developmentally Disabled (ICF/DD), ICF/DD-Habilitative (ICF/DD-H), ICF/DD-Nursing (ICF/DD-N))
- Specialized treatments, imaging, testing, and procedures
- Medical transportation services when it is not an emergency

Emergency ambulance services do not require pre-approval (prior authorization).

CalOptima Health has seven calendar days from when CalOptima Health gets the information reasonably needed to decide (approve or deny) pre-approval (prior authorization) requests. When a pre-approval (prior authorization) request is made by a provider and CalOptima Health finds that following the standard time frame could seriously endanger your life or health or ability to attain, maintain, or regain maximum function, CalOptima Health will make a pre-approval (prior authorization) decision in no longer than 72 hours. This means that after getting the request for pre-approval (prior authorization), CalOptima Health will give you notice as quickly as your health condition requires and no later than 72 hours or seven calendar days after the request for services. Clinical or medical staff such as doctors, nurses, and pharmacists review pre-approval (prior authorization) requests.

CalOptima Health does not influence the reviewers' decision to deny or approve coverage or services in any way. If CalOptima Health does not approve the request, CalOptima Health will send you a Notice of Action (NOA) letter. The NOA will tell you how to file an appeal if you do not agree with the decision.

CalOptima Health will contact you if CalOptima Health needs more information or more time to review your request.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

You never need pre-approval (prior authorization) for emergency care, even if it is out of the CalOptima Health network or out of your service area. This includes labor and delivery if you are pregnant. You do not need pre-approval (prior authorization) for certain sensitive care services. To learn more about sensitive care services, read “Sensitive care” later in this chapter.

For questions about pre-approval (prior authorization), call **1-888-587-8088** (TTY **711**).

Second opinions

You might want a second opinion about care your provider says you need or about your diagnosis or treatment plan. For example, you might want a second opinion if you want to make sure your diagnosis is correct, you are not sure you need a prescribed treatment or surgery, or you have tried to follow a treatment plan and it has not worked. CalOptima Health will pay for a second opinion if you or your in-network provider asks for it, and you get the second opinion from an in-network provider. You do not need pre-approval (prior authorization) from CalOptima Health to get a second opinion from an in-network provider. If you want to get a second opinion, we will refer you to a qualified in-network provider who can give you one.

To ask for a second opinion and get help choosing a provider, call **1-888-587-8088** (TTY **711**). Your in-network provider can also help you get a referral for a second opinion if you want one.

If there is no provider in the CalOptima Health network who can give you a second opinion, CalOptima Health will pay for a second opinion from an out-of-network provider. CalOptima Health will tell you within seven calendar days if the provider you choose for a second opinion is approved. If you have a chronic, severe, or serious illness, or have an immediate and serious threat to your health, including, but not limited to, loss of life, limb, or major body part or bodily function, CalOptima Health will tell you in writing within 72 hours.

If CalOptima Health denies your request for a second opinion, you can file a grievance. To learn more about grievances, read “Complaints” in Chapter 6 of this handbook.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Sensitive care

Minor consent services

If you are under age 18, you do not need parent or guardian permission to get some health care services and you can receive them confidentially, which means your parent or guardian will not be notified or contacted if you get these services without your written permission. These services are called minor consent services.

You can get the following services at any age without your parent or guardian's permission:

- Sexual assaults services
- Pregnancy and pregnancy related services, including abortion services
- Family planning services, such as contraception services (e.g., birth control)

If you are at **age 12 or older** in addition to the services above, you can also get the following services without your parent or guardian's permission:

- Outpatient mental health treatment or counseling. This will depend on your maturity and ability to take part in your health care, as determined by a professional person.
- Infections, contagious, or communicable disease diagnosis and treatment, including for HIV/AIDS
- Sexually transmitted infection (STI) prevention, testing, diagnosis, and treatment for STIs like syphilis, gonorrhea, chlamydia, and herpes simplex
- Intimate partner violence services
- Substance use disorder (SUD) treatment for drug and alcohol abuse including screening, assessment, intervention, and referral services

You can get minor consent services from any Medi-Cal provider or clinic. Providers do not have to be in the CalOptima Health network. You do not need a referral from your PCP or pre-approval (prior authorization).

If you use an out-of-network provider for services **not** related to sensitive care, then they may not be covered.

To find a Medi-Cal provider outside the CalOptima Health Medi-Cal network for minor consent services, or to ask for transportation help to get to a provider, call CalOptima Health Customer Service at **1-888-587-8088** (TTY **711**).

For more on contraceptive services, read "Preventive and wellness services and chronic disease management" in Chapter 4 of this handbook.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

CalOptima Health does not cover minor consent services that are specialty mental health services (SMHS) or most SUD services. The county where you live covers these services. To learn more, including how to access these services, read the “Specialty Mental Health Services (SMHS)” and “Substance Use Disorder (SUD) Treatment Services” in Chapter 4 of this handbook. To learn more, call **1-888-587-8088** (TTY **711**).

For a list of all counties’ toll-free telephone numbers for SMHS, go to:
<http://www.dhcs.ca.gov/individuals/Pages/MHPContactList.aspx>.

For a list of all counties’ toll-free telephone numbers for SUD treatment services, go to:
https://www.dhcs.ca.gov/individuals/Pages/SUD_County_Access_Lines.aspx.

Minors can talk to a representative in private about their health concerns by calling the 24/7 nurse line at **1-844-447-8441** (TTY **1-844-514-3774**).

You can also ask to get private information about your medical services in a certain form or format, if available. You can have it sent to you at another location. To learn more about how to ask for confidential communications related to sensitive services, read “Notice of privacy practices” in Chapter 7 of this handbook.

Adult sensitive care services

If you are an adult who is 18 years or older, you do not have to go to your PCP for certain sensitive or private care. You can choose any doctor or clinic for these types of care:

- Family planning and birth control. For adults 21 years and older, these services include sterilization.
- Pregnancy testing and counseling and other pregnancy-related services
- HIV/AIDS prevention and testing
- Sexually transmitted infections prevention, testing, and treatment
- Sexual assault care
- Outpatient abortion services

For sensitive care, the doctor or clinic does not have to be in the CalOptima Health network. You can choose to go to any Medi-Cal provider for these services without a referral or pre-approval (prior authorization) from CalOptima Health. If you got care not listed here as sensitive care from an out-of-network provider, you might have to pay for it.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

If you need help finding a doctor or clinic for these services, or help getting to these services (including transportation), call **1-888-587-8088** (TTY **711**). Or call the 24/7 CalOptima Health Nurse Advice Line at **1-844-447-8441** (TTY **1-844-514-3774**).

CalOptima Health will not give information on your sensitive care services to your CalOptima Health plan policyholder or primary subscriber, or to any CalOptima Health enrollees, without your written permission. You can get private information about your medical services in a certain form or format, if available, and have it sent to you at another location. To learn more about how to request confidential communications related to sensitive services, read “Notice of privacy practices” in Chapter 7 of this handbook.

Moral objection

Some providers have a moral objection to some covered services. They have a right to **not** offer some covered services if they morally disagree with the services. These services are still available to you from another provider. If your provider has a moral objection, they will help you find another provider for the needed services. CalOptima Health can also help you find a provider.

Some hospitals and providers do not provide one or more of these services even if they are covered by Medi-Cal:

- Family planning
- Contraceptive services, including emergency contraception
- Sterilization, including tubal ligation at the time of labor and delivery
- Infertility treatments
- Abortion

To make sure you choose a provider who can give you the care you and your family needs, call the doctor, medical group, independent practice association, or clinic you want. Ask if the provider can and will provide the services you need. Or call CalOptima Health at **1-888-587-8088** (TTY **711**).

These services are available to you. CalOptima Health will make sure you and your family members can use providers (doctors, hospitals, and clinics) who will give you the care you need. If you have questions or need help finding a provider, call CalOptima Health at **1-888-587-8088** (TTY **711**).



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Urgent care

Urgent care is **not** for an emergency or life-threatening condition. It is for services you need to prevent serious damage to your health from a sudden illness, injury, or complication of a condition you already have. Most urgent care appointments do not need pre-approval (prior authorization). If you ask for an urgent care appointment, you will get an appointment within 48 hours. If the urgent care services you need require a pre-approval (prior authorization), you will get an appointment within 96 hours of your request.

For urgent care, call your PCP. If you cannot reach your PCP, call **1-888-587-8088** (TTY **711**). Or you can call CalOptima Health Nurse Advice Line at **1-844-447-8441** (TTY **1-844-514-3774**) to learn the level of care that is best for you. CalOptima Health Nurse Advice Line is available 24 hours a day, 7 days a week, in your preferred language.

If you need urgent care out of the area, go to the nearest urgent care facility.

Urgent care needs could be:

- Cold
- Sore throat
- Fever
- Ear pain
- Sprained muscle
- Maternity services

When you are inside CalOptima Health's service area and need urgent care, you must get urgent care services from an in-network provider. You do not need pre-approval (prior authorization) for urgent care from in-network providers inside CalOptima Health's service area. If you need help finding an in-network urgent care provider, call **1-888-587-8088** (TTY **711**) or go to **www.caloptima.org**.

If you are outside the CalOptima Health service area, but inside the United States, you do not need pre-approval (prior authorization) to get urgent care outside the service area. Go to the nearest urgent care facility.

Medi-Cal does not cover urgent care services outside the United States. If you are traveling outside the United States and need urgent care, we will not cover your care.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

If you need urgent mental health care or substance use disorder services, call your county mental health or substance use disorder program, or Customer Service at **1-888-587-8088** (TTY **711**). Call your county mental health or substance use disorder program or your CalOptima Health Behavioral Health Plan any time, 24 hours a day, 7 days a week. To find all counties' toll-free telephone numbers online, go to: <http://www.dhcs.ca.gov/individuals/Pages/MHPContactList.aspx>.

If you get medicines as part of your covered urgent care visit while you are there, CalOptima Health will cover them as part of your covered visit. If your urgent care provider gives you a prescription that you need to take to a pharmacy, Medi-Cal Rx will decide if it is covered. To learn more about Medi-Cal Rx, read "Prescription drugs covered by Medi-Cal Rx" in Chapter 4 of this handbook.

Emergency care

For emergency care, call **911** or go to the nearest emergency room or hospital. For emergency care, you do **not** need pre-approval (prior authorization) from CalOptima Health.

Inside the United States (including territories such as American Samoa, Guam, Northern Mariana Islands, Puerto Rico, or the United States Virgin Islands), you have the right to use any hospital or other setting for emergency care.

If you are outside the United States, only emergency care requiring hospitalization in Canada and Mexico are covered. Emergency care and other care in other countries are not covered.

Emergency care is for life-threatening medical conditions. This care is for an illness or injury that a prudent (reasonable) layperson (not a health care professional) with average knowledge of health and medicine could expect that, if you do not get care right away, you would place your health (or your unborn baby's health) in serious danger. This includes risking serious harm to your bodily functions, body organs, or body parts. Examples may include, but are not limited to:

- Active labor
- Broken bone
- Severe pain
- Chest pain
- Trouble breathing
- Severe burn



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

- Drug overdose
- Fainting
- Severe bleeding
- Psychiatric emergency conditions, such as severe depression or suicidal thoughts

Do **not** go to the ER for routine care or care that is not needed right away. You should get routine care from your PCP, who knows you best. You do not need to ask your PCP or CalOptima Health before you go to the ER. However, if you are not sure if your medical condition is an emergency, call your PCP. You can also call the 24/7 CalOptima Health Nurse Advice Line at **1-844-447-8441** (TTY **1-844-514-3774**).

If you need emergency care outside the CalOptima Health service area, go to the nearest ER even if it is not in the CalOptima Health network. If you go to an ER, ask them to call CalOptima Health. You or the hospital that admitted you should call CalOptima Health within 24 hours after you get emergency care. If you are traveling outside the United States other than to Canada or Mexico and need emergency care, CalOptima Health will **not** cover your care.

If you need emergency transportation, call **911**.

If you need care in an out-of-network hospital after your emergency (post-stabilization care), the hospital will call CalOptima Health.

If you or someone you know is in crisis, please contact the **988** Suicide and Crisis Lifeline. **Call or text 988 or chat online at 988lifeline.org/chat.** The **988** Suicide and Crisis Lifeline offers free and confidential support for anyone in crisis. That includes people who are in emotional distress and those who need support for a suicidal, mental health, and/or substance use crisis.

Remember: Do not call **911** unless you reasonably believe you have a medical emergency. Get emergency care only for an emergency, not for routine care or a minor illness like a cold or sore throat. If it is an emergency, call **911** or go to the nearest emergency room or hospital.

CalOptima Health Nurse Advice Line gives you free medical information and advice 24 hours a day, every day of the year. Call 1-844-447-8441 (TTY 1-844-514-3774 or 711).



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Nurse Advice Line

CalOptima Health Nurse Advice Line can give you free medical information and advice 24 hours a day, every day of the year. Call **1-844-447-8441** (TTY **1-844-514-3774**) to:

- Talk to a nurse who will answer medical questions, give care advice, and help you decide if you should go to a provider right away
- Get help with medical conditions such as diabetes or asthma, including advice about what kind of provider may be right for your condition

The Nurse Advice Line **cannot** help with clinic appointments or medicine refills. Call your provider's office if you need help with these.

Advance health care directives

An advance health care directive, or advance directive, is a legal form. You can list on the form the health care you want in case you cannot talk or make decisions later. You can also list what health care you do **not** want. You can name someone, such as a spouse, to make decisions for your health care if you cannot.

You can get an advance directive form at pharmacies, hospitals, law offices, and doctors' offices. You might have to pay for the form. You can also find and download a free form online. You can ask your family, PCP, or someone you trust to help you fill out the form.

You have the right to have your advance directive placed in your medical records. You have the right to change or cancel your advance directive at any time.

You have the right to learn about changes to advance directive laws. CalOptima Health will tell you about changes to the state law no longer than 90 days after the change.

To learn more, you can call CalOptima Health at **1-888-587-8088** (TTY **711**).

Organ and tissue donation

You can help save lives by becoming an organ or tissue donor. If you are between 15 and 18 years old, you can become a donor with the written consent of your parent or guardian. You can change your mind about being an organ donor at any time. If you want to learn more about organ or tissue donation, talk to your PCP. You can also go to the United States Department of Health and Human Services website at www.organdonor.gov.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

4. Benefits and services

What benefits and services your health plan covers

This chapter explains benefits and services covered by CalOptima Health. Your covered services are free as long as they are medically necessary and provided by a CalOptima Health in-network provider. You must ask CalOptima Health for pre-approval (prior authorization) if the care is out-of-network except for certain sensitive services, emergency care, and urgent care outside of CalOptima Health service area. Your health plan might cover medically necessary services from an out-of-network provider, but you must ask CalOptima Health for pre-approval (prior authorization) for this.

Medically necessary services are reasonable and necessary to protect your life, keep you from becoming seriously ill or disabled, or reduce severe pain from a diagnosed disease, illness, or injury. For members under the age of 21, Medi-Cal services include care that is medically necessary to fix or help relieve a physical or mental illness or condition. For more on your covered services, call **1-888-587-8088** (TTY **711**).

Members under 21 years old get extra benefits and services. To learn more, read Chapter 5, “Child and youth well care” in this handbook.

Some of the basic health benefits and services CalOptima Health offers are listed below. Benefits and services with a star (*) need pre-approval (prior authorization).

- Acupuncture*
- Acute (short-term treatment) home health therapies and services*
- Allergy testing and injections*
- Ambulance services for an emergency
- Anesthesiologist services*
- Asthma prevention*
- Audiology*
- Basic care management services
- Behavioral health treatment*
- Biomarker testing*
- Cardiac rehabilitation*
- Chiropractic services*
- Chemotherapy & Radiation therapy*
- Cognitive health assessments*
- Community Health Worker (CHW) services*
- Community Supports
- Complex Care Management (CCM) services



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

4 | Benefits and services

- Dental services - limited (performed by medical professional/primary care provider (PCP) in a medical office)
- Dialysis/hemodialysis services*
- Doula services*
- Durable medical equipment (DME)*
- Dyadic services
- Emergency room visits
- Enhanced Care Management (ECM) services
- Enteral and parenteral nutrition*
- Family planning services (you can go to an out-of-network provider)
- Gender-affirming care*
- Habilitative services and devices*
- Hearing aids*
- Home health care*
- Hospice care*
- Immunizations (shots)
- Inpatient medical and surgical care*
- Intermediate care facility for developmentally disabled services*
- Lab and radiology*
- Long-term home health therapies and services*
- Long-term services and supports
- Maternity and newborn care*
- Mental health treatment*
- Occupational therapy*
- Organ and bone marrow transplant*
- Orthotics/prostheses*
- Ostomy and urological supplies*
- Outpatient hospital services*
- Outpatient mental health services*
- Outpatient surgery*
- Palliative care*
- PCP visits
- Pediatric services*
- Physical therapy*
- Podiatry services*
- Pulmonary rehabilitation*
- Rapid Whole Genome Sequencing*
- Rehabilitation services and devices*
- Skilled nursing services, including subacute services*
- Specialist visits*
- Speech therapy*
- Street medicine services
- Substance use treatment
- Surgical services*
- Telemedicine/Telehealth*
- Transgender services*
- Transitional care services
- Urgent care
- Vision services*
- Women's health services*



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Definitions and descriptions of covered services are in Chapter 8, “Important numbers and words to know” in this handbook.

Medically necessary services are reasonable and necessary to protect your life, keep you from becoming seriously ill or disabled, or reduce severe pain from a diagnosed disease, illness, or injury.

Medically necessary services include those services that are necessary for age-appropriate growth and development, or to attain, maintain, or regain functional capacity.

