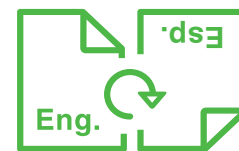


FREE

2012-2013 (10th Edition)

Guide to Health Programs

A Bilingual Resource to Help Find Free or Low-Cost Health-Related Programs for You and Your Family



Vea el otro lado para
ESPAÑOL

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Tools for Health Programs

About This Guide

This easy-to-use guide was created for families and community organizations. The following pages give simplified descriptions of the public and private programs that exist to increase access to health care services for low-income individuals in California. The information presented in this guide was compiled from publicly available sources, including online and printed materials.

Eligibility for most programs is based partially on income (see chart below). Because eligibility guidelines may change, those interested in a specific program should contact that program directly. Ask to speak to an eligibility worker for the latest eligibility requirements and for a more complete description of the application process.

This guide was made possible thanks to generous funding by the California HealthCare Foundation (www.CHCF.org).

QR Code Reader:

*Available only on Smart Phones / Devices



The Affordable Care Act

On September 23, 2010 new reforms under the Affordable Care Act began. These reforms will give Americans new rights and benefits, including helping more children get health coverage, ending lifetime and most annual limits on care, and giving patients access to recommended preventive services without cost-sharing. The Affordable Care Act will be fully implemented in 2014.

For more information:



<http://bit.ly/AffordCareAct>



www.healthcare.gov/law/information-for-you

Alameda County: (510) 250-5270
Central California: (800) 675-8001
Kern County: (800) 906-3982
Los Angeles County: (800) 896-3203
North California Counties: (916) 551-2150
Orange County: (800) 834-5001
San Diego County: (877) 734-3258
San Francisco County: (415) 354-6360
San Mateo County: (800) 381-8898

Federal Poverty Level

Important: Use this chart when programs in this guide refer to percentage of the Federal Poverty Level (FPL) (Effective 4/1/2012)*

Number of persons	100% FPL (Medi-Cal for ages 6-19**)		130% FPL SNAP and CALFRESH* (*can be 165% of FPL if household has an elderly or disabled person who qualifies to be a separate household)		133% FPL (Medi-Cal for ages 1-6**)		185% FPL ("WIC"-Women, Infants, and Children)		200% FPL (AIM, Breast and Cervical Cancer Treatment, CHDP, CMSP, Family Pact, Vision Service Plan, Medi-Cal for age 0-1, Pregnant women, Children Under 1**, VSP)		250% FPL (AIM, Healthy Families, CaliforniaKids)	
	Monthly / Annual		Monthly / Annual		Monthly / Annual		Monthly / Annual		Monthly / Annual		Monthly / Annual	
1 person	\$931	\$11,170	\$1,210	\$14,521	\$1,238	\$14,856	\$1,722	\$20,665	\$1,862	\$22,340	\$2,327	\$27,925
2 people	\$1,261	\$15,130	\$1,639	\$19,669	\$1,677	\$20,123	\$2,333	\$27,991	\$2,522	\$30,260	\$3,152	\$37,825
3 people	\$1,591	\$19,090	\$2,068	\$24,817	\$2,116	\$25,390	\$2,943	\$35,317	\$3,182	\$38,180	\$3,977	\$47,725
4 people	\$1,921	\$23,050	\$2,497	\$29,965	\$2,555	\$30,657	\$3,554	\$42,643	\$3,842	\$46,100	\$4,802	\$57,625
5 people	\$2,251	\$27,010	\$2,926	\$35,113	\$2,994	\$35,923	\$4,164	\$49,969	\$4,502	\$54,020	\$5,627	\$67,525
6 people	\$2,581	\$30,970	\$3,355	\$40,261	\$3,871	\$41,190	\$4,775	\$57,295	\$5,162	\$61,940	\$6,452	\$77,425

* The federal government typically adjusts the poverty levels every year.

**Examples of Medi-Cal eligible populations in this income range.

Note: To calculate 300% of the FPL (for AIM, various Healthy Kids programs and Kaiser Permanente Child Health Plan), simply multiply the levels in the 100% FPL column by three (x3). You can also follow the link to the FPL calculator on this page.

