

Attention Medi-Cal Members

GET CARE NOW

Your health matters



How to
get care:



Virtual
Doctor Visits



Nurse
Advice Line



Medicine
Home Delivery



Virtual Mental
Health Support

Medi-Cal changes are coming in the future. But CalOptima Health's mission to keep you healthy has not changed. Right now, it's important that you continue to see your doctor and use your benefits to stay well. Your health is everything to us, and we are here for you every step of the way.

Visit www.caloptima.org/getcare to find ways to get care that work for you.

1-888-587-8088 (TTY 711)



CalOptima Health

Your health matters. Don't delay getting the services you need. You have health care options and the right to use them. CalOptima Health urges you to choose the type of care best for you.



In-Person Care

- **Doctor Visits:** Call your primary care provider (PCP) on your CalOptima Health ID card to schedule an office visit. Keep up on your preventive care and screenings.
- **Urgent Care:** Contact your health network to see which urgent care centers are in your network. These centers offer same-day, non-emergency care from doctors, even after hours and on weekends.



Virtual Care

- **Virtual Doctor Visits:** Ask your PCP if you can have a telehealth or phone appointment.
- **Nurse Advice Line:** Call 1-844-447-8441 (TTY 1-844-514-3774) to speak to a nurse 24/7.
- **Medicine Home Delivery:** Get your medicines without leaving home.
 - » Medi-Cal: 1-800-977-2273 (TTY 711)
 - » OneCare: 1-800-788-2949



Mental Health Support

- **CalOptima Health Behavioral Health Line:** Call 1-855-877-3885 (TTY 711) for help finding the services you need. You can choose in-person or telehealth services.
- **TeleMed2U:** Call 1-844-585-9210 for a virtual appointment with a licensed provider.
- **Soluna and BrightLife Kids Apps:** Download and use these free apps to help kids, teens and young adults get virtual behavioral health care.

We Are Here to Help!

CalOptima Health provides access to health care for all members, no matter their immigration status. If you need help with your benefits and services, call our Customer Service teams today.

Medi-Cal:..... 1-888-587-8088 (TTY 711)

OneCare (HMO D-SNP):..... 1-877-412-2734 (TTY 711)

Program of All-Inclusive Care

for the Elderly (PACE):1-714-468-1100 (TTY 1-714-468-1063)

For more information, visit www.caloptima.org/getcare.