For members under age 21, a service is medically necessary if it is necessary to correct or improve defects and physical and mental illnesses or conditions under the Medi-Cal for Kids and Teens (also known as Early and Periodic Screening, Diagnostic and Treatment (EPSDT)) benefit. This includes care that is necessary to fix or help relieve a physical or mental illness or condition or maintain the member’s condition to keep it from getting worse.

Medically necessary services do not include:

- **Treatments that are untested or still being tested**
- **Services or items not generally accepted as effective**
- **Services outside the normal course and length of treatment or services that do not have clinical guidelines**
- **Services for caregiver or provider convenience**

CalOptima Health coordinates with other programs to be sure you get all medically necessary services, even if those services are covered by another program and not CalOptima Health.

Medically necessary services include covered services that are reasonable and necessary to:

- **Protect life,**
- **Prevent significant illness or significant disability,**
- **Alleviate severe pain,**
- **Achieve age-appropriate growth and development, or**
- **Attain, maintain, and regain functional capacity**



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

For members younger than 21 years old, medically necessary services include all covered services listed above plus any other necessary health care, screening, immunizations, diagnostic services, treatment, and other measures to correct or improve defects and physical and mental illnesses and conditions, the Medi-Cal for Kids and Teens benefit requires. This benefit is known as the Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) benefit under federal law.

Medi-Cal for Kids and Teens provides prevention, diagnostic, and treatment services for enrolled infants, children, and adolescents under 21 years old. Medi-Cal for Kids and Teens covers more services than services offered to adults. It is designed to make sure children get early detection and care to prevent or diagnose and treat health problems as soon as possible. The goal of Medi-Cal for Kids and Teens is to make sure every child gets the health care they need when they need it – the right care to the right child at the right time in the right setting.

CalOptima Health will coordinate with other programs to make sure you get all medically necessary services, even if another program covers those services and CalOptima Health does not. Read “Other Medi-Cal programs and services” later in this chapter.

Medi-Cal benefits covered by CalOptima Health

Outpatient (ambulatory) services

Adult immunizations (shots)

You can get adult immunizations (shots) from an in-network provider without pre-approval (prior authorization) when they are a preventive service. CalOptima Health covers immunizations (shots) recommended by the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC) as preventive services, including immunizations (shots) you need when you travel.

You can also get some adult immunization (shots) services from a pharmacy through Medi-Cal Rx. To learn more about Medi-Cal Rx, read “Other Medi-Cal programs and services” later in this chapter.

Allergy care

CalOptima Health covers allergy testing and treatment, including allergy desensitization, hypo-sensitization, or immunotherapy.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Anesthesiologist services

CalOptima Health covers anesthesia services that are medically necessary when you get outpatient care. This may include anesthesia for dental procedures when provided by an anesthesiologist who may require pre-approval (prior authorization).

Chiropractic services

CalOptima Health covers chiropractic services, limited to the treatment of the spine by manual manipulation. Chiropractic services are limited to a maximum of two services per month, or combination of two services per month from the following services: acupuncture, audiology, occupational therapy, and speech therapy. Limits do not apply to children under age 21. CalOptima Health may pre-approve other services as medically necessary.

These members qualify for chiropractic services:

- Children under age 21
- Pregnant people through the end of the month that includes 60-days after the end of a pregnancy
- Residents in a skilled nursing facility, intermediate care facility, or subacute care facility
- All members when services are provided at county hospital outpatient departments, outpatient clinics, Federally Qualified Health Center (FQHCs), or Rural Health Clinics (RHCs) in the CalOptima Health network. Not all FQHCs, RHCs, or county hospitals offer outpatient chiropractic services.

Cognitive health assessments

CalOptima Health covers a yearly cognitive health assessment for members 65 years or older who do not otherwise qualify for a similar assessment as part of a yearly wellness visit under the Medicare program. A cognitive health assessment looks for signs of Alzheimer's disease or dementia.

Community Health Worker (CHW) services

CalOptima Health covers CHW services for individuals when recommended by a doctor or other licensed practitioner to prevent disease, disability, and other health conditions or their progression; prolong life; and promote physical and mental health and efficiency.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

CHW services have no service location limits and members can receive services in settings, such as the emergency room. Services may include:

- Health education and individual support or advocacy, including control and prevention of chronic or infectious diseases; behavioral, perinatal, and oral health conditions; and violence or injury prevention
- Health promotion and coaching, including goal setting and creating action plans to address disease prevention and management
- Health navigation, including providing information, training, and support to help get health care and community resources
- Screening and assessment services that do not require a license, and help connect a member to services to improve their health

CHW violence prevention services are available to members who meet any of the following circumstances as determined by a licensed practitioner:

- The member has been violently injured as a result of community violence.
- The member is at significant risk of experiencing violent injury as a result of community violence.
- The member has experienced chronic exposure to community violence.

CHW violence prevention services are specific to community violence (e.g., gang violence). CHW services can be provided to members for interpersonal/domestic violence through the other pathways with training/experience specific to those needs.

Dialysis and hemodialysis services

CalOptima Health covers dialysis treatments. CalOptima Health also covers hemodialysis (chronic dialysis) services if your doctor submits a request and CalOptima Health approves it.

Medi-Cal coverage does not include:

- Comfort, convenience, or luxury equipment, supplies, and features
- Non-medical items, such as generators or accessories to make home dialysis equipment portable for travel



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Doula services

CalOptima Health covers doula services provided by in-network doula providers during a member's pregnancy; during labor and delivery, including stillbirth, miscarriage, and abortion; and within one year of the end of a member's pregnancy. Medi-Cal does not cover all doula services. Doula services do not include determination of medical conditions, providing medical advice, or any type of clinical assessment, exam, or procedure. The following Medi-Cal services are not part of the doula benefit:

- Behavioral health services
- Belly binding after cesarean section by a clinician
- Clinical case coordination
- Childbirth education group classes
- Comprehensive health education, including orientation, assessment, and planning (Comprehensive Perinatal Services program services)
- Health care services related to pregnancy, birth, and the postpartum period
- Hypnotherapy (non-specialty mental health service (NSMHS))
- Lactation consulting, group classes, and supplies
- Medically Necessary Community Supports services
- Nutrition services (assessment, counseling, and care plan development)
- Transportation

If a member needs or wants doula or pregnancy-related services that are **not** covered, the member or doula can request care. Call the member's PCP or CalOptima Health Customer Service.

Doula providers are birth workers who provide health education, advocacy, and physical, emotional, and non-medical support for pregnant and postpartum persons before, during, and after childbirth, including support during, stillbirth, miscarriage, and abortion.

Any pregnant or postpartum member may receive the following services from an in-network doula provider:

- One initial visit
- Up to eight additional visits that can be a mix of prenatal and postpartum visits
- Support during labor and delivery (including labor and delivery resulting in a stillbirth), abortion or miscarriage
- Up to two extended three-hour postpartum visits after the end of a pregnancy



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Members may receive up to nine additional postpartum visits with an additional written recommendation from a physician or other licensed practitioner.

Any pregnant or postpartum member who wants doula services may find a doula by calling **1-888-587-8088** (TTY **711**). CalOptima Health must coordinate for out-of-network access to doula services for members if an in-network doula provider is not available.

Dyadic services

CalOptima Health covers medically necessary Dyadic Behavioral Health (DBH) care services for members and their caregivers. A dyad is a child age 0 to 20 and their parents or caregivers. Dyadic care serves parents or caregivers and the child together. It targets family well-being to support healthy child development and mental health.

Dyadic care services include:

- DBH well-child visits
- Dyadic comprehensive Community Supports services
- Dyadic psycho-educational services
- Dyadic parent or caregiver services
- Dyadic family training, and
- Counseling for child development, and maternal mental health services

Outpatient surgery

CalOptima Health covers outpatient surgical procedures. For some procedures, you will need to get pre-approval (prior authorization) before getting those services. Diagnostic procedures and certain outpatient medical or dental procedures are considered elective. You must get pre-approval (prior authorization).

Physician services

CalOptima Health covers physician services that are medically necessary.

Podiatry (foot) services

CalOptima Health covers podiatry services as medically necessary for diagnosis and for medical, surgical, mechanical, manipulative, and electrical treatment of the human foot. This includes treatment for the ankle and for tendons connected to the foot. It also includes nonsurgical treatment of the muscles and tendons of the leg that controls the functions of the foot.

Treatment therapies

CalOptima Health covers different treatment therapies, including:

- Chemotherapy
- Radiation therapy



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Maternity and newborn care

CalOptima Health covers these maternity and newborn care services:

- Delivery in a birthing center, home, or hospital based on what the member prefers and what is medically best for them.
- Breast pumps and supplies
- Breast-feeding education and aids
- Care coordination
- Counseling
- Diagnosis of fetal genetic disorders and counseling
- Doula Services
- Maternal mental health services
- Newborn care
- Nutrition education
- Pregnancy-related health education
- Prenatal, delivery, and postpartum care from a certified nurse midwife (CNM), licensed midwife (LM) or physician, based on member prefers and what is medically best for them
- Social and mental health assessments and referrals
- Vitamin and mineral supplements

Every pregnant and postpartum member may receive all of the above services. Members may contact Customer Service toll free at **1-888-587-8088 (TTY 711)** for help getting services.

Extended postpartum coverage

CalOptima Health covers full-scope coverage for up to 12 months after the end of the pregnancy, regardless of changes in income, or how the pregnancy ends.

Telehealth services

Telehealth is a way of getting services without being in the same physical location as your provider. Telehealth may involve having a live conversation with your provider by phone, video, or other means. Or telehealth may involve sharing information with your provider without a live conversation. You can get many services through telehealth.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Telehealth may not be available for all covered services. You can contact your provider to learn which services you can get through telehealth. It is important that you and your provider agree that using telehealth for a service is appropriate for you. You have the right to in-person services. You are not required to use telehealth even if your provider agrees that it is appropriate for you.

Mental health services

Outpatient mental health services

CalOptima Health covers initial mental health assessments without needing pre-approval (prior authorization). You can get a mental health assessment at any time from a licensed mental health provider in the CalOptima Health network without a referral.

Your PCP or mental health provider might make a referral for more mental health screening to a specialist in the CalOptima Health network to decide the level of care you need. If your screening results find you are mildly or moderately impaired due to a mental health condition, CalOptima Health can provide mental health services for you. CalOptima Health covers mental health services such as:

- Individual and group mental health evaluation and treatment (psychotherapy)
- Psychological testing when clinically indicated to evaluate a mental health condition
- Development of cognitive skills to improve attention, memory, and problem solving
- Outpatient services for the purpose of monitoring medicine therapy
- Outpatient laboratory services
- Outpatient medicines that are not already covered under the Medi-Cal Rx Contract Drugs List (<https://medi-calrx.dhcs.ca.gov/home/>), supplies and supplements
- Psychiatric consultation
- Transcranial Magnetic Simulation (TMS)
- Family therapy which involves at least two family members. Examples of family therapy include, but are not limited to:
 - Child-parent psychotherapy (ages 0 through 5)
 - Parent child interactive therapy (ages 2 through 12)
 - Cognitive-behavioral couple therapy (adults)



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

For help finding more information on mental health services provided by CalOptima Health, call Customer Service at **1-888-587-8088** (TTY **711**). Some mental health services may require pre-approval (prior authorization). Please contact your provider to begin the process.

If treatment you need for a mental health disorder is not available in the CalOptima Health network or your PCP or mental health provider cannot give the care you need in the time listed above in “Timely access to care,” CalOptima Health will cover and help you get out-of-network services.

If your mental health screening shows that you may have a higher level of impairment and need specialty mental health services (SMHS), your PCP or your mental health provider can refer you to the county mental health plan to get the care you need. CalOptima Health will help you coordinate your first appointment with a county mental health plan provider to choose the right care for you. To learn more, read “Other Medi-Cal programs and services” in Chapter 4 of this handbook.

If you or someone you know is in crisis, contact the **988** Suicide and Crisis Lifeline. **Call or text 988** or **chat online at 988lifeline.org/chat**. The **988** Suicide and Crisis Lifeline offers free and private help. Anyone can get help, including those in emotional distress and those who need support for a suicidal, mental health, and/or substance use crisis.

Emergency care services

Inpatient and outpatient services needed to treat a medical emergency

CalOptima Health covers all services needed to treat a medical emergency that happens in the United States (including territories such as American Samoa, Guam, Northern Mariana Islands, Puerto Rico, or the United States Virgin Islands). CalOptima Health also covers emergency care that requires hospitalization in Canada or Mexico.

A medical emergency is a medical condition with severe pain or serious injury. The condition is so serious that, if it does not get immediate medical attention, a prudent (reasonable) layperson (not a health care professional) could expect it to result in any of the following:

- Serious risk to your health
- Serious harm to bodily functions
- Serious dysfunction of any bodily organ or part



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

- Serious risk in cases of a pregnant person in active labor, meaning labor at a time when either of the following would occur:
 - There is not enough time to safely transfer you to another hospital before delivery
 - The transfer might pose a threat to your health or safety or to that of your unborn child

If a hospital emergency room provider gives you up to a 72-hour supply of an outpatient prescription drug as part of your treatment, CalOptima Health will cover the prescription drug as part of your covered emergency care. If a hospital emergency room provider gives you a prescription that you have to take to an outpatient pharmacy to be filled, Medi-Cal Rx will cover that prescription.

If you need an emergency supply of a medication from an outpatient pharmacy while traveling, Medi-Cal Rx will be responsible for covering the medication, and not CalOptima Health. If the pharmacy needs help giving you an emergency medication supply, have them call Medi-Cal Rx at 1-800-977-2273.

Emergency transportation services

CalOptima Health covers ambulance services to help you get to the nearest place of care in an emergency. This means your condition is serious enough that other ways of getting to a place of care could risk your health or life. No services are covered outside the United States except emergency care that requires you to be in the hospital in Canada or Mexico. If you get emergency ambulance services in Canada or Mexico and you are not hospitalized during that care episode, CalOptima Health will not cover your ambulance services.

Hospice and palliative care

CalOptima Health covers hospice care and palliative care for children and adults, which help reduce physical, emotional, social, and spiritual discomforts. Adults age 21 years or older may not get hospice care and curative (healing) care services at the same time.

Hospice care

Hospice care is a benefit for terminally ill members. Hospice care requires the member to have a life expectancy of six months or less. It is an intervention that focuses mainly on pain and symptom management rather than on a cure to prolong life.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Hospice care includes:

- Nursing services
- Physical, occupational, or speech services
- Medical social services
- Home health aide and homemaker services
- Medical supplies and appliances
- Some drugs and biological services (some may be available through Medi-Cal Rx)
- Counselling services
- Continuous nursing services on a 24-hour basis during periods of crisis and as necessary to maintain the terminally ill member at home:
 - Inpatient respite care for up to five consecutive days at a time in a hospital, skilled nursing facility, or hospice facility
 - Short-term inpatient care for pain control or symptom management in a hospital, skilled nursing facility, or hospice facility

CalOptima Health may require that you get hospice care from an in-network provider unless medically necessary services are not available in-network.

Palliative care

Palliative care is patient and family-centered care that improves quality of life by anticipating, preventing, and treating suffering. Palliative care is available to children and adults with a serious or life-threatening illness. It does not require the member to have a life expectancy of six months or less. Palliative care may be provided at the same time as curative care.

Palliative care includes:

- Advance care planning
- Palliative care assessment and consultation
- Plan of care including all authorized palliative and curative care
- Palliative care team including, but not limited to:
 - Doctor of medicine or osteopathy
 - Physician assistant
 - Registered nurse
 - Licensed vocational nurse or nurse practitioner
 - Social worker
 - Chaplain



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

- Care coordination
- Pain and symptom management
- Mental health and medical social services

Adults who are age 21 or older cannot get both curative care and hospice care at the same time. If you are getting palliative care and qualify for hospice care, you can ask to change to hospice care at any time.

Hospitalization

Anesthesiologist services

CalOptima Health covers medically necessary anesthesiologist services during covered hospital stays. An anesthesiologist is a provider who specializes in giving patients anesthesia. Anesthesia is a type of medicine used during some medical or dental procedures.

Inpatient hospital services

CalOptima Health covers medically necessary inpatient hospital care when you are admitted to the hospital.

Rapid Whole Genome Sequencing

Rapid Whole Genome Sequencing (RWGS) is a covered benefit for any Medi-Cal member who is one year of age or younger and is getting inpatient hospital services in an intensive care unit. It includes individual sequencing, trio sequencing for a parent or parents and their baby, and ultra-rapid sequencing.

RWGS is a new way to diagnose conditions in time to affect Intensive Care Unit (ICU) care of children one year of age or younger.

Surgical services

CalOptima Health covers medically necessary surgeries performed in a hospital.

Rehabilitative and habilitative (therapy) services and devices

This benefit includes services and devices to help people with injuries, disabilities, or chronic conditions to gain or recover mental and physical skills.

CalOptima Health covers rehabilitative and habilitative services described in this section if all of the following requirements are met:

- The services are medically necessary
- The services are to address a health condition



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

- The services are to help you keep, learn, or improve skills and functioning for daily living
- You get the services at an in-network facility, unless an in-network doctor finds it medically necessary for you to get the services in another place or an in-network facility is not available to treat your health condition

CalOptima Health covers these rehabilitative/habilitative services:

Acupuncture

CalOptima Health covers acupuncture services to prevent, change, or relieve the perception of severe, ongoing chronic pain resulting from a generally recognized medical condition.

Outpatient acupuncture services, with or without electric stimulation of needles, are limited to two services per month in combination with audiology, chiropractic, occupational therapy, and speech therapy services when provided by a doctor, dentist, podiatrist, or acupuncturist. Limits do not apply to children under age 21. CalOptima Health may pre-approve (prior authorize) more services as medically necessary.