Online FPL Calculator:



<http://bit.ly/wokAT4>



School of Public Health
UNIVERSITY OF CALIFORNIA, BERKELEY



The Health Initiative of the Americas (HIA — <http://hia.berkeley.edu>), a program of the School of Public Health at UC Berkeley, in collaboration with various UC programs through the Global Health Institute (UGH) through the Center of Expertise on Migration and Health (COEMH), is instrumental in the elaboration and distribution of this guide. Among other programs, HIA coordinates Binational Health Week in partnership with the Secretariats of Health and Foreign Affairs of Mexico, and the Foreign Affairs Ministries of Guatemala, Honduras, Colombia, Ecuador, Peru and Bolivia, as well as the Institute for Mexicans Abroad, the Mexican Social Security Institute, the National Secretariat for Migrants of Ecuador (SENAMI), Colombia Nos Une, the Iniciativa Binacional Zacatecana de Salud (IBIZA), the Centers for Disease Control and Prevention, the California HealthCare Foundation, and the Council of Mexican Federations in North America (COFEM), among other partners.

Latino Consultants (www.LatinoConsultants.com) was responsible for the design and coordination of this guidebook with funding from the California HealthCare Foundation. Contributing editors included the California HealthCare Foundation, the Health Initiative of the Americas and expert subcontractors.

Medi-Cal Programs

Full Scope Medi-Cal

Medi-Cal, California’s Medicaid program, provides health care services for low-income children, parents, elderly, disabled individuals, and low-income families. Services covered include hospital inpatient and outpatient care, skilled nursing care, doctor visits, lab tests and X-rays, family planning, regular or illness-related examinations, outpatient drugs, dental care, occupational therapy, and more.

There are multiple eligibility categories for full scope Medi-Cal, including for individuals who qualify for CalWORKs and Supplemental Security Income (**SSI**). (For more information about CalWORKs and SSI, please see question 3 on page 15.)

Eligibility Criteria

Individuals must:

- Be U.S. citizens or qualified legal immigrants
- Be California Residents
- Be one of the following: parents, children, elderly or disabled individuals
- Have a low income

Emergency Medi-Cal

This is a Medi-Cal program providing limited services to individuals who otherwise meet the Medi-Cal criteria, but who are not “qualified” immigrants or immigrants Permanently Residing in the U.S. Under Color of Law (**PRUCOL**, see page 15, No. 4). Emergency medical services are covered when health is in serious jeopardy, there is serious impairment of body functions, or a serious problem exists with an organ or body part.

Presumptive Eligibility for Medi-Cal

Presumptive Eligibility (**PE**) is a Medi-Cal program that provides immediate, temporary coverage for outpatient prenatal care to pregnant women at or below 200% of the Federal Poverty Level (see page 2). Application for PE is completed at the PE provider’s office.

PE will cover an initial pregnancy test and all prenatal care, but does not cover delivery or hospitalization. A pregnant woman with PE should apply for regular Medi-Cal as soon as possible, by calling **800-824-0088** to receive your local county office contact information.

You Should Know:

Many applicants and beneficiaries must provide documents such as passports, naturalization papers, birth certificates and photo identification to prove their status as U.S. citizens.

Apply for Medi-Cal Programs Online:



www.benefitscal.org



Medi-Cal Minor Consent

This program provides certain services to children under age 21, regardless of immigration status, and does not require parental consent or notification.

Minor Consent covers:

- Substance abuse
- Outpatient mental health
- Family planning
- Pregnancy-related services
- Diagnosis and treatment of sexually transmitted diseases
- Treatment after sexual assault

Eligibility Criteria

A minor must live at home with parents and have California residency;

- The child can have a separate Medi-Cal case from his or her parents.
- There is no immigration requirement
- Only the child’s income and resources are counted toward the income eligibility requirements
- Medi-Cal minor consent must be renewed on a monthly basis.

Application must be made through a county worker.

Resources for Medi-Cal



(888) 747-1222



www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx

Visit the Department of Health Care Services Web site or look at the Resources section on page 16 of this guide for more information, locations, and phone numbers of county offices.

Medi-Cal Programs



Need Help Completing An Application?

The **Healthy Families and Medi-Cal Programs** information line (800-880-5305) can help you locate a Certified Application Assistant (CAA) in your area.

CAAs are specially trained to help families complete applications for these programs. Assistance is free and available in 10 languages, including Spanish.