Audiology (hearing)

CalOptima Health covers audiology services. CalOptima Health may pre-approve (prior authorize) more services as medically necessary.

Behavioral health treatments

CalOptima Health covers behavioral health treatment (BHT) services for members under 21 years old through the Medi-Cal for Kids and Teens benefit. BHT includes services and treatment programs such as applied behavior analysis and evidence-based behavior intervention programs that develop or restore, to the maximum extent practicable, the functioning of a member under 21 years old.

BHT services teach skills using behavioral observation and reinforcement or through prompting to teach each step of a targeted behavior. BHT services are based on reliable evidence. They are not experimental. Examples of BHT services include behavioral interventions, cognitive behavioral intervention packages, comprehensive behavioral treatment, and applied behavior analysis.

BHT services must be medically necessary, prescribed by a licensed doctor or psychologist, approved by CalOptima Health, and provided in a way that follows the approved treatment plan.

Cardiac rehabilitation

CalOptima Health covers inpatient and outpatient cardiac rehabilitative services.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Durable medical equipment (DME)

- CalOptima Health covers the purchase or rental of DME supplies, equipment, and other services with a prescription from a doctor, physician assistant, nurse practitioner, or clinical nurse specialist. Prescribed DME items are covered as medically necessary to preserve bodily functions essential to activities of daily living or to prevent major physical disability.
- Medi-Cal Rx covers disposable outpatient devices commonly available from a pharmacy for testing blood glucose or urine, such as diabetes blood glucose monitors, continuous glucose monitors, test strips, and lancets.

Generally, CalOptima Health does not cover:

- Comfort, convenience, or luxury equipment, features, and supplies, except retail-grade breast pumps as described earlier in this chapter under “Breast pumps and supplies” in “Maternity and newborn care”
- Items not intended to maintain normal activities of daily living, such as exercise equipment including devices intended to provide more support for recreational or sports activities
- Hygiene equipment, except when medically necessary for a member under age 21
- Nonmedical items such as sauna baths or elevators
- Modifications to your home (unless available and offered through Community Supports) or car
- Electronic monitors of the heart or lungs except infant apnea monitors
- Repair or replacement of equipment due to loss, theft, or misuse, except when medically necessary for a member under age 21
- Other items not generally used mainly for health care

In some cases, these items may be approved when your doctor submits a request for pre-approval (prior authorization) and the items are medically necessary and meet the definition of DME.

Enteral and parenteral nutrition

These methods of delivering nutrition to the body are used when a medical condition prevents you from eating food normally. Enteral nutrition formulas and parenteral nutrition products may be covered through Medi-Cal Rx, when medically necessary. CalOptima Health covers enteral and parenteral pumps and tubing, when medically necessary.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Hearing aids

CalOptima Health covers hearing aids if you are tested for hearing loss, the hearing aids are medically necessary, and you have a prescription from your doctor. Coverage is limited to the lowest cost hearing aid that meets your medical needs. CalOptima Health will cover one hearing aid unless a hearing aid for each ear is needed for better results than what you can get with one hearing aid.

Hearing aids for members under age 21:

In Orange County, California, CalOptima Health covers CCS-eligible medical services, including hearing aids. CalOptima Health will cover the medically necessary hearing aids as part of Medi-Cal coverage.

Hearing aids for members age 21 and older.

Under Medi-Cal, CalOptima Health will cover the following for each covered hearing aid:

- Ear molds needed for fitting
- One standard battery pack
- Visits to make sure the hearing aid is working right
- Visits for cleaning and fitting your hearing aid
- Repair of your hearing aid
- Hearing aid accessories and rentals

Under Medi-Cal, CalOptima Health will cover a replacement hearing aid if:

- Your hearing loss is such that your current hearing aid is not able to correct it
- Your hearing aid is lost, stolen, or broken and cannot be fixed and it was not your fault. You must give us a note that tells us how this happened

For adults age 21 and older, Medi-Cal does **not** cover:

- Replacement hearing aid batteries

Home health services

CalOptima Health covers health services given in your home when found medically necessary and prescribed by your doctor or by a physician assistant, nurse practitioner, or clinical nurse specialist.

Home health services are limited to services that Medi-Cal covers, including:

- Part-time skilled nursing care
- Part-time home health aide
- Skilled physical, occupational, and speech therapy



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

- Medical social services
- Medical supplies

Medical supplies, equipment, and appliances

CalOptima Health covers medical supplies prescribed by doctors, physician assistants, nurse practitioners, and clinical nurse specialists. Some medical supplies are covered through Medi-Cal Rx, part of Fee-for-Service (FFS) Medi-Cal, and not by CalOptima Health. When Medi-Cal Rx covers supplies, the provider will bill Medi-Cal.

Medi-Cal does **not** cover:

- Common household items including, but not limited to:
 - Adhesive tape (all types)
 - Rubbing alcohol
 - Cosmetics
 - Cotton balls and swabs
 - Dusting powders
 - Tissue wipes
 - Witch hazel
- Common household remedies including, but not limited to:
 - White petrolatum
 - Dry skin oils and lotions
 - Talc and talc combination products
 - Oxidizing agents such as hydrogen peroxide
 - Carbamide peroxide and sodium perborate
- Non-prescription shampoos
- Topical preparations that contain benzoic and salicylic acid ointment, salicylic acid cream, ointment or liquid, and zinc oxide paste
- Other items not generally used primarily for health care, and that are regularly and primarily used by persons who do not have a specific medical need for them

Occupational therapy

CalOptima Health covers occupational therapy services including occupational therapy evaluation, treatment planning, treatment, instruction, and consultative services. CalOptima Health may pre-approve (prior authorize) more services as medically necessary.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Orthotics/prostheses

CalOptima Health covers orthotic and prosthetic devices and services that are medically necessary and prescribed by your doctor, podiatrist, dentist, or non-physician medical provider. They include implanted hearing devices, breast prosthesis/mastectomy bras, compression burn garments, and prosthetics to restore function or replace a body part, or to support a weakened or deformed body part.

Ostomy and urological supplies

CalOptima Health covers ostomy bags, urinary catheters, draining bags, irrigation supplies, and adhesives. This does not include supplies that are for comfort or convenience, or luxury equipment or features.

Physical therapy

CalOptima Health covers medically necessary physical therapy services when prescribed by a doctor, dentist, or podiatrist. Services include physical therapy evaluation, treatment planning, treatment, instruction, consultative services, and applying of topical medicines. Prescriptions are limited to six months and may be renewed for medical necessity.

Pulmonary rehabilitation

CalOptima Health covers pulmonary rehabilitation that is medically necessary and prescribed by a doctor.

Skilled nursing facility services

CalOptima Health covers skilled nursing facility services as medically necessary if you are disabled and need a high level of care. These services include room and board in a licensed facility with 24-hour per day skilled nursing care.

Speech therapy

CalOptima Health covers speech therapy that is medically necessary and prescribed by a doctor or dentist. Prescriptions are limited to six months and may be renewed for medical necessity. CalOptima Health may pre-approve (prior authorize) more than two services per month as medically necessary.

Transgender services

CalOptima Health covers transgender services (gender-affirming services) when they are medically necessary or when the services meet the rules for reconstructive surgery.

Clinical trials

CalOptima Health covers routine patient care costs for patients accepted into clinical trials, including clinical trials for cancer, listed for the United States at <https://clinicaltrials.gov>.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Medi-Cal Rx, part of FFS Medi-Cal, covers most outpatient prescription drugs. To learn more, read “Outpatient prescription drugs” later in this chapter.

Laboratory and radiology services

CalOptima Health covers outpatient and inpatient laboratory and X-ray services when medically necessary. Advanced imaging procedures such as CT scans, MRIs, and PET scans, are covered based on medical necessity.

Preventive and wellness services and chronic disease management

CalOptima Health covers includes, but is not limited to:

- Advisory Committee for Immunization Practices (ACIP) recommended vaccines
- Family planning services
- American Academy of Pediatrics Bright Futures recommendations (https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf)
- Adverse childhood experiences (ACE) screening
- Asthma preventive services
- Preventive services for women recommended by the American College of Obstetricians and Gynecologists
- Help to quit smoking, also called smoking cessation services
- United States Preventive Services Task Force Grade A and B recommended preventive services

Family planning services

Family planning services are provided to members of childbearing age to allow them to choose the number and spacing of children. These services include all methods of birth control approved by the Food and Drug Administration (FDA). CalOptima Health’s PCP and OB/GYN specialists are available for family planning services.

For family planning services, you may choose any Medi-Cal doctor or clinic not in-network with CalOptima Health without having to get pre-approval (prior authorization) from CalOptima Health. If you get services not related to family planning from an out-of-network provider, those services might not be covered. To learn more, call **1-888-587-8088 (TTY 711)**.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Chronic disease management

CalOptima Health also covers chronic disease management programs focused on the following conditions:

- Diabetes
- Cardiovascular disease
- Asthma
- Chronic Kidney Disease

For preventive care information for members under age 21, read Chapter 5, “Child and youth well care” in this handbook.

Diabetes Prevention Program

The Diabetes Prevention Program (DPP) is an evidence-based lifestyle change program. This 12-month program is focused on lifestyle changes. It is designed to prevent or delay the onset of Type 2 diabetes in persons diagnosed with prediabetes. Members who meet criteria might qualify for a second year. The program provides education and group support. Techniques include, but are not limited to:

- Providing a peer coach
- Teaching self-monitoring and problem solving
- Providing encouragement and feedback
- Providing informational materials to support goals
- Tracking routine weigh-ins to help accomplish goals

Members must meet certain rules to join DPP. Call CalOptima Health to learn if you qualify for the program.

Reconstructive services

CalOptima Health covers surgery to correct or repair abnormal structures of the body to improve or create a normal appearance to the extent possible. Abnormal structures of the body are those caused by congenital defects, developmental abnormalities, trauma, infection, tumors, diseases, or treatment of disease that resulted in loss of a body structure, such as a mastectomy. Some limits and exceptions may apply.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Substance use disorder (SUD) screening services

CalOptima Health covers:

- Alcohol and Drug Screening, Assessment, Brief Interventions, and Referral to Treatment (SABIRT)

For treatment coverage through the county's Mental Health Plan managed by the Orange County Health Care Agency (OCHCA), read "Substance use disorder (SUD) treatment services" later in this chapter.

Vision benefits

CalOptima Health covers:

- A routine eye exam once every 24 months; more frequent eye exams are covered if medically necessary for members, such as those with diabetes
- Eyeglasses (frames and lenses) once every 24 months with a valid prescription
- Replacement eyeglasses within 24 months if your prescription changes or your eyeglasses are lost, stolen, or broken and cannot be fixed, and it was not your fault. You must give us a note that tells us how your eyeglasses were lost, stolen, or broken.
- Low vision devices if you have vision impairment that impacts your ability to perform everyday activities (such as age-related macular degeneration) and standard glasses, contact lenses, medicine, or surgery cannot correct your visual impairment.
- Medically necessary contact lenses. Contact lens testing and contact lenses may be covered if the use of eyeglasses is not possible due to eye disease or condition (such as missing an ear). Medical conditions that qualify for special contact lenses include, but are not limited to, aniridia, aphakia, and keratoconus.
- Artificial eye services and materials for members who have lost an eye or eyes to disease or injury.

If you would like more information, call Vision Service Plan (VSP) at 1-800-438-4560 (TTY 1-800-735-2922).



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Transportation benefits for situations that are not emergencies

You can get medical transportation if you have medical needs that do not allow you to use a car, bus, train, taxi, or other form of public or private transportation to get to your appointments for medical care. You can get medical transportation for covered services and Medi-Cal covered pharmacy appointments. You can request medical transportation by asking for it from your provider. This includes your doctor, dentist, podiatrist, physical therapist, speech therapist, occupational therapist, mental health or substance use disorder (SUD) provider, physician assistant, nurse practitioner, or certified nurse midwife. Your provider will decide the correct type of transportation to meet your needs.

If they find that you need medical transportation, they will prescribe it by filling out a form and submitting it to CalOptima Health. Once approved, the approval is good for up to 12 months, depending on the medical need. Once approved, you can get as many rides as you need for your covered medical and pharmacy appointments. Your provider will need to re-assess your medical need for medical transportation and, if appropriate, re-approve your prescription for medical transportation when it expires, if you still qualify. Your doctor may re-approve the medical transportation for up to 12 months or less.

Medical transportation is transportation in an ambulance, litter van, wheelchair van, or air transport. CalOptima Health allows the lowest cost medical transportation for your medical needs when you need a ride to your appointment. That means, for example, if you can physically or medically be transported by a wheelchair van, CalOptima Health will not pay for an ambulance. You are only entitled to air transport if your medical condition makes any form of ground transportation impossible.

You will get medical transportation if:

- It is physically or medically needed, with a written authorization by your provider because you are not able to physically or medically able to use a car, bus, train, or other form of public or private transportation to get to your appointment.
- You need help from the driver to and from your home, vehicle, or place of treatment due to a physical or mental disability.

To ask for medical transportation that your doctor has prescribed for non-urgent (routine) appointments, call CalOptima Health' transportation line at **1-833-648-7528** (TTY **711**) at least at least two business (Monday-Friday) before your appointment. For urgent appointments, call as soon as possible. Have your CalOptima Health member ID card ready when you call.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Limits of medical transportation

CalOptima Health provides the lowest cost medical transportation that meets your medical needs to the closest provider from your home where an appointment is available. You cannot get medical transportation if Medi-Cal does not cover the service you are getting, or it is not a Medi-Cal-covered pharmacy appointment. The list of covered services is in the “Benefits and services” section in Chapter 4 of this handbook.

If Medi-Cal covers the appointment type but not through the health plan, CalOptima Health will not cover the medical transportation but can help you schedule your transportation with Medi-Cal. Transportation is not covered outside of the CalOptima Health network or service area unless pre-approved (pre-authorized) by CalOptima Health. To learn more or to ask for medical transportation, call CalOptima Health toll free at **1-888-587-8088** (TTY **711**).

Cost to member

There is no cost when CalOptima Health arranges transportation.

How to get non-medical transportation

Your benefits include getting a ride to your appointments when the appointment is for a Medi-Cal covered service and you do not have any access to transportation. You can get a ride, for free, when you have tried all other ways to get transportation and are:

- Traveling to and from an appointment for a Medi-Cal service authorized by your provider, or
- Picking up prescriptions and medical supplies

CalOptima Health allows you to use a car, taxi, bus, or other public or private way of getting to your medical appointment for Medi-Cal-covered services. CalOptima Health will cover the lowest cost of non-medical transportation type that meets your needs.

Sometimes, CalOptima Health can reimburse you (pay you back) for rides in a private vehicle that you arrange. CalOptima Health must approve this before you get the ride. You must tell us why you cannot get a ride any other way, such as by bus. You can call, or tell us in person. If you have access to transportation or can drive yourself to the appointment, CalOptima Health will not reimburse you. This benefit is only for members who do not have access to transportation.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

For mileage reimbursement for an approved private vehicle ride, you must submit copies of the driver's:

- Valid driver's license,
- Valid vehicle registration, and
- Valid vehicle insurance.

To request a ride for services, call CalOptima Health's transportation line at **1-833-648-7528 (TTY 711)** at least two business days (Monday-Friday) before your appointment, or as soon as you can when you have an urgent appointment. Have your CalOptima Health member ID card ready when you call.

Note: American Indians may also contact their Indian Health Care Provider to request non-medical transportation.

Limits of non-medical transportation

CalOptima Health provides the lowest cost non-medical transportation that meets your needs to the closest provider from your home where an appointment is available. Members cannot drive themselves or be reimbursed directly for non-medical transportation. To learn more, call CalOptima Health at **1-888-587-8088 (TTY 711)**.

Non-medical transportation does not apply if:

- An ambulance, litter van, wheelchair van, or other form of medical transportation is medically needed to get to a Medi-Cal covered service.
- You need help from the driver to get to and from the residence, vehicle, or place of treatment due to a physical or medical condition.
- You are in a wheelchair and are unable to move in and out of the vehicle without help from the driver.
- Medi-Cal does not cover the service.

Cost to member

There is no cost when CalOptima Health arranges non-medical transportation.

Travel expenses

In some cases, if you have to travel for doctor's appointments that are not available near your home, CalOptima Health can cover travel expenses such as meals, hotel stays, and other related expenses such as parking, tolls, etc. These travel expenses may also be covered for someone who is traveling with you to help you with your appointment or someone who is donating an organ to you for an organ transplant. You need to request pre-approval (prior authorization) for these services by contacting CalOptima Health at **1-888-587-8088 (TTY 711)**.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Other CalOptima Health covered benefits and programs

Long-term care services

CalOptima Health covers, for members who qualify, long-term care services in the following types of long-term care facilities or homes:

- Skilled nursing facility services as approved by CalOptima Health
- Subacute care facility services (including adult and pediatric) as approved by CalOptima Health
- Intermediate care facility services as approved by CalOptima Health, including:
 - Intermediate care facility/developmentally disabled (ICF/DD)
 - Intermediate care facility/developmentally disabled-habilitative (ICF/DD-H)
 - Intermediate care facility/developmentally disabled-nursing (ICF/DD-N)

If you qualify for long-term care services, CalOptima Health will make sure you are placed in a health care facility or home that gives the level of care most appropriate to your medical needs. CalOptima Health will work with your local Regional Center to determine if you qualify for ICF/DD, ICF/DD-H, or ICF/DD-N services.

If you have questions about long-term care services, call **1-714-246-8600, option 6 (TTY 711)**.

Basic care management

Getting care from many different providers or in different health systems is challenging. CalOptima Health wants to make sure members get all medically necessary services, prescription medicines, and behavioral health services (mental health and/or substance use disorder services). CalOptima Health can help coordinate care and manage your health needs for free. This help is available even when another program covers the services.

If you have questions or concerns about your health or the health of your child, call **1-888-587-8088 (TTY 711)**.

Complex Care Management (CCM)

Members with more complex health needs may qualify for extra services focused on care coordination. CalOptima Health offers CCM services to members who are defined as high risk including but not limited to spinal injuries, transplants, cancer, serious trauma, AIDS, multiple chronic illnesses, and chronic illnesses that result in high utilization.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

If you are enrolled in CCM or Enhanced Care Management (ECM), (read below), CalOptima Health will make sure you have an assigned care manager who can help with basic care management described above and with other transitional care supports available if you are discharged from a hospital, skilled nursing facility, psychiatric hospital, or residential treatment.

Enhanced Care Management (ECM)

CalOptima Health covers ECM services for members with highly complex needs. ECM has extra services to help you get the care you need to stay healthy. It coordinates your care from doctors and other providers. ECM helps coordinate primary and preventive care, acute care, behavioral health (mental health and/or substance use disorder services), developmental, oral health, community-based long-term services and supports (LTSS), and referrals to community resources.

If you qualify, you may be contacted about ECM services. You can also call CalOptima Health to find out if and when you can get ECM, or talk to your health care provider. They can find out if you qualify for ECM or refer you for care management services.

Covered ECM services

If you qualify for ECM, you will have your own care team with a lead care manager. They will talk to you and your doctors, specialists, pharmacists, case managers, social services providers, and others. They make sure everyone works together to get you the care you need. Your lead care manager can also help you find and apply for other services in your community. ECM includes:

- Outreach and engagement
- Comprehensive assessment and care management
- Enhanced coordination of care
- Health promotion
- Comprehensive transitional care
- Member and family support services
- Coordination and referral to community and social supports

To find out if ECM might be right for you, talk to your CalOptima Health representative or health care provider.

Cost to member

There is no cost to the member for ECM services.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Stopping ECM Services

Being a part of ECM is your choice. If you would like to stop ECM at any time, please let your ECM provider know or call CalOptima Health Customer Service toll-free at **1-888-587-8088 (TTY 711)** Monday through Friday, from 8 a.m. to 5:30 p.m. We have staff who speak your language.

Changing ECM Provider and/or Lead Care Manager

If you would like to change your ECM provider and/or Lead Care Manager at any time, please call CalOptima Health Customer Service toll-free at **1-888-587-8088 (TTY 711)** Monday through Friday, from 8 a.m. to 5:30 p.m. We have staff who speak your language.

Transitional care services

CalOptima Health can help you manage your health care needs during transitions (changes). For example, going home after a hospital stay is a transition when a member may have new health needs for medicines and appointments. Members can get support to have a safe transition. CalOptima Health can help you with these transitional care services:

- Scheduling a follow-up appointment
- Getting medicines
- Getting free transportation to an in-person appointment.

CalOptima Health has a dedicated phone number that is only helping members during care transitions. CalOptima Health also has a care manager that is only for higher risk members, including those who are pregnant or post-partum, or those admitted to or discharged from a nursing home. This care manager who members contact for help coordinating services that may affect their health including housing and food services.

To request transitional care services, contact your CalOptima Health representative. They will help you with programs, providers or other support in your language. For more information call Customer Service at **1-888-587-8088 (TTY 711)**.

Community Supports

You may qualify to get certain Community Supports services, if applicable. Community Supports are medically appropriate and cost-effective alternative services or settings to those covered under the Medi-Cal State Plan. These services are optional for members. If you qualify for and agree to receive these services, they might help you live more independently. They do not replace benefits you already get under Medi-Cal.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Community Supports improve the health and well-being of CalOptima Health Members by addressing health-related social needs and helping Members live healthier lives and avoid higher, more costlier levels of care. Time-limited coverage of these housing-related Community Supports is intended to help Members experiencing or at risk of homelessness address their health-related social needs, support their transition to housing stability, and realize the significant improvements in health that have been shown to result from stable housing. Community Supports—except for Transitional Rent—are optional for CalOptima Health to offer and for Members to utilize. CalOptima Health offers the following Community Supports services:

Assisted Living Facility (ALF) Transitions

Assisted Living Facility Transitions (formerly known as “Nursing Facility Transition/Diversion to Assisted Living Facilities such as Residential Care Facilities for the Elderly and Adult Residential Facilities”) is designed to assist individuals with living in the community and avoid institutionalization, whenever possible. The goal of the service is to facilitate nursing facility transition back into a home-like, community setting, and/or to prevent nursing facility admissions for Members living in the community.

Asthma Remediation

The Asthma Remediation Community Support consists of supplies and/or physical modifications to a home environment that are necessary to ensure the health, welfare, and safety of a Member, or to enable a Member to function in the home with reduced likelihood of experiencing acute asthma episodes.

Community or Home Transition Services

Community or Home Transition Services (formerly known as “Community Transition Services/Nursing Facility Transition to a Home”) helps individuals to live in the community and avoid further institutionalization in a nursing facility.

Community or Home Transition Services support Members in transitioning from a licensed nursing facility to a living arrangement in a private residence or public subsidized housing where the Member is responsible for identifying funding for their living expenses.

Day Habilitation Programs

Day Habilitation Programs are designed to assist a Member in acquiring, retaining, and improving self-help, socialization, and adaptive skills necessary to reside successfully in the person’s natural environment. The service is provided in a Member’s home or an out-of-home, non-facility setting.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Environmental Accessibility Adaptations (Home Modifications)

Environmental Accessibility Adaptations (EAAs also known as Home Modifications) are physical adaptations to a home that are necessary to ensure the health, welfare, and safety of the individual, or enable the individual to function with greater independence in the home: without which the Member would require institutionalization.

Housing Deposits

Housing Deposits assist with identifying, coordinating, securing, or funding one-time services and modifications necessary to enable a person to establish a basic household. The services and goods provided to a Member must be based on an individualized assessment of needs and documented in the Member's housing support plan.

Housing Tenancy and Sustaining Services (HTSS)

Housing Tenancy and Sustaining Services (HTSS) help a Member maintain safe and stable tenancy once housing is secured. The services provided to a Member must be based on an individualized assessment of needs and documented in the Member's housing support plan.

Housing Transition Navigation Services (HTNS)

Housing Transition Navigation Services (HTNS) assist Members with finding, applying for, and obtaining housing. The services provided to a Member must be based on an individualized assessment of needs and documented in the Member's housing support plan.

Medically Tailored Meals (MTMs)/Medically Supportive Food (MSF)

Medically Tailored Meals (MTM) and Medically Supportive Food (MSF) services are designed to address individuals' chronic or other serious conditions that are nutrition-sensitive, leading to improved health outcomes and reduced unnecessary costs.

Personal Care and Homemaker Services (PCHS)

Personal Care Services and Homemaker Services (PCHS) can be provided for individuals who need assistance with Activities of Daily Living (ADLs) such as bathing, dressing, toileting, ambulation, or feeding. Personal Care Services can also include assistance with Instrumental Activities of Daily Living (IADLs) such as meal preparation, grocery shopping, and money management.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Recuperative Care (Medical Respite)

Recuperative Care, also referred to as medical respite care, is for individuals who are experiencing or at risk of homelessness and need a short-term residential setting in which to recover from an injury or illness (including a behavioral health condition).

Respite Services

Respite Services are provided to caregivers of Members who require intermittent temporary supervision. The services are provided on a short-term basis because of the absence or need for relief of those persons who normally care for and/or supervise them and are non-medical in nature.

Short-Term Post-Hospitalization Housing

Short-Term Post-Hospitalization Housing provides Members who are exiting an institution and are experiencing or are at risk of homelessness with the opportunity to continue their medical/psychiatric/substance use disorder recovery immediately after exiting the institution. This would include recuperative care facilities (including facilities covered under Community Support Recuperative Care or other facilities outside of Medi-Cal), inpatient hospitals (either acute or psychiatric or Chemical Dependency and Recovery hospital), residential substance use disorder or mental health treatment facility, correctional facilities, or nursing facilities.

Sobering Centers

Sobering Centers are alternative destinations for individuals who are found to be publicly intoxicated (due to alcohol and/or other drugs) and would otherwise be transported to the emergency department or jail. Sobering centers provide these individuals, primarily those who are experiencing homelessness or those with unstable living situations, with a safe, supportive environment to become sober.

Transitional Rent

Transitional Rent support Members experiencing or at risk of homelessness covered under Medi-Cal. Transitional Rent provides up to six months of rental assistance in interim and permanent settings to Members who are experiencing or at risk of homelessness, and have either recently undergone a critical life transition (such as exiting an institutional or carceral setting or foster care), or who meet other specified eligibility criteria.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

CalOptima Health offers Transitional Rent in limited circumstances and is designed to support housing stability for eligible members, which we are offering to members who meet the behavioral health population of focus clinical risk factor (meet access criteria for Specialty Mental Health Services (SMHS), Drug Medi-Cal (DMC), or DMC-Organized Delivery System and are experiencing or at risk of homelessness).

When a Member is authorized for Transitional Rent, Members are automatically determined eligible for ECM Services and the appropriate Housing Trio (Housing Transition Navigation Services, Housing Deposits, Housing Tenancy and Sustaining Services).

Members will be presented with transition pathways and available resources to both Medi-Cal housing subsidies and supports such as the Behavioral Health Services Act and non-Medi-Cal housing subsidies and supports such as 211 Orange County and United Way Orange County. 211 Orange County and the United Way Orange County can assist in accessing Orange County's CES/HMIS system, to create a path to permanent stable housing when Members are transitioning out of Transitional Rent. Members may dial 2-1-1 or 1-949-646-4357 to be connected to a referral specialist.

Organ and bone marrow transplant

Transplants for children under age 21

State law requires children who need transplants to be referred to the California Children's Services (CCS) program to decide if the child qualifies for CCS. If the child qualifies for CCS, the Whole Child Model (WCM)/CCS program will cover the costs for the transplant and related services.

If the child does not qualify for CCS, CalOptima Health will refer the child to a qualified transplant center for an evaluation. If the transplant center confirms that a transplant is safe and needed for the child's medical condition, CalOptima Health will cover the transplant and other related services.

In Orange County, California, CalOptima Health must refer potential California Children's Services (CCS) eligible children to a CCS-approved facility for an evaluation within 72 hours of when the child's doctor or specialist identifies the child as a potential candidate for transplant. If the CCS-approved facility confirms that the transplant would be needed and safe, CalOptima Health will cover the transplant and related services.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Transplants for adults age 21 and older

If your doctor decides you may need an organ and/or bone marrow transplant, CalOptima Health will refer you to a qualified transplant center for an evaluation. If the transplant center confirms a transplant is needed and safe for your medical condition, CalOptima Health will cover the transplant and other related services.

The organ and bone marrow transplants CalOptima Health covers include, but are not limited to:

- Bone marrow
- Heart
- Heart/lung
- Kidney
- Kidney/pancreas
- Liver
- Liver/small bowel
- Lung
- Small bowel

Street medicine services

Members experiencing homelessness may receive covered services from street medicine providers within CalOptima Health's provider network. Members experiencing homelessness may be able to select a CalOptima Health street medicine provider to be their primary care provider (PCP), if the street medicine provider meets PCP eligibility rules and agrees to be the member's PCP. To learn more about CalOptima Health's street medicine services, call **1-888-587-8088** (TTY **711**).

Other Medi-Cal programs and services

Other services you can get through Fee-for-Service (FFS) Medi-Cal or other Medi-Cal programs

CalOptima Health does not cover some services, but you can still get them through FFS Medi-Cal or other Medi-Cal programs. CalOptima Health will coordinate with other programs to make sure you get all medically necessary services, including those covered by another program and not CalOptima Health. This section lists some of these services. To learn more, call **1-888-587-8088** (TTY **711**).

Outpatient prescription drugs

Prescription drugs covered by Medi-Cal Rx

Prescription drugs given by a pharmacy are covered by Medi-Cal Rx, which is part of FFS Medi-Cal. CalOptima Health might cover some drugs a provider gives in an office or clinic.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

If your provider prescribes drugs given in the doctor's office or infusion center, these may be considered physician-administered drugs.

If a non-pharmacy based medical health care professional administers a drug, it is covered under the medical benefit. Your provider can prescribe you drugs on the Medi-Cal Rx Contract Drugs List.

Sometimes, you need a drug not on the Contract Drugs List. These drugs need approval before you can fill the prescription at the pharmacy. Medi-Cal Rx will review and decide these requests within 24 hours.

- A pharmacist at your outpatient pharmacy may give you a 14-day emergency supply if they think you need it. Medi-Cal Rx will pay for the emergency medicine an outpatient pharmacy gives.
- Medi-Cal Rx may say no to a non-emergency request. If they do, they will send you a letter to tell you why. They will tell you what your choices are. To learn more, read "Complaints" in Chapter 6 of this handbook.

To find out if a drug is on the Contract Drugs List or to get a copy of the Contract Drugs List, call Medi-Cal Rx at 1-800-977-2273 (TTY 1-800-977-2273) and press 7 or 711. Or go to the Medi-Cal Rx website at <https://medi-calrx.dhcs.ca.gov/home/>.

Pharmacies

If you are filling or refilling a prescription, you must get your prescribed drugs from a pharmacy that works with Medi-Cal Rx. You can find a list of pharmacies that work with Medi-Cal Rx in the Medi-Cal Rx Pharmacy Directory at:

<https://medi-calrx.dhcs.ca.gov/home/>

You can also find a pharmacy near you or a pharmacy that can mail your prescription to you by calling Medi-Cal Rx at 1-800-977-2273 (TTY 1-800-977-2273) and pressing 7 or 711.

Once you choose a pharmacy, your provider can send a prescription to your pharmacy electronically. Your provider may also give you a written prescription to take to your pharmacy. Give the pharmacy your prescription with your Medi-Cal Benefits Identification Card (BIC). Make sure the pharmacy knows about all medicines you are taking and any allergies you have. If you have any questions about your prescription, ask the pharmacist.

Members can also get transportation services from CalOptima Health to get to pharmacies. To learn more about transportation services, read "Transportation benefits for situations that are not emergencies" in Chapter 4 of this handbook.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Specialty mental health services (SMHS)

Some mental health services are provided by county mental health plans instead of CalOptima Health. These include SMHS for Medi-Cal members who meet services rules for SMHS. SMHS may include these outpatient, residential, and inpatient services:

Outpatient services:

- Mental health services
- Medication support services
- Day treatment intensive services
- Day rehabilitation services
- Crisis intervention services
- Crisis stabilization services
- Targeted case management
- Therapeutic behavioral services covered for members under 21 years old
- Intensive care coordination (ICC) covered for members under 21 years old
- Intensive home-based services (IHBS) covered for members under 21 years old
- Therapeutic foster care (TFC) covered for members under 21 years old
- Mobile crisis services
- Peer Support Services (PSS) (optional)

Residential services:

- Adult residential treatment services
- Crisis residential treatment services

Inpatient services:

- Psychiatric inpatient hospital services
- Psychiatric health facility services

To learn more about SMHS the county mental health plan provides, you can call your county mental health plan.

To find all counties' toll-free telephone numbers online, go to dhcs.ca.gov/individuals/Pages/MHPContactList.aspx. If CalOptima Health finds you will need services from the county mental health plan, CalOptima Health will help you connect with the county mental health plan services.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Substance use disorder (SUD) treatment services

CalOptima Health encourages members who want help with alcohol use or other substance use to get care. Services for substance use are available from providers such as primary care, inpatient hospitals, emergency rooms, and substance use service providers. SUD services are provided through counties. Depending on where you live, some counties offer more treatment options and recovery services.

To learn more about treatment options for SUD, call CalOptima Health Behavioral Health at **1-855-877-3885** (TTY **711**).

CalOptima Health members can have an assessment to match them to the services that best fit their health needs and preferences. A member may request behavioral health services, including SUD assessments, by contacting CalOptima Health. Members may also visit their PCP who can refer them to an SUD provider for assessment. When medically necessary, available services include outpatient treatment, and medicines for SUD (also called Medications for Addiction Treatment or MAT) such as buprenorphine, methadone, and naltrexone.

Members who are identified for SUD treatment services are referred to their county substance use disorder program for treatment. Members may be referred by their PCP or self-refer by contacting an SUD provider directly. If a member self-refers, the provider will conduct an initial screening and assessment to decide if they qualify and the level of care they need. For a list of all counties' telephone numbers go to https://www.dhcs.ca.gov/individuals/Pages/SUD_County_Access_Lines.aspx.

CalOptima Health will provide or arrange for MAT to be given in primary care, inpatient hospital, emergency room, and other medical settings. Members residing in Orange County may access additional substance use services through the Orange County Health Care Agency's Drug Medi-Cal Organized Delivery System (DMC-ODS) by calling the Beneficiary Access Line at 1-800-723-8641, 24 hours a day, 7 days per week.

Dental services

FFS Medi-Cal Dental is the same as FFS Medi-Cal for your dental services. Before you get dental services, you must show your Medi-Cal BIC card to the dental provider. Make sure the provider takes FFS Dental and you are not part of a managed care plan that covers dental services.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

Medi-Cal covers a broad range of dental services through Medi-Cal Dental, including:

- Diagnostic and preventive dental services such as examinations, X-rays, and teeth cleanings
- Emergency care for pain control
- Tooth extractions
- Fillings
- Root canal treatments (anterior/posterior)
- Crowns (prefabricated/laboratory)
- Scaling and root planing
- Complete and partial dentures
- Orthodontics for children who qualify
- Topical fluoride

If you have questions or want to learn more about dental services, call Medi-Cal Dental at 1-800-322-6384 (TTY 1-800-735-2922 or 711). You can also go to the Medi-Cal Dental website at <https://www.dental.dhcs.ca.gov>.