Apply for Medi-Cal Programs Online:



www.benefitscal.org

You Should Know:

Many applicants and beneficiaries must provide documents such as passports, naturalization papers, birth certificates and photo identification to prove their status as U.S. citizens.

Resources for Medi-Cal

Many programs are offered under Medi-Cal; some cover a more limited range of services than the full-scope program.

For example, its Breast and Cervical Cancer Treatment Program is for women with a confirmed diagnosis of cervical cancer and for men and women with a confirmed diagnosis of breast cancer. Medi-Cal also covers services related to kidney dialysis, tuberculosis, and Total Parenteral Nutrition (TPN), which are designed for individuals who cannot qualify for Medi-Cal because of a disability.

The income and resource rules vary according to the category of eligibility.

If you need health services, you should contact your county social services department to find out about these and other programs for which you might qualify (call the number provided above, or see page 16 for a listing of county phone numbers).



(888) 747-1222

Call to find out the phone number for your county office.



www.dhcs.ca.gov/services/medi-cal/

Visit the Department of Health Care Services Web site or look at the Resources section on page 16 of this guide for more information, locations, and phone numbers of county offices.

Pregnancy Only Medi-Cal

This program provides family planning, prenatal, pregnancy, and postpartum related services of care (for 60 days after delivery) to women under 200% of the Federal Poverty Level (see page 2), regardless of immigration status.

Eligibility Criteria

- Any woman who thinks she may be pregnant
- A family income at or below 200% of the Federal Poverty Level for her family size (a pregnant woman counts as two people; see page 2)
- Must be California resident

Medically Needy Medi-Cal

This program is for people who do not receive cash aid, but meet the Supplemental Security Income (SSI, see page 15, No. 3) requirements of age, blindness, disability, or previous Aid to Families with Dependent Children (AFDC) requirements.

Medically Needy individuals may have a share of cost. “Share of Cost” is the amount of money a person must pay, or agree to pay, each month for medical goods and services before Medi-Cal begins to pay. The higher a person’s income, the more their share of cost.

Eligibility Criteria

Individuals must be one of the following:

- 65 or older
- Disabled
- Blind
- Parents and children who meet deprivation requirements (i.e., when a parent is disabled, deceased, or absent from the home)
- Parent or caretaker that is a relative of a child under 21



<http://ca.db101.org>



Children's Programs



Healthy Families

Healthy Families provides health care for low-income children under the age of 19 who have incomes above the eligibility level for Medi-Cal, but below 250% of the Federal Poverty Level (see page 2). Children who are enrolled in Medi-Cal or have employer-sponsored coverage do not qualify.

The program provides low-cost health, vision, and dental coverage. Children who qualify for Healthy Families get 12 months of health coverage, as long as the monthly premiums are paid by the 20th of every month. All children in Healthy Families are enrolled in a health plan, which families can choose when applying. There are different health plans available for different areas of California.

During 2013, children covered by Healthy Families will be moved to Medi-Cal (see Page 3). However, families can request to move their child to Medi-Cal at any time in advance of this plan change.

Eligibility Criteria

- Children living in California up to their 19th birthday
- Children must be U.S. citizens or qualified immigrants (see page 3)
- Children must have family incomes at or below 250% of Federal Poverty Level (see page 2)
- Children must not qualify for no-cost Medi-Cal
- Children must not have been covered by an employer sponsored insurance policy for at least three months

Need Help Completing An Application?

The Healthy Families and Medi-Cal Programs information line (800-880-5305) can help you locate a Certified Application Assistant (CAA) in your area. CAAs are specially trained to help families complete applications for these programs. Assistance is free and available in 10 languages, including Spanish.

Enroll for Healthy Families Online:



www.healthapp.net

Child Health and Disability Prevention Program (CHDP)

The Child Health and Disability Prevention Program (**CHDP**) is a preventive health program for low-income children and youth, regardless of immigration status. Eligible children receive periodic preventive health assessments that include medical, vision and hearing screenings, and immunizations. Those with suspected problems are then referred for diagnosis and treatment.