Whole Child Model (WCM) program

The WCM program provides medically necessary services and durable medical equipment for California Children's Services (CCS) and non-CCS medical conditions. The WCM program provides case management and care coordination for primary, specialty, and behavioral health services for CCS and non-CCS conditions. The WCM program operates in certain counties. CCS is a state program that treats children under 21 years of age with certain health conditions, diseases, or chronic health problems and who meet the CCS program rules.

If CalOptima Health or your PCP believes you or your child has a CCS eligible condition, they will refer you to the county CCS program to be assessed for eligibility. County CCS Program staff will decide if your child qualifies for CCS services. If your child qualifies to get this type of care, CalOptima Health will assign a CCS case manager to help coordinate treatment for the CCS eligible condition using a care team and care plan.

CCS does not cover all health conditions. However, the WCM program will cover medically necessary services.

Examples of CCS-eligible conditions include, but are not limited to:

- Congenital heart disease
- Cancers
- Tumors
- Hemophilia
- Sickle cell anemia
- Thyroid problems
- Diabetes
- Serious chronic kidney problems
- Liver disease
- Intestinal disease



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

- Cleft lip/palate
- Spina bifida
- Hearing loss
- Cataracts
- Cerebral palsy
- Transplants including cornea
- Seizures under certain circumstances
- Rheumatoid arthritis
- Muscular dystrophy
- HIV/AIDS
- Severe head, brain, or spinal cord injuries
- Severe burns
- Severely crooked teeth

To learn more about the WCM program, go to:

<https://www.dhcs.ca.gov/services/ccs/Pages/CCSWholeChildModel.aspx>. Or call **1-888-587-8088 (TTY 711)**.

Transportation and travel expenses for Whole Child Model (WCM)

You may be able to get transportation, meals, lodging, and other costs such as parking, tolls, etc. if you or your family needs help to get to a medical appointment related to a CCS-eligible condition and there is no other available resource. You should call CalOptima Health and request pre-approval (prior authorization) before you pay out of pocket for transportation, meals, and lodging. CalOptima Health does provide non-medical and non-emergency medical transportation, as noted in Chapter 4, “Benefits and services” of this handbook.

If your transportation or travel expenses that you paid for yourself are found necessary and CalOptima Health verifies that you tried to get transportation through CalOptima Health, you can get paid back from CalOptima Health.

Home and community-based services (HCBS) outside of Whole Child Model (WCM) services

If you qualify to enroll in a 1915(c) waiver (special government program), you may be able to get home and community-based services that are not related to a CCS-eligible condition but are necessary for you to stay in a community setting instead of an institution. For example, if you require home modifications to meet your needs in a community-based setting, CalOptima Health cannot pay those costs as a CCS-related condition. But if you are enrolled in a 1915(c) waiver, home modifications may be covered if they are medically necessary to prevent institutionalization.

When you turn 21 years old, you transition (change) from the CCS program to adult health care. At that time, you may need to enroll in a 1915(c) waiver to keep getting services you have through CCS, such as private duty nursing.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

1915(c) Home and Community-Based Services (HCBS) waivers

California's six Medi-Cal 1915(c) waivers (special government programs) allow the state to provide long-term services and supports (LTSS) to persons in a community-based setting of their choice, instead of getting care in a nursing facility or hospital. Medi-Cal has an agreement with the Federal Government that allows waiver services to be offered in a private home or in a homelike community setting. The services provided under the waivers must not cost more than getting the same care in an institutional setting. HCBS Waiver recipients must qualify for full-scope Medi-Cal. Some 1915(c) waivers have limited availability across the State of California and/or may have a waitlist. The six Medi-Cal 1915(c) waivers are:

- Assisted Living Waiver (ALW)
- Self-Determination Program (SDP) Waiver for Individuals with Developmental Disabilities
- HCBS Waiver for Californians with Developmental Disabilities (HCBS-DD)
- Home and Community-Based Alternatives (HCBA) Waiver
- Medi-Cal Waiver Program (MCWP), formerly called the Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome (HIV/AIDS) Waiver
- Multipurpose Senior Services Program (MSSP)

To learn more about Medi-Cal waivers, go to:

<https://www.dhcs.ca.gov/services/Pages/Medi-CalWaivers.aspx>. Or call **1-888-587-8088** (TTY **711**).

In-Home Supportive Services (IHSS)

The In-Home Supportive Services (IHSS) program provides in-home personal care assistance as an alternative to out-of-home care to qualified Medi-Cal-eligible persons, including those who are aged, blind, and/or disabled. IHSS allows recipients to stay safely in their own homes. Your health care provider must agree that you need in-home personal care assistance and that you would be at risk of placement in out-of-home care if you did not get IHSS services. The IHSS program will also perform a needs assessment.

To learn more about IHSS available in your county, go to

<https://www.cdss.ca.gov/in-home-supportive-services>. Or call your local county social services agency.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Services you cannot get through CalOptima Health or Medi-Cal

CalOptima Health and Medi-Cal will not cover some services. Services CalOptima Health or Medi-Cal do not cover include, but are not limited to:

- In vitro fertilization (IVF) including, but not limited to infertility studies or procedures to diagnose or treat infertility
- Fertility preservation
- Vehicle modifications
- Experimental services
- Cosmetic surgery
- Paramedic services

To learn more call **1-888-587-8088** (TTY **711**).



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

5. Child and youth well care

Child and youth members under 21 years old can get needed health care services as soon as they are enrolled. This makes sure they get the right preventive, dental, and mental health care, including developmental and specialty services. This chapter explains these services.

Medi-Cal for Kids and Teens

Needed health care services are covered and free for members under 21 years old. The list below includes common medically necessary services to treat or care for any defects and physical or mental diagnoses. Covered services include, but are not limited to:

- Well-child visits and teen check-ups (important visits children need)
- Immunizations (shots)
- Behavioral health (mental health and/or substance use disorder) assessment and treatment
- Mental health evaluation and treatment, including individual, group, and family psychotherapy (specialty mental health services (SMHS) are covered by the county)
- Adverse childhood experiences (ACE) screening
- Enhanced Care Management (ECM) for Children and Youth Populations of Focus (POFs) (a Medi-Cal managed care plan (MCP) benefit)
- Lab tests, including blood lead poisoning screening
- Health and preventive education
- Vision services
- Dental services (covered under Medi-Cal Dental)
- Hearing services (covered by California Children's Services (CCS) for children who qualify. CalOptima Health will cover services for children who do not qualify for CCS)
- Home Health Services, such as private duty nursing (PDN), occupational therapy, physical therapy, and medical equipment and supplies



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

These services are called Medi-Cal for Kids and Teens (also known as Early and Periodic Screening, Diagnostic and Treatment (EPSDT)) services. Additional information for members regarding Medi-Cal for Kids and Teens can be found at <https://www.dhcs.ca.gov/services/Medi-Cal-For-Kids-and-Teens/Pages/Member-Information.aspx>. Medi-Cal for Kids and Teens services that are recommended by pediatricians' Bright Futures guidelines to help you, or your child, stay healthy are covered for free. To read the Bright Futures guidelines, go to https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf.

Enhanced Care Management (ECM) is a Medi-Cal managed care plan (MCP) benefit available in all California counties to support comprehensive care management for MCP members with complex needs. Because children and youth with complex needs are often already served by one or more case managers or other service providers within a fragmented delivery system, ECM offers coordination between systems. Children and youth populations of focus eligible for this benefit include:

- Children and youth experiencing homelessness
- Children and youth at risk for avoidable hospital or emergency room utilization
- Children and youth with serious mental health and/or substance use disorder (SUD) needs
- Children and youth enrolled in California Children's Services (CCS) or CCS Whole Child Model (WCM) with additional needs beyond the CCS condition
- Children and youth involved in child welfare
- Children and youth transitioning from a youth correctional facility

Additional information on ECM can be found at <https://www.dhcs.ca.gov/CalAIM/ECM/Documents/ECM-Children-And-Youth-POFs-Spotlight.pdf>

In addition, ECM Lead Care Managers are strongly encouraged to screen ECM members for needs for Community Supports services provided by MCPs as cost-effective alternatives to traditional medical services or settings and refer to those Community Supports when eligible and available. Children and youth may benefit from many of the Community Supports services, including asthma remediation, housing navigation, medical respite, and sobering centers.

Community Supports are services provided by Medi-Cal managed care plans (MCPs) and are available to eligible Medi-Cal members regardless of whether they qualify for ECM services.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

More information on Community Supports can be found at <https://www.dhcs.ca.gov/CalAIM/Documents/DHCS-Medi-Cal-Community-Supports-Supplemental-Fact-Sheet.pdf>

Some of the services available through Medi-Cal for Kids and Teens, such as PDN, are considered supplemental services. These are not available to Medi-Cal members age 21 and older. To keep getting these services for free, you or your child may have to enroll in a 1915(c) Home and Community-Based Services (HCBS) waiver or other long-term services and supports (LTSS) on or before turning the age of 21. If you or your child is getting supplemental services through Medi-Cal for Kids and Teens and will be turning 21 years of age soon, contact CalOptima Health to talk about choices for continued care.

Well-child health check-ups and preventive care

Preventive care includes regular health check-ups, screenings to help your doctor find problems early, and counseling services to detect illnesses, diseases, or medical conditions before they cause problems. Regular check-ups help you or your child's doctor look for any problems. Problems can include medical, dental, vision, hearing, mental health, and any substance (alcohol or drug) use disorders. CalOptima Health covers check-ups to screen for problems (including blood lead level assessment) any time there is a need for them, even if it is not during your or your child's regular check-up.

Preventive care also includes immunizations (shots) you or your child need. CalOptima Health must make sure all enrolled children are up to date with all the immunizations (shots) they need when they have their visits with their doctor. Preventive care services and screenings are available for free and without pre-approval (prior authorization).

Your child should get check-ups at these ages:

- 2-4 days after birth
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 30 months
- Once a year from 3 to 20 years old



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Well-child health check-ups include:

- A complete history and head-to-toe physical exam
- Age-appropriate immunizations (shots) (California follows the American Academy of Pediatrics Bright Futures schedule:
https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf)
- Lab tests, including blood lead poisoning screening, if age-appropriate or needed
- Health education
- Vision and hearing screening
- Oral health screening
- Behavioral health assessment

If the doctor finds a problem with your or your child's physical or mental health during a check-up or screening, you or your child might need to get further medical care.

CalOptima Health will cover that care for free, including:

- Doctor, nurse practitioner, and hospital care
- Immunizations (shots) to keep you healthy
- Physical, speech/language, and occupational therapies
- Home health services, including medical equipment, supplies, and appliances
- Treatment for vision problems, including eyeglasses
- Treatment for hearing problems, including hearing aids when they are not covered by California Children's Services (CCS)
- Behavioral Health Treatment for health conditions such as autism spectrum disorders, and other developmental disabilities
- Case management and health education
- Reconstructive surgery, which is surgery to correct or repair abnormal structures of the body caused by congenital defects, developmental abnormalities, trauma, infection, tumors, or disease to improve function or create a normal appearance

Blood lead poisoning screening

All children enrolled in CalOptima Health should get blood lead poisoning screening at 12 and 24 months of age, or between 24 and 72 months of age if they were not tested earlier. Children can get a blood lead screening if a parent or guardian requests one. Children should also be screened whenever the doctor believes a life change has put the child at risk.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Help getting child and youth well care services

CalOptima Health will help members under 21 years old and their families get the services they need. A CalOptima Health care coordinator can:

- Tell you about available services
- Help find in-network providers or out-of-network providers, when needed
- Help make appointments
- Arrange medical transportation so children can get to their appointments
- Help coordinate care for services not covered by CalOptima Health, but that may be available through Fee-for-Service (FFS) Medi-Cal, such as:
 - Treatment and rehabilitative services for mental health and substance use disorders (SUD)
 - Treatment for dental issues, including orthodontics

Other services you can get through Fee-for-Service (FFS) Medi-Cal or other programs

Dental check-ups

Keep your baby's gums clean by gently wiping the gums with a washcloth every day. At about four to six months, "teething" will begin as the baby's teeth start to come in. You should make an appointment for your child's first dental visit as soon as their first tooth comes in or by their first birthday, whichever comes first.

These Medi-Cal dental services are free services for:

Babies age 0-3

- | | |
|---|---|
| ■ Baby's first dental visit | ■ Fluoride varnish (every six months, and sometimes more) |
| ■ Baby's first dental exam | ■ Fillings |
| ■ Dental exams (every six months, and sometimes more) | ■ Extractions (tooth removal) |
| ■ X-rays | ■ Emergency dental services |
| ■ Teeth cleaning (every six months, and sometimes more) | ■ *Sedation (if medically necessary) |



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Kids age 4-12

- Dental exams (every six months, and sometimes more)
- X-rays
- Fluoride varnish (every six months, and sometimes more)
- Teeth cleaning (every six months, and sometimes more)
- Molar sealants
- Fillings
- Root canals
- Extractions (tooth removal)
- Emergency dental services
- *Sedation (if medically necessary)

Youth age 13-20

- Dental exams (every six months, and sometimes more)
- X-rays
- Fluoride varnish (every six months, and sometimes more)
- Teeth cleaning (every six months, and sometimes more)
- Orthodontics (braces) for those who qualify
- Fillings
- Crowns
- Root canals
- Partial and full dentures
- Scaling and root planing
- Extractions (tooth removal)
- Emergency dental services
- *Sedation (if medically necessary)

*Providers should consider sedation and general anesthesia when they determine and document a reason local anesthesia is not medically appropriate, and the dental treatment is pre-approved or does not need pre-approval (prior authorization).

These are some of the reasons local anesthesia cannot be used and sedation or general anesthesia might be used instead:

- Physical, behavioral, developmental, or emotional condition that blocks the patient from responding to the provider's attempts to perform treatment
- Major restorative or surgical procedures
- Uncooperative child
- Acute infection at an injection site
- Failure of a local anesthetic to control pain

If you have questions or want to learn more about dental services, call the Medi-Cal Dental Customer Service Line at 1-800-322-6384 (TTY 1-800-735-2922 or 711), or go to <https://smilecalifornia.org/>.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Additional preventive education referral services

If you are worried that your child is not participating and learning well at school, talk to your child's doctor, teachers, or administrators at the school. In addition to your medical benefits covered by CalOptima Health, there are services the school must provide to help your child learn and not fall behind. Services that can be provided to help your child learn include:

- Speech and language services
- Psychological services
- Physical therapy
- Occupational therapy
- Assistive technology
- Social Work services
- Counseling services
- School nurse services
- Transportation to and from school

The California Department of Education provides and pays for these services. Together with your child's doctors and teachers, you may be able to make a custom plan that will best help your child.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

6. Reporting and solving problems

There are two ways to report and solve problems:

- Use a **complaint (grievance)** when you have a problem or are unhappy with CalOptima Health or a provider or with the health care or treatment you got from a provider.
- Use an **appeal** when you do not agree with CalOptima Health's decision to change your services or to not cover them.
- You have the right to file grievances and appeals with CalOptima Health to tell us about your problem. This does not take away any of your legal rights and remedies. We will not discriminate or retaliate against you for filing a complaint with us or reporting issues. Telling us about your problem will help us improve care for all members.

You may contact CalOptima Health first to let us know about your problem. Call us between 8 a.m. and 5:30 p.m., Monday through Friday at **1-888-587-8088 (TTY 711)**. Tell us about your problem.

The California Department of Health Care Services (DHCS) Medi-Cal Managed Care Ombudsman can also help. They can help if you have problems joining, changing, or leaving a health plan. They can also help if you moved and are having trouble getting your Medi-Cal transferred to your new county. You can call the Ombudsman Monday through Friday, 8 a.m. to 5 p.m. at 1-888-452-8609. The call is free.

You can also file a grievance with your county eligibility office about your Medi-Cal eligibility. If you are not sure who you can file your grievance with, call **1-888-587-8088 (TTY 711)**.

To report incorrect information about your health insurance, call Medi-Cal Monday through Friday, 8 a.m. to 5 p.m. at 1-800-541-5555.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Complaints

A complaint (grievance) is when you have a problem or are unhappy with the services you are getting from CalOptima Health or a provider. There is no time limit to file a complaint. You can file a complaint with CalOptima Health at any time by phone, in writing by mail, or online. Your authorized representative or provider can also file a complaint for you with your permission.

- **By phone:** Call CalOptima Health at **1-888-587-8088 (TTY 711)** between 8 a.m. and 5:30 p.m., Monday through Friday. Give your health plan ID number, your name, and the reason for your complaint.
- **By mail:** Call CalOptima Health at **1-888-587-8088 (TTY 711)** and ask to have a form sent to you. When you get the form, fill it out. Be sure to include your name, health plan ID number, and the reason for your complaint. Tell us what happened and how we can help you.

Mail the form to:

CalOptima Health
Attn: Grievance and Appeals Resolution Services
505 City Parkway West
Orange, CA 92868

Your doctor's office will have complaint forms.

- **Online:** Go to the CalOptima Health website at **<https://caloptima.govfa.net/19>**.

If you need help filing your complaint, we can help you. We can give you free language services. Call **1-888-587-8088 (TTY 711)**.

Within five calendar days of getting your complaint, CalOptima Health will send you a letter telling you we got it. Within 30 days, we will send you another letter that tells you how we resolved your problem. If you call CalOptima Health about a grievance that is not about health care coverage, medical necessity, or experimental or investigational treatment, and your grievance is resolved by the end of the next business day, you may not get a letter.

If you have an urgent matter involving a serious health concern, we will start an expedited (fast) review. We will give you a decision within 72 hours. To ask for an expedited review, call us at **1-888-587-8088 (TTY 711)**.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Within 72 hours of getting your complaint, we will decide how we will handle your complaint and whether we will expedite it. If we find that we will not expedite your complaint, we will tell you that we will resolve your complaint within 30 days. You may contact DMHC directly for any reason, including if you believe your concern qualifies for expedited review, CalOptima Health does not respond to you within the 72-hour period, or if you are unhappy with CalOptima Health's decision.

Complaints related to Medi-Cal Rx pharmacy benefits are not subject to the CalOptima Health grievance process. Members can submit complaints about Medi-Cal Rx pharmacy benefits by calling 1-800-977-2273 (TTY 1-800-977-2273) and pressing 7 or 711. Or go to <https://medi-calrx.dhcs.ca.gov/home/>.

Complaints related to pharmacy benefits not subject to Medi-Cal Rx may be eligible for review through the CalOptima Health grievance and appeal process.

Appeals

An appeal is different from a complaint. An appeal is a request for CalOptima Health to review and change a decision we made about your services. If we sent you a Notice of Action (NOA) letter telling you that we are denying, delaying, changing, or ending a service, and you do not agree with our decision, you can ask us for an appeal. Your authorized representative or provider can also ask us for an appeal for you with your written permission.

You must ask for an appeal within 60 days from the date on the NOA you got from CalOptima Health. If we decided to reduce, suspend, or stop a service you are getting now, you can continue getting that service while you wait for your appeal to be decided. This is called Aid Paid Pending. To get Aid Paid Pending, you must ask us for an appeal within 10 days from the date on the NOA or before the date we said your service will stop, whichever is later. When you request an appeal under these circumstances, your service will continue while you wait for your appeal decision.

You can file an appeal by phone, in writing by mail, or online:

- **By phone:** Call CalOptima Health at **1-888-587-8088 (TTY 711)** between 8 a.m. and 5:30 p.m., Monday through Friday. Give your name, health plan ID number, and the service you are appealing.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

- **By mail:** Call CalOptima Health at **1-888-587-8088 (TTY 711)** and ask to have a form sent to you. When you get the form, fill it out. Be sure to include your name, health plan ID number, and the service you are appealing.

Mail the form to:

CalOptima Health
Attn: Grievance and Appeals Resolution Services
505 City Parkway West
Orange, CA 92868

Your doctor's office will have appeal forms available.

- **Online:** Visit the CalOptima Health website. Go to **<https://caloptima.govfa.net/19>**.

If you need help asking for an appeal or with Aid Paid Pending, we can help you. We can give you free language services. Call **1-888-587-8088 (TTY 711)**.

Within five days of getting your appeal, CalOptima Health will send you a letter telling you we got it. Within 30 days, we will tell you our appeal decision and send you a Notice of Appeal Resolution (NAR) letter. If we do not give you our appeal decision within 30 days, you can request a State Hearing from the California Department of Social Services (CDSS).

If you or your doctor wants us to make a fast decision because the time it takes to decide your appeal would put your life, health, or ability to function in danger, you can ask for an expedited (fast) review. To ask for an expedited review, call **1-888-587-8088 (TTY 711)**. We will decide within 72 hours of receiving your appeal. If there is an urgent health care concern, such as those involving a serious threat to your health, you do not need to file an appeal with CalOptima Health before filing a complaint with DMHC.

What to do if you do not agree with an appeal decision

If you requested an appeal and got a NAR letter telling you we did not change our decision, or you never got a NAR letter and it has been past 30 days, you can:

- Ask for a **State Hearing** from the California Department of Social Services (CDSS) and a judge will review your case. CDSS' toll-free telephone number is 1-800-743-8525 (TTY 1-800-952-8349). You can also ask for a State Hearing online <https://www.cdss.ca.gov>. More ways of asking for a State Hearing can be found in "State hearings" later in this chapter.

You will not have to pay for a State Hearing.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

The sections below have more information on how to ask for a State Hearing.

Complaints and appeals related to Medi-Cal Rx pharmacy benefits are not handled by CalOptima Health. To submit complaints and appeals about Medi-Cal Rx pharmacy benefits, call 1-800-977-2273 (TTY 1-800-977-2273) and press 7 or 711.

If you do not agree with a decision related to your Medi-Cal Rx pharmacy benefit, you may ask for a State Hearing.

State Hearings

A State Hearing is a meeting with CalOptima Health and a judge from the California Department of Social Services (CDSS). The judge will help to resolve your problem and decide whether CalOptima Health made the correct decision or not. You have the right to ask for a State Hearing if you already asked for an appeal with CalOptima Health and you are still not happy with our decision, or if you did not get a decision on your appeal after 30 days.

You must ask for a State Hearing within 120 days from the date on our NAR letter. If we gave you Aid Paid Pending during your appeal and you want it to continue until there is a decision on your State Hearing, you must ask for a State Hearing within 10 days of our NAR letter or before the date we said your services will stop, whichever is later.

If you need help making sure Aid Paid Pending will continue until there is a final decision on your State Hearing, contact CalOptima Health between 8 a.m. and 5:30 p.m., Monday through Friday, by calling **1-888-587-8088**. If you cannot hear or speak well, call **711**.

Your authorized representative or provider can ask for a State Hearing for you with your written permission.

Sometimes you can ask for a State Hearing without completing our appeal process.

For example, if CalOptima Health did not notify you correctly or on time about your services, you can request a State Hearing without having to complete our appeal process. This is called Deemed Exhaustion. Here are some examples of Deemed Exhaustion:

- We did not make an NOA or NAR letter available to you in your preferred language
- We made a mistake that affects any of your rights
- We did not give you an NOA letter
- We did not give you an NAR letter



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

6 | Reporting and solving problems

- We made a mistake in our NAR letter
- We did not decide your appeal within 30 days
- We decided your case was urgent but did not respond to your appeal within 72 hours

You can ask for a State Hearing in these ways:

- **By phone:** Call CDSS' State Hearings Division at 1-800-743-8525 (TDD 1-800-952-8349)
- **By mail:** Fill out the form provided with your appeals resolution notice and mail it to:
California Department of Social Services
State Hearings Division
744 P Street, MS 09-17-433
Sacramento, CA 95814
- **Online:** Request a hearing online at www.cdss.ca.gov
- **By email:** Fill out the form that came with your appeals resolution notice and email it to Scopeofbenefits@dss.ca.gov
 - Note: If you send it by email, there is a risk that someone other than the State Hearings Division could intercept your email. Consider using a more secure method to send your request.
- **By Fax:** Fill out the form that came with your appeals resolution notice and fax it to the State Hearings Division toll free at 1-833-281-0903.

If you need help asking for a State Hearing, we can help you. We can give you free language services. Call **1-888-587-8088** (TTY **711**).

At the hearing, you will tell the judge why you disagree with CalOptima Health's decision. CalOptima Health will tell the judge how we made our decision. It could take up to 90 days for the judge to decide your case. CalOptima Health must follow what the judge decides.

If you want CDSS to make a fast decision because the time it takes to have a State Hearing would put your life, health, or ability to function fully in danger, you, your authorized representative, or your provider can contact CDSS and ask for an expedited (fast) State Hearing. CDSS must make a decision no later than three business days after it gets your complete case file from CalOptima Health.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

Fraud, waste, and abuse

If you suspect that a provider or a person who gets Medi-Cal has committed fraud, waste, or abuse, it is your responsibility to report it by calling the confidential toll-free number 1-800-822-6222 or submitting a complaint online at <https://www.dhcs.ca.gov/>.

Provider fraud, waste, and abuse includes:

- Falsifying medical records
- Prescribing more medicine than is medically necessary
- Giving more health care services than is medically necessary
- Billing for services that were not given
- Billing for professional services when the professional did not perform the service
- Offering free or discounted items and services to members to influence which provider is selected by the member
- Changing member's primary care provider without the knowledge of the member

Fraud, waste, and abuse by a person who gets benefits includes, but is not limited to:

- Lending, selling, or giving a health plan ID card or Medi-Cal Benefits Identification Card (BIC) to someone else
- Getting similar or the same treatments or medicines from more than one provider
- Going to an emergency room when it is not an emergency
- Using someone else's Social Security number or health plan ID number
- Taking medical and non-medical transportation rides for non-healthcare related services, for services not covered by Medi-Cal, or when there is no medical appointment or prescriptions to pick up

To report fraud, waste, or abuse, write down the name, address, and ID number of the person who committed the fraud, waste, or abuse. Give as much information as you can about the person, such as the phone number or the specialty if it is a provider. Give the dates of the events and a summary of exactly what happened.

Send your report to:

CalOptima Health
Office of Compliance — SIU
505 City Parkway West
Orange, CA 92868
Compliance and Ethics Hotline at **1-855-507-1805 (TTY 711)**



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

7. Rights and responsibilities

As a member of CalOptima Health, you have certain rights and responsibilities. This chapter explains these rights and responsibilities. This chapter also includes legal notices that you have a right to as a member of CalOptima Health.

Your rights

These are your rights as a member of CalOptima Health:

- To be treated with respect and dignity, giving due consideration to your right to privacy and the need to maintain confidentiality of your medical information such as medical history, mental and physical condition or treatment, and reproductive or sexual health
- To be provided with information about the health plan and its services, including covered services, providers, practitioners, and member rights and responsibilities
- To get fully translated written member information in your preferred language, including all grievance and appeals notices
- To make recommendations about CalOptima Health's member rights and responsibilities policy
- To be able to choose a primary care provider within CalOptima Health's network
- To have timely access to network providers
- To participate in decision-making with providers regarding your own health care, including the right to refuse treatment
- To voice grievances, either verbally or in writing, about the organization or the care you got
- To know the medical reason for CalOptima Health's decision to deny, delay, terminate (end), or change a request for medical care
- To get care coordination
- To ask for an appeal of decisions to deny, defer, or limit services or benefits
- To get free interpreting and translation services for your language
- To ask for free legal help at your local legal aid office or other groups
- To formulate advance directives



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

7 | Rights and responsibilities

- To ask for a State Hearing if a service or benefit is denied and you have already filed an appeal with CalOptima Health and are still not happy with the decision, or if you did not get a decision on your appeal after 30 days, including information on the circumstances under which an expedited hearing is possible
- To disenroll (drop) from CalOptima Health and change to another health plan in the county upon request
- To access minor consent services
- To get free written member information in other formats (such as braille, large-size print, audio, and accessible electronic formats) upon request and in a timely fashion appropriate for the format being requested and in accordance with Welfare and Institutions (W&I) Code section 14182 (b)(12)
- To be free from any form of restraint or seclusion used as a means of coercion, discipline, convenience, or retaliation
- To truthfully discuss information on available treatment options and alternatives, presented in a manner appropriate to your condition and ability to understand, regardless of cost or coverage
- To have access to and get a copy of your medical records, and request that they be amended or corrected, as specified in 45 Code of Federal Regulations (CFR) sections 164.524 and 164.526
- Freedom to exercise these rights without adversely affecting how you are treated by CalOptima Health, your providers, or the State
- To have access to family planning services, Freestanding Birth Centers, Federally Qualified Health Centers, Indian Health Care Providers, midwifery services, Rural Health Centers, sexually transmitted infection services, and emergency care outside CalOptima Health's network pursuant to federal law

Your responsibilities

CalOptima Health members have these responsibilities:

- Knowing, understanding and following your member handbook
- Understanding your medical needs and working with your health care providers to create your treatment plan
- Following the treatment plan you agreed to with your health care providers
- Telling CalOptima Health and your health care providers what we need to know about your medical condition so we can provide care



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

- Making and keeping medical appointments and telling the office when you must cancel your appointment
- Learning about your medical condition and what keeps you healthy
- Taking part in health care programs that keep you healthy
- Working with and being polite to the people who are partners in your health care.

Notice of non-discrimination

Discrimination is against the law. CalOptima Health follows state and federal civil rights laws. CalOptima Health does not unlawfully discriminate, exclude people, or treat them differently because of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation.

CalOptima Health provides:

- Free aids and services to people with disabilities to help them communicate better, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, and other formats)
- Free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact CalOptima Health between 8 a.m. and 5:30 p.m. by calling **1-888-587-8088**. Or, if you cannot hear or speak well, call **711** to use the California Relay Service.

How to file a grievance

If you believe that CalOptima Health has failed to provide these services or unlawfully discriminated in another way based on sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation, you can file a grievance with CalOptima Health's Grievance and Appeals Resolution Services department. You can file a grievance by phone, by mail, in person, or online:



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

- **By phone:** Contact CalOptima Health's Grievance and Appeals Resolution Services department between 8 a.m. and 5:30 p.m., Monday through Friday by calling **1-888-587-8088**. Or, if you cannot hear or speak well, call **711** to use the California Relay Service.
- **By mail:** Fill out a complaint form or write a letter and mail it to:
CalOptima Health
Attn: Grievance and Appeals Resolution Services department
505 City Parkway West
Orange, CA 92868
- **In person:** Visit your doctor's office or CalOptima Health and say you want to file a grievance.
- **Online:** Go to CalOptima Health's website at **<https://caloptima.govfa.net/19>**.

Office of Civil Rights – California Department of Health Care Services

You can also file a civil rights complaint with the California Department of Health Care Services (DHCS), Office of Civil Rights by phone, by mail, or online:

- **By phone:** Call 1-916-440-7370. If you cannot speak or hear well, call 711 (Telecommunications Relay Service).
- **By mail:** Fill out a complaint form or mail a letter to:
Department of Health Care Services
Office of Civil Rights
P.O. Box 997413, MS 0009
Sacramento, CA 95899-7413

Complaint forms are available at:

https://www.dhcs.ca.gov/Pages/Language_Access.aspx.

- **Online:** Send an email to CivilRights@dhcs.ca.gov.

Office of Civil Rights – United States Department of Health and Human Services

If you believe you have been discriminated against on the basis of race, color, national origin, age, disability, or sex, you can also file a civil rights complaint with the United States Department of Health and Human Services, Office for Civil Rights by phone, by mail, or online:

- **By phone:** Call 1-800-368-1019. If you cannot speak or hear well, call TTY 1-800-537-7697 or 711 to use the California Relay Service.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

- **By mail:** Fill out a complaint form or mail a letter to:
U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

Complaint forms are available at
<https://www.hhs.gov/ocr/complaints/index.html>.

- **Online:** Go to the Office for Civil Rights Complaint Portal at
<https://ocrportal.hhs.gov/ocr/cp>.

Ways to get involved as a member

CalOptima Health wants to hear from you. CalOptima Health has meetings to talk about what is working well and how CalOptima Health can improve. Members are invited to attend. Come to a meeting!

CalOptima Health Member Advisory Committee (MAC)

CalOptima Health has a group called CalOptima Health Member Advisory Committee that meet monthly. This group is made up of members, community representatives, advocates, and staff from the Social Services Agency and the Health Care Agency. You can join this group if you would like. The group talks about how to improve CalOptima Health policies and is responsible for:

- Identifying issues that members face in getting health care service, and reports to CalOptima Health's Board of Directors

Whole-Child Model Member Advisory Committee

CalOptima Health has a group called Whole-Child Model Member Advisory Committee that meets bi-monthly. This group represents parents, guardians, or foster parents of a CalOptima Health member child with an eligible California Children's Service medical condition, and community representatives. You can join this group if you would like. This group talks about how to improve CalOptima Health policies and are responsible for:

- Identifying issues that members face in getting health care service, and reports to CalOptima Health's Board of Directors

If you would like to be a part of this group, call **1-888-587-8088** (TTY **711**).



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

Notice of privacy practices

A statement describing CalOptima Health policies and procedures for preserving the confidentiality of medical records is available and will be given to you upon request.

If you are of the age and capacity to consent to sensitive services, you are not required to get any other member's authorization to get sensitive services or to submit a claim for sensitive services. To learn more about sensitive services, read "Sensitive care" in Chapter 3 of this handbook.

You can ask CalOptima Health to send communications about sensitive services to another mailing address, email address, or telephone number that you choose. This is called a "request for confidential communications." If you consent to care, CalOptima Health will not give information on your sensitive care services to anyone else without your written permission. If you do not give a mailing address, email address, or telephone number, CalOptima Health will send communications in your name to the address or telephone number on file.

CalOptima Health will honor your requests to get confidential communications in the form and format you asked for. Or we will make sure your communications are easy to put in the form and format you asked for. We will send them to another location of your choice. Your request for confidential communications lasts until you cancel it or submit a new request for confidential communications.

You can request confidential communications by completing and submitting a Request for Restrictions on Manner/Method of Confidential Communications Form. Your request for confidential communications can be submitted in person to CalOptima Health's Customer Service Department. CalOptima Health's Customer Service Department can assist you or your personal representative with completing the Request for Restriction on Manner/Method of Confidential Communications Form.

CalOptima Health's statement of its policies and procedures for protecting your medical information (called a "Notice of Privacy Practices") is included below:

CalOptima Health offers you access to health care through our Medi-Cal plan, our One Care (HMO D-SNP) Medicare Advantage Special Needs Plan and our Program of All-Inclusive Care for the Elderly (PACE). We are required by state and federal law to protect your health information. After you become eligible and enroll in one of our health plans, Medicare or Medi-Cal sends your information to us. We also get medical information from your doctors, clinics, labs and hospitals to approve and pay for your health care.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

This notice explains how medical information about you may be used and shared, and how you can get access to this information. Please review it carefully.

Your rights

When it comes to your health information, you have certain rights.

This section explains your rights and some of our responsibilities to help you.

How we protect your information	<ul style="list-style-type: none">• We have controls in place for physical and electronic access to your information, which include race, ethnicity, language, gender identity and sexual orientation.• Our policies and procedures outline what is allowed and what is not allowed when using your personal health information, including race, ethnicity, language, gender identity and sexual orientation.• Electronic access may include media formats, devices and hardware, and data storage.• We do not discriminate against members based on any sensitive information.
Get a copy of your health and claims records	<ul style="list-style-type: none">• You can ask to see or get a copy of your health and claims records and other health information we have about you. You must make this request in writing. We will send you a form to fill out, and we may charge a fair fee for the costs of copying and mailing records. You must provide a valid form of ID to view or get a copy of your health records.• We will provide a copy or a summary of your health and claims records, usually within 30 days of your request.• We may keep you from seeing certain parts of your records for reasons allowed by law.• CalOptima Health does not have complete copies of your medical records. If you want to look at, get a copy of, or change your medical records, please contact your doctor or clinic.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

7 | Rights and responsibilities

Ask us to correct health and claims records	<ul style="list-style-type: none">• You have the right to send a written request to change information in your records if it's not correct or complete. You must make your request in writing.• We may refuse your request if the information is not created or kept by CalOptima Health, or if we believe it is correct and complete, but we will tell you why in writing within 60 days.• If we don't make the changes you asked for, you may ask us to review our decision. You may also send a statement saying why you disagree with our records, and your statement will be kept with your records.
Request confidential communications	<ul style="list-style-type: none">• You can ask us to contact you by your preferred method of contact (for example, home or work phone) or to send mail to a different address.• We will consider all fair requests. We must say "yes" if you tell us you would be in danger if we do not.
Ask us to limit what we use or share	<ul style="list-style-type: none">• You can ask us not to use or share certain health information for treatment, payment or our health care operations.• We are not required to agree to your request, and we may say "no" if it would affect your care.
Get a list who we shared information with	<ul style="list-style-type: none">• You can ask for a list of the times we shared your health information during the past 6 years before the date you asked.• You have the right to request a list of what information was shared, who it was shared with, when it was shared and why.• We will include all disclosures, except for those about your treatment, payment, and health care operations, and certain other disclosures (such as any you asked us to make).
Get a copy of this privacy notice	<ul style="list-style-type: none">• You can ask for a paper copy of this notice at any time, even if you have agreed to accept the notice electronically. We will offer you a paper copy in good time.• You can also find this notice on our website at www.caloptima.org.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

7 | Rights and responsibilities

Choose someone to act for you	<ul style="list-style-type: none">• If you have given someone medical power of attorney or if someone is your legal guardian, this person can use your rights and make choices about your health information.• We will make sure this person has this authority and can act for you before we take any action.
File a complaint if you feel your rights are violated	<ul style="list-style-type: none">• If you feel we have violated your rights, you can complain by contacting us using the information in this notice.• We will not retaliate against you for filing a complaint.
Use a self-pay restriction	<ul style="list-style-type: none">• If you pay the whole bill for a service, you can ask your doctor not to share the information about that service with us. If you or your provider submits a claim to CalOptima Health, we do not have to agree to a restriction. If a law requires the disclosure, CalOptima Health does not have to agree to your restriction.

For certain health information, you can tell us your choices about what we share.

If you have a preference for how we share your information in the situations below, please contact us. In most cases, if we use or share your Protected Health Information (PHI) outside of treatment, payment or health care operations, we must get your written permission first. If you give us your permission, you may take it back in writing at any time. We cannot take back what we used or shared when we had your written permission, but we will stop using or sharing your PHI in the future.

In these cases, you have both the right and choice to tell us to:	<ul style="list-style-type: none">• Share information with your family, close friends or others involved in payment for your care.• Share information in a disaster-relief situation.
--	--



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

<p>In these cases, we <i>never</i> share your information unless you give us written permission:</p>	<ul style="list-style-type: none"> • Substance use disorder (SUD) information: We must get your permission for any use or disclosure of SUD information. • Psychotherapy notes: We must get your permission for any use or disclosure of psychotherapy notes, except to carry out certain treatment, payment or health care operations. • Your race, ethnicity, language, gender identity and sexual orientation information, except to carry out treatment, payment or health care operations. • Your race, ethnicity, language, gender identity and sexual orientation information for underwriting, denial of services and coverage, or for benefit determinations. • Marketing needs. • Sale of your information.
---	---

Our responsibilities

- We are required by law to maintain the privacy and security of your PHI.
- We will let you know as soon as possible if a breach happens that may have affected the privacy or security of your information.
- We must follow the duties and privacy practices described in this notice and give you a copy of it.
- We will not use or share your information other than as described here unless you tell us we can in writing. If you tell us we can, you may change your mind at any time. Let us know in writing if you change your mind.

Our uses and disclosures

Your information may be used or shared by CalOptima Health only for treatment, payment and health care operations related to the Medi-Cal, Medicare (OneCare) or PACE programs in which you are enrolled. We may use and share your information in health information exchanges with providers involved in the care you receive. The information we use and share includes, but is not limited to:

- Your name
- Address
- History of care and treatment given to you
- Cost or payment for care



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

7 | Rights and responsibilities

Some examples of how we share your information with those involved with your care:

Help manage the health care treatment you receive	<ul style="list-style-type: none">• We can use your health information and share it with professionals who are treating you. This may include your race, ethnicity, language, gender identity and sexual orientation to provide services that best fit your needs.	Example: A doctor sends us information about your diagnosis and treatment plan so we can set up additional services. We will share this information with doctors, hospitals and others to get you the care you need.
Run our organization (health care operations)	<ul style="list-style-type: none">• We can use and share your information to run our organization and contact you when needed.• We are not allowed to use genetic information to decide whether we will give you coverage and the price of that coverage.	Example: We use your health information to develop better services for you, which may include reviewing the quality of care and services you receive. We may also use this information in audits and fraud investigations.
Pay for your health services	<ul style="list-style-type: none">• We can use and share your health information as we pay for your health services.	Example: We share information with the doctors, clinics and others who bill us for your care. We may also forward bills to other health plans or organizations for payment.
Administer your plan	<ul style="list-style-type: none">• We may share your health information with the Department of Health Care Services (DHCS) or the Centers for Medicare & Medicaid Services (CMS) for plan administration.	Example: DHCS contracts with us to provide a health plan, and we provide DHCS with certain information.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

How else can we use or share your health information?

We are allowed or required to share your information in other ways, usually to promote the public good, like public health and research. We have to meet many conditions in the law before we can share your information for these reasons.

Help with public health and safety issues	<p>We can share health information about you for certain situations like:</p> <ul style="list-style-type: none"> • Preventing disease. • Helping with product recalls. • Reporting adverse reactions to medicines. • Reporting suspected abuse, neglect or domestic violence. • Preventing or reducing a serious threat to anyone's health or safety.
Comply with the law	<ul style="list-style-type: none"> • We will share information about you if state or federal laws require it, including with the Department of Health and Human Services if it wants to see that we are complying with federal privacy law.
Respond to organ and tissue donation requests and work with a medical examiner or funeral director	<ul style="list-style-type: none"> • We can share health information about you with organ procurement organizations. • We can share health information with a coroner, medical examiner or funeral director when an individual dies.
Address workers' compensation, law enforcement and other government requests	<p>We can use or share health information about you:</p> <ul style="list-style-type: none"> • For workers' compensation claims. • For law enforcement reasons or with a law enforcement official. • With health oversight agencies for activities authorized by law. • For special government functions, such as military, national security and presidential protective services.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Respond to lawsuits and legal actions	<ul style="list-style-type: none"> • We can share health information about you in response to a court or administrative order, or in response to a subpoena.
Comply with special laws	<ul style="list-style-type: none"> • There are special laws that protect some types of health information, such as mental health services, treatment for substance use disorders and HIV/AIDS testing and treatment. We will obey these laws when they are stricter than this notice. • There are also laws that limit our use and disclosure to reasons directly connected to the administration of CalOptima Health's programs.

Confidentiality of sensitive services

CalOptima Health is committed to protecting the privacy and confidentiality of information related to sensitive services you receive. Sensitive services are any health care services related to mental or behavioral health care; substance use disorder; gender-affirming care; sexual and reproductive health; sexually transmitted infections; rape or sexual assault; infectious, contagious, or communicable diseases; HIV/AIDS-related care; or intimate partner violence, as defined in California Civil Code § 56.05(s).

CalOptima Health will send communications about sensitive services to a mailing address, email address or phone number of your choice, or we will use the mailing address, phone number, or email address on file if you did not give us a different one. CalOptima Health will not share medical information about your sensitive services with any other person without your written approval. CalOptima Health will honor your requests for confidential communication in the form and format you want if it can be done in your requested form and format. Your request for confidential communication related to sensitive services will be valid until you take back the request or make a new request for confidential communications. Please call us toll-free at **1-888-587-8088 (TTY 711)**, or write to us to find out how to request sensitive services information. You will need to submit your request in writing and give us certain information. We can send you the form(s) for the request. We will carry out your request within 7 calendar days after we receive your phone call or within 14 calendar days after we get your request by first-class mail.

Changes to the terms of this notice

CalOptima Health reserves the right to change its privacy notice and the ways we keep your PHI safe. If this happens, we will update the notice and notify you. We will also post the updated notice on our website.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Potential for redisclosure

Information disclosed by CalOptima Health, either authorized by you (or your personal representative) or permitted by applicable privacy laws, may be redisclosed by the person receiving your information if they are not required by law to protect your information.

How to contact us to use your rights

If you want to use any of the privacy rights explained in this notice, please write to us at:

CalOptima Health
Privacy Officer
505 City Parkway West
Orange, CA 92868
1-888-587-8088 (TTY 711)

Or call CalOptima Health Customer Service toll-free at:

1-888-587-8088 (TTY 711). We have staff who speak your language.

If you believe that we have not protected your privacy and wish to file a complaint or grievance, you may write or call CalOptima Health at the address and phone number above. You may also contact these agencies:

California Department of Health Care Services
Privacy Officer
C/O: Office of HIPAA Compliance
P.O. Box 997413 MS 4722
Sacramento, CA 95899-7413
Email: privacyofficer@dhcs.ca.gov
Phone: 1-916-445-4646
Fax: 1-916-440-7680

U.S. Department of Health and Human Services
Office for Civil Rights
Regional Manager
90 Seventh Street, Suite 4-100
San Francisco, CA 94103
Email: OCRComplaint@hhs.gov
Phone: 1-800-368-1019
Fax: 1-415-437-8329
TDD: 1-800-537-7697



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Use your rights without fear

CalOptima Health cannot take away your health care benefits, nor do anything to hurt you in any way, if you choose to file a complaint or use any of the privacy rights in this notice. This notice applies to all CalOptima Health's health care programs.

Notice about laws

Many laws apply to this Member Handbook. These laws may affect your rights and responsibilities even if the laws are not included or explained in this handbook. The main laws that apply to this handbook are state and federal laws about the Medi-Cal program. Other federal and state laws may apply too.

Notice about Medi-Cal as a payer of last resort, other health coverage (OHC), and tort recovery

The Medi-Cal program follows state and federal laws and regulations relating to the legal liability of third parties for health care services to members. CalOptima Health will take all reasonable measures to ensure that the Medi-Cal program is the payer of last resort.

Medi-Cal members may have other health coverage (OHC), also referred to as private health insurance. Medi-Cal members with OHC must use their OHC for covered services before using their Medi-Cal benefits. As a condition of Medi-Cal eligibility, you must apply for or retain any available OHC when it is available at no cost to you.

Federal and state laws require Medi-Cal members to report OHC and any changes to an existing OHC. You may have to repay DHCS for any benefits paid by mistake if you do not report OHC timely. Submit your OHC online at <http://dhcs.ca.gov/OHC>.

If you do not have access to the internet, you can report OHC to CalOptima Health by calling **1-888-587-8088** (TTY **711**). Or you can call DHCS' OHC Processing Center at 1-800-541-5555 (TTY 1-800-430-7077 or 711) or 1-916-636-1980.

The following is a partial list of insurance that is **not** considered to be OHC:

- Personal injury and/or medical payment coverage under automobile insurance. Note: Read about notification requirements for the personal injury and workers' compensation programs below.
- Life insurance
- Workers' compensation
- Homeowner's insurance



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at www.caloptima.org.

- Umbrella insurance
- Accident insurance
- Income replacement insurance (for example, Aflac)

DHCS has the right and responsibility to be paid back for covered Medi-Cal services for which Medi-Cal is not the first payer. For example, if you are injured in a car accident or at work, auto or workers' compensation insurance may have to pay first for your health care or pay back Medi-Cal if Medi-Cal paid for the services.

If you are injured, and another party is liable for your injury, you or your legal representative must notify DHCS within 30 days of filing a legal action or a claim. Submit your notification online to:

- Personal Injury program at <https://dhcs.ca.gov/PIForms>
- Workers' Compensation Recovery program at <https://dhcs.ca.gov/WC>

To learn more, go to the DHCS Third Party Liability and Recovery Division website at <https://dhcs.ca.gov/tplrd> or call 1-916-445-9891.

Notice about estate recovery

The Medi-Cal program must seek repayment from probated estates of certain deceased members for Medi-Cal benefits received on or after their 55th birthday. Repayment includes Fee-for-Service and managed care premiums or capitation payments for nursing facility services, home and community-based services, and related hospital and prescription drug services received when the member was an inpatient in a nursing facility or was receiving home and community-based services. Repayment cannot exceed the value of a member's probated estate.

To learn more, go to the DHCS Estate Recovery program website at <https://dhcs.ca.gov/er> or call 1-916-650-0590.

Notice of Action

CalOptima Health will send you a Notice of Action (NOA) letter any time CalOptima Health denies, delays, terminates, or modifies a request for health care services. If you disagree with CalOptima Health's decision, you can always file an appeal with CalOptima Health. Go to the "Appeals" section in Chapter 6 of this handbook for important information on filing your appeal. When CalOptima Health sends you a NOA it will tell you all the rights you have if you disagree with a decision we made.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

Contents in notices

If CalOptima Health bases denials, delays, modifications, terminations, suspensions, or reductions to your services in whole or in part on medical necessity, your NOA must contain the following:

- A statement of the action CalOptima Health intends to take
- A clear and concise explanation of the reasons for CalOptima Health's decision
- How CalOptima Health decided, including the rules CalOptima Health used
- The medical reasons for the decision. CalOptima Health must clearly state how your condition does not meet the rules or guidelines.

Translations

CalOptima Health is required to fully translate and provide written member information in common preferred languages, including all grievance and appeals notices.

The fully translated notice must include the medical reason for CalOptima Health's decision to deny, delay, modify, terminate, suspend, or reduce a request for health care services.

If translation in your preferred language is not available, CalOptima Health is required to offer verbal help in your preferred language so that you can understand the information you get.



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

8. Important numbers and words to know

Important phone numbers

- CalOptima Health Customer Service: **1-888-587-8088** (TTY **711**)
- CalOptima Health Behavioral Health Line: **1-855-877-3885** (TTY **711**)
- CalOptima Health Transportation Line: **1-833-648-7528** (TTY **711**)
- 24-Hour Nurse Advice Line: **1-844-447-8441** (TTY **1-844-514-3774**)
- VSP (Vision Service Plan): **1-800-438-4560** (TTY **1-800-735-2922**)
- Medi-Cal Rx: **1-800-977-2273** (TTY **1-800-977-2273**) and press 7 or **711**
- Medi-Cal Dental: **1-800-322-6384** (TTY **1-800-735-2922**)
- California Family Planning information and referral line: **1-800-942-1054**

Words to know

Active labor: The time period when a pregnant member is in the three stages of giving birth and cannot be safely transferred to another hospital before delivery or a transfer may harm the health and safety of the member or unborn child.

Acute: A short, sudden medical condition that requires fast medical attention.

American Indian: Individual who meets the definition of “Indian” under federal law at 42 CFR section 438.14, which defines a person as an “Indian” if the person meets any of the following:

- Is a member of a federally recognized Indian tribe
- Lives in an urban center and meets one or more of the following:
 - Is a member of a tribe, band, or other organized group of Indians, including those tribes, bands or groups terminated since 1940 and those recognized now or in the future by the state in which they reside, or who is a descendant in the first or second degree of any such member
 - Is an Eskimo or Aleut or other Alaska Native



Call Customer Service at **1-888-587-8088** (TTY **711**). CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

8 | Important numbers and words to know

- Is considered by the Secretary of the Interior to be an Indian for any purpose
- Is determined to be an Indian under regulations issued by the Secretary of Health and Human Services
- Is considered by the Secretary of the Interior to be an Indian for any purpose
- Is considered by the Secretary of Health and Human Services to be an Indian for purposes of eligibility for Indian health care services, including as a California Indian, Eskimo, Aleut, or other Alaska Native.

Appeal: A member's request for CalOptima Health to review and change a decision made about coverage for a requested service.

Behavioral health services: Include specialty mental health services (SMHS), non-specialty mental health services (NSMHS), and substance use disorder (SUD) treatment services to support members' mental and emotional well-being. NSMHS are provided through the health plan for members experiencing mild-to-moderate mental health conditions. SMHS are provided through county Mental Health Plans (MHPs) for members who have severe impairment or a high risk of functional deterioration due to a mental health disorder. Emergency mental health services are covered, including assessments and treatment in emergency settings. Your county also provides services for alcohol or drug use, called SUD services.

Benefits: Health care services and drugs covered under this health plan.

California Children's Services (CCS): A Medi-Cal program that provides services for children up to age 21 with certain health conditions, diseases, or chronic health problems.

Case manager: Registered nurses or social workers who can help a member understand major health problems and arrange care with the member's providers.

Certified nurse midwife (CNM): A person licensed as a registered nurse and certified as a nurse midwife by the California Board of Registered Nursing. A certified nurse midwife is allowed to attend cases of normal childbirth.

Chiropractor: A provider who treats the spine by means of manual manipulation.

Chronic condition: A disease or other medical problem that cannot be completely cured or that gets worse over time or that must be treated so the member does not get worse.

Clinic: A facility that members can select as a primary care provider (PCP). It can be either a Federally Qualified Health Center (FQHC), community clinic, Rural Health Clinic (RHC), Indian Health Care Provider (IHCP), or other primary care facility.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

8 | Important numbers and words to know

Community-based adult services (CBAS): Outpatient, facility-based services for skilled nursing care, social services, therapies, personal care, family and caregiver training and support, nutrition services, transportation, and other services for members who qualify.

Community Supports: Community Supports are services that help improve members' overall health. They provide services for health-related social needs like housing, meals, and personal care. They help members in the community, with a focus on promoting health, stability, and independence.

Complaint: A member's verbal or written expression of dissatisfaction about a service, which can include, but is not limited to:

- The quality of care or services provided;
- Interactions with a provider or employee;
- The member's right to dispute an extension of time proposed by CalOptima Health, a county mental health or substance use disorder program, or a Medi-Cal provider.

A complaint is the same as a grievance.

Continuity of care: The ability of a plan member to keep getting Medi-Cal services from their existing out-of-network provider for up to 12 months if the provider and CalOptima Health agree.

Contract Drugs List (CDL): The approved drug list for Medi-Cal Rx from which a provider may order covered drugs a member needs.

Coordination of Benefits (COB): The process of determining which insurance coverage (Medi-Cal, Medicare, commercial insurance, or other) has primary treatment and payment responsibilities for members with more than one type of health insurance coverage.

Copayment (co-pay): A payment a member makes, usually at the time of service, in addition to CalOptima Health's payment.

County Organized Health System (COHS): A local agency created by a county board of supervisors to contract with the Medi-Cal program. A member is automatically enrolled in a COHS plan if they meet enrollment rules. Enrolled members choose their health care provider from among all COHS providers.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

8 | Important numbers and words to know

Covered Services: Medi-Cal services for which CalOptima Health is responsible for payment. Covered services are subject to the terms, conditions, limitations, and exclusions of the Medi-Cal contract, any contract amendment, and as listed in this Member Handbook (also known as the Combined Evidence of Coverage (EOC) and Disclosure Form).

DHCS: The California Department of Health Care Services. This is the state office that oversees the Medi-Cal program.

Disenroll: To stop using a health plan because the member no longer qualifies or changes to a new health plan. The member must sign a form that says they no longer want to use the health plan or call Health Care Options and disenroll by phone.

DMHC: The California Department of Managed Health Care (DMHC). This is the state office that oversees managed care health plans.

Doula services: Doula services include health education, advocacy, and physical, emotional, and nonmedical support. Members can get doula services before, during, and after childbirth or end of a pregnancy, including the postpartum period. Doula services are provided as preventive services and must be recommended by a physician or other licensed practitioner.

Durable medical equipment (DME): Medical equipment that is medically necessary and ordered by a member's doctor or other provider that the member uses in the home, community, or facility that is used as a home.

Early and periodic screening, diagnostic, and treatment (EPSDT): Go to "Medi-Cal for Kids and Teens."

Emergency care: An exam performed by a doctor or staff under direction of a doctor, as allowed by law, to find out if an emergency medical condition exists. Medically necessary services needed to make you clinically stable within the capabilities of the facility.

Emergency medical condition: A medical or mental condition with such severe symptoms, such as active labor (go to definition above) or severe pain, that someone with a prudent layperson's average knowledge of health and medicine could reasonably believe that not getting immediate medical care could:

- Place the member's health or the health of their unborn baby in serious danger
- Cause impairment to a bodily function
- Cause a body part or organ to not work right
- Result in death



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

8 | Important numbers and words to know

Emergency medical transportation: Transportation in an ambulance or emergency vehicle to an emergency room to get emergency medical care.

Enhanced Care Management (ECM): ECM is a whole-person, interdisciplinary approach to care that addresses the clinical and non-clinical needs of Members with the most complex medical and social needs.

Enrollee: A person who is a member of a health plan and gets services through the plan.

Established patient: A patient who has an existing relationship with a provider and has gone to that provider within a specified amount of time established by the health plan.

Experimental treatment: Drugs, equipment, procedures, or services that are in a testing phase with laboratory or animal studies before testing in humans. Experimental services are not undergoing a clinical investigation.

Family planning services: Services to prevent or delay pregnancy. Services are provided to members of childbearing age to enable them to determine the number and spacing of children.

Federally Qualified Health Center (FQHC): A health center in an area that does not have many providers. A member can get primary and preventive care at an FQHC.

Fee-for-Service (FFS) Medi-Cal: Sometimes CalOptima Health does not cover services, but a member can still get them through FFS Medi-Cal, such as many pharmacy services through Medi-Cal Rx.

Follow-up care: Regular doctor care to check a member's progress after a hospitalization or during a course of treatment.

Fraud: An intentional act to deceive or misrepresent by a person who knows the deception could result in some unauthorized benefit for the person or someone else.

Freestanding Birth Centers (FBCs): Health facilities where childbirth is planned to occur away from the pregnant member's residence and that are licensed or otherwise approved by the state to provide prenatal labor and delivery or postpartum care and other ambulatory services that are included in the plan. These facilities are not hospitals.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

8 | Important numbers and words to know

Grievance: A member's verbal or written expression of dissatisfaction about a service, which can include, but is not limited to:

- The quality of care or services provided;
- Interactions with a provider or employee;
- The member's right to dispute an extension of time proposed by CalOptima Health, a county mental health or substance use disorder program, or a Medi-Cal provider.

A complaint is the same as a grievance.

Habilitation services and devices: Health care services that help a member keep, learn, or improve skills and functioning for daily living.

Health Care Options (HCO): The program that can enroll or disenroll a member from a health plan.

Health insurance: Insurance coverage that pays for medical and surgical expenses by repaying the insured for expenses from illness or injury or paying the care provider directly.

Home health care: Skilled nursing care and other services given at home.

Home health care providers: Providers who give members skilled nursing care and other services at home.

Hospice: Care to reduce physical, emotional, social, and spiritual discomforts for a member with a terminal illness. Hospice care is available when the member has a life expectancy of six months or less.

Hospital: A place where a member gets inpatient and outpatient care from doctors and nurses.

Hospital outpatient care: Medical or surgical care performed at a hospital without admission as an inpatient.

Hospitalization: Admission to a hospital for treatment as an inpatient.

Indian Health Care Providers (IHCP): A health care program operated by the Indian Health Service (IHS), an Indian Tribe, Tribal Health program, Tribal Organization or Urban Indian Organization (UIO) as those terms are defined in Section 4 of the Indian Health Care Improvement Act (25 U.S.C. section 1603).

Inpatient care: When a member has to stay the night in a hospital or other place for medical care that is needed.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

8 | Important numbers and words to know

Intermediate care facility or home: Care provided in a long-term care facility or home that provides 24-hour residential services. Types of intermediate care facilities or homes include intermediate care facility/developmentally disabled (ICF/DD), intermediate care facility/developmentally disabled-habilitative (ICF/DD-H), and intermediate care facility/developmentally disabled-nursing (ICF/DD-N).

Investigational treatment: A treatment drug, biological product, or device that has successfully completed phase one of a clinical investigation approved by the Food and Drug Administration (FDA), but that has not been approved for general use by the FDA and remains under investigation in an FDA-approved clinical investigation.

Long-term care: Care in a facility for longer than the month of admission plus one month.

Long-term services and supports (LTSS): Services that help people with long-term health problems or disabilities live or work where they choose. This could be at home, at work, in a group home, a nursing home, or another care facility. LTSS includes programs for long-term care and services provided at home or in the community, also called home and community-based services (HCBS). Some LTSS services are provided by health plans, while others are provided separately.

Managed care plan: A Medi-Cal health plan that uses only certain doctors, specialists, clinics, pharmacies, and hospitals for Medi-Cal recipients enrolled in that plan. CalOptima Health is a managed care plan.

Medi-Cal for Kids and Teens: A benefit for Medi-Cal members under the age of 21 to help keep them healthy. Members must get the right health check-ups for their age and appropriate screenings to find health problems and treat illnesses early. They must get treatment to take care of or help the conditions that might be found in the check-ups. This benefit is also known as the Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) benefit under federal law.

Medi-Cal Rx: A pharmacy benefit service that is part of FFS Medi-Cal and known as “Medi-Cal Rx” that provides pharmacy benefits and services, including prescription drugs and some medical supplies to all Medi-Cal beneficiaries.

Medical home: A model of care that provides the main functions of primary health care. This includes comprehensive care, patient-centered, coordinated care, accessible services, and quality and safety.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

8 | Important numbers and words to know

Medically necessary (or medical necessity): Medically necessary services are important services that are reasonable and protect life. The care is needed to keep patients from getting seriously ill or disabled. This care reduces severe pain by diagnosing or treating the disease, illness, or injury. For members under the age of 21, Medi-Cal medically necessary services include care that is needed to fix or help a physical or mental illness or condition, including substance use disorders (SUD).

Medical transportation: Transportation that a provider prescribes for a member when the member is not physically or medically able to use a car, bus, train, taxi, or other form of public or private transportation to get to a covered medical appointment or to pick up prescriptions. CalOptima Health pays for the lowest cost transportation for your medical needs when you need a ride to your appointment.

Medicare: The federal health insurance program for people 65 years of age or older, certain younger people with disabilities, and people with end-stage renal disease (permanent kidney failure that requires dialysis or a transplant, sometimes called End-Stage Renal Disease (ESRD)).

Member: Any eligible Medi-Cal member enrolled with CalOptima Health who is entitled to get covered services.

Mental health services provider: Health Care professionals who provide mental health to patients.

Midwifery services: Prenatal, intrapartum, and postpartum care, including family planning services for the mother and immediate care for the newborn, provided by certified nurse midwives (CNM) and licensed midwives (LM).

Network: A group of doctors, clinics, hospitals, and other providers contracted with CalOptima Health to provide care.

Network provider (or in-network provider): Go to “Participating provider.”

Non-covered service: A service that CalOptima Health does not cover.

Non-medical transportation: Transportation when traveling to and from an appointment for a Medi-Cal covered service authorized by a member’s provider and when picking up prescriptions and medical supplies.

Non-participating provider: A provider not in the CalOptima Health network.

Orthotic device: A device used outside the body to support or correct a badly injured or diseased body part, that is medically necessary for the member to recover.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

8 | Important numbers and words to know

Other health coverage (OHC): Other health coverage (OHC) refers to private health insurance and service payers other than Medi-Cal. Services may include medical, dental, vision, pharmacy, Medicare Advantage plans (Part C), Medicare drug plans (Part D), or Medicare supplemental plans (Medigap).

Out-of-area services: Services while a member is anywhere outside of the CalOptima Health service area.

Out-of-network provider: A provider who is not part of the CalOptima Health network.

Outpatient care: When a member does not have to stay the night in a hospital or other place for the medical care that is needed.

Outpatient mental health services: Outpatient services for members with mild to moderate mental health conditions including:

- Individual or group mental health evaluation and treatment (psychotherapy)
- Psychological testing when clinically indicated to evaluate a mental health condition
- Outpatient services for the purposes of monitoring medication therapy
- Psychiatric consultation
- Outpatient laboratory, supplies, and supplements

Palliative care: Care to reduce physical, emotional, social, and spiritual discomforts for a member with a serious illness. Palliative care does not require the member to have a life expectancy of six months or less.

Participating hospital: A licensed hospital that has a contract with CalOptima Health to provide services to members at the time a member gets care. The covered services that some participating hospitals might offer to members are limited by CalOptima Health's utilization review and quality assurance policies or CalOptima Health's contract with the hospital.

Participating provider (or participating doctor): A doctor, hospital, or other licensed health care professional or licensed health facility, including sub-acute facilities that have a contract with CalOptima Health to offer covered services to members at the time a member gets care.

Physician services: Services given by a person licensed under state law to practice medicine or osteopathy, not including services offered by doctors while a member is admitted in a hospital that are charged in the hospital bill.

Plan: Go to "Managed care plan."



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

8 | Important numbers and words to know

Post-stabilization services: Covered services related to an emergency medical condition that are provided after a member is stabilized to keep the member stabilized. Post-stabilization care services are covered and paid for. Out-of-network hospitals might need pre-approval (prior authorization).

Pre-approval (prior authorization): The process by which a member or their provider must request approval from CalOptima Health for certain services to make sure CalOptima Health will cover them. A referral is not an approval. A pre-approval is the same as prior authorization.

Prescription drug coverage: Coverage for medications prescribed by a provider.

Prescription drugs: A drug that legally requires an order from a licensed provider to be dispensed, unlike over-the-counter (“OTC”) drugs that do not require a prescription.

Primary care: Go to “Routine care.”

Primary care provider (PCP): The licensed provider a member has for most of their health care. The PCP helps the member get the care they need.

A PCP can be a:

- General practitioner
- Internist
- Pediatrician
- Family practitioner
- OB/GYN
- Indian Health Care Provider (IHCP)
- Federally Qualified Health Center (FQHC)
- Rural Health Clinic (RHC)
- Nurse practitioner
- Physician assistant
- Clinic

Prior authorization (pre-approval): The process by which a member or their provider must request approval from CalOptima Health for certain services to ensure CalOptima Health will cover them. A referral is not an approval. A prior authorization is the same as pre-approval.

Prosthetic device: An artificial device attached to the body to replace a missing body part.

Provider Directory: A list of providers in the CalOptima Health network.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

8 | Important numbers and words to know

Psychiatric emergency medical condition: A mental disorder in which the symptoms are serious or severe enough to cause an immediate danger to the member or others or the member is immediately unable to provide for or use food, shelter, or clothing due to the mental disorder.

Public health services: Health services targeted at the whole population. These include, among others, health situation analysis, health surveillance, health promotion, prevention services, infectious disease control, environmental protection and sanitation, disaster preparedness and response, and occupational health.

Qualified provider: A doctor qualified in the area of practice appropriate to treat a member's condition.

Reconstructive surgery: Surgery to correct or repair abnormal structures of the body to improve function or create a normal appearance to the extent possible. Abnormal structures of the body are those caused by a congenital defect, developmental abnormalities, trauma, infection, tumors, or disease.

Referral: When a member's PCP says the member can get care from another provider. Some covered care services require a referral and pre-approval (prior authorization).

Rehabilitative and habilitative therapy services and devices: Services and devices to help members with injuries, disabilities, or chronic conditions to gain or recover mental and physical skills.

Routine care: Medically necessary services and preventive care, well-child visits, or care such as routine follow-up care. The goal of routine care is to prevent health problems.

Rural Health Clinic (RHC): A health center in an area that does not have many providers. Members can get primary and preventive care at an RHC.

Sensitive services: Services related to mental, sexual and reproductive health, family planning, sexually transmitted infections (STIs), HIV/AIDS, sexual assault and abortions, substance use disorder (SUD), gender-affirming care, and intimate partner violence.

Serious illness: A disease or condition that must be treated and could result in death.

Service area: The geographic area CalOptima Health serves. This includes the county of Orange County, California.

Skilled nursing care: Covered services provided by licensed nurses, technicians, or therapists during a stay in a skilled nursing facility or in a member's home.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.

8 | Important numbers and words to know

Skilled nursing facility: A place that gives 24-hour-a-day nursing care that only trained health professionals can give.

Specialist (or specialty doctor): A doctor who treats certain types of health care problems. For example, an orthopedic surgeon treats broken bones; an allergist treats allergies; and a cardiologist treats heart problems. In most cases, a member will need a referral from their PCP to go to a specialist.

Specialty mental health services (SMHS): Services for members who have mental health services needs that are higher than a mild to moderate level of impairment.

Subacute care facility (adult or pediatric): A long-term care facility that provides comprehensive care for medically fragile members who need special services, such as inhalation therapy, tracheotomy care, intravenous tube feeding, and complex wound management care.

Terminal illness: A medical condition that cannot be reversed and will most likely cause death within one year or less if the disease follows its natural course.

Tort recovery: When benefits are provided or will be provided to a Medi-Cal member because of an injury for which another party is liable, DHCS recovers the reasonable value of benefits provided to the member for that injury.

Triage (or screening): The evaluation of a member's health by a doctor or nurse who is trained to screen for the purpose of determining the urgency of your need for care.

Urgent care (or urgent services): Services provided to treat a non-emergency illness, injury or condition that requires medical care. Members can get urgent care from an out-of-network provider if in-network providers are temporarily not available or accessible.

1915(c) Home and Community-Based Services (HCBS) waiver: This is a special government program for persons who are at risk of being placed in a nursing home or an institution. The program allows DHCS to provide HCBS to these persons so that they can stay in their community-based home. HCBS include case management, personal care, skilled nursing, habilitation, and homemaker or home health aide services. They also include adult day programs and respite care. Medi-Cal members must apply separately and qualify to be enrolled in a waiver. Some waivers have waiting lists.



Call Customer Service at **1-888-587-8088 (TTY 711)**. CalOptima Health is here Monday through Friday from 8 a.m. to 5:30 p.m. The call is free. Visit online at **www.caloptima.org**.



CalOptima Health, A Public Agency
505 City Parkway West, Orange, CA 92868
caloptima.org

If you have questions or need help with your health care services, please call CalOptima Health's Customer Service department at **1-714-246-8500** or toll-free at **1-888-587-8088 (TTY 711)**, Monday through Friday from 8 a.m. to 5:30 p.m. We have staff who speak your language. You can also visit our website at **www.caloptima.org**.