The CHDP Gateway program helps to enroll eligible children in the Medi-Cal or Healthy Families programs. When children receive health assessments and preventive care services from CHDP providers, they can often enroll in temporary full-scope Medi-Cal for up to two months. Enrolling in continuous full-scope Medi-Cal or Healthy Families after the temporary period requires a second step: families must complete a joint application for Medi-Cal and Healthy Families, and submit it for a final eligibility determination. Families are best served in completing the application by seeking out assistance from a Certified Application Assistant (see “Need Help Completing An Application?” above).

Eligibility Criteria

- Children under age 21 with Medi-Cal under the Federal EPSDT (Early and Periodic Screening, Diagnostic and Treatment) Program
- Children and youth from birth to age 19 who are not eligible for Medi-Cal with family income equal at or below 200% percent of the Federal Poverty Level (see page 2). They are eligible for health assessments based on the same schedule as Medi-Cal enrolled children and youth
- Children enrolled in Head Start and State preschool programs

 facebook.com/CaliforniaHFP

 twitter.com/californiahfp



www.healthyfamilies.ca.gov

 (800) 880-5305



www.dhcs.ca.gov/services/chdp/Pages/countyoffices.aspx
To find the phone number to the CHDP program in your county, please visit:

 facebook.com/CAPublicHealth

 twitter.com/CAPublicHealth

Children's Programs

Accessing Local Children's Health Insurance

There are local health insurance programs for low or middle income children and families available in many counties. One of these programs is called Healthy Kids and is the most widespread. Contact your local county to find out about enrollment availability in Healthy Kids and other local programs. If funding or program capacity is limited, the agency will assist families to find other possible health coverage or services.

The Healthy Kids program is a local health coverage program operated by local health plans or, in some cases, commercial health plans. This program is for children who are ineligible for either Medi-Cal or Healthy Families because of immigration status or income level. Benefits are similar to Healthy Families and may include medical, dental and vision services, prescription drugs, and mental health care.

Monthly premiums vary by county and by income. There are nominal co-payments for services such as office visits, prescription drugs and vision care. There are no co-payments for preventive services such as check-ups and immunizations.

Local Children's Coverage Programs

Many California counties and other organizations have developed local health insurance programs for newborn children through age 18 who do not qualify for Medi-Cal or Healthy Families. This page summarizes some of the different programs and information available.

Eligibility Criteria

- Age requirements vary by county. All children must be under 19 years old. In some counties, children must be below five years old.
- Must be a resident of California
- Must be single and attend school
- Must be ineligible for Medi-Cal or Healthy Families
- The family's income must be below 250% of the Federal Poverty Level (see page 2)
- Undocumented children are eligible



www.cchi4families.org

Counties with the Healthy Kids program are noted below with an asterisk (*). Other local children's programs are also available in the counties listed below:

Alameda: (800) 422-9495
www.achealthcare.org

Amador: (209) 257-1092
www.first5amador.com
(solamente en inglés)

Colusa: (530) 458-5555
www.first5colusa.org

Del Norte: (707) 465-1984

El Dorado: (800) 388-8690

Fresno: (559) 320-0242
www.fresnohcap.org/CHI

Imperial: (760) 344-9951
www.cdsdp.org

Humboldt: (760) 344-9951
www.cdsdp.org

Kern: (559) 584-1401

Kings: (559) 584-1401

Lassen: (530) 251-5000
www.northeasternhealth.org

Los Angeles: (888) 439-5124
<http://bit.ly/OVDgKL>

Marin: (415) 473-3434

Mendocino: (707) 463-5437
www.healthykidsmendocino.org

***Merced:** (209) 381-1267

Mono: (760) 924-7626

Napa: (707) 227-0830
(888) 747-6272
www.napachi.org

Orange: (714) 246-8737
www.chioc.org

Placer: (530) 885-9585
www.first5placer.org

Plumas: (530) 283-6159
www.first5plumas.com

***Riverside:** (866) 294-4347
www.iehp.org

Sacramento: (866) 850-4321
(916) 808-3838
www.coverthekids.com

***San Bernardino:** (866) 294-4347
www.iehp.org

San Diego: (619) 628-5563
www.ibclinic.org

***San Francisco:** (888) 558-5858
(415) 777-9992
<http://bit.ly/RZDq8D>

San Joaquin: (888) 936-7626
www.hpsj.com

San Luis Obispo: (805) 781-1730
<http://bit.ly/UgRYgr>

***San Mateo:** (650) 616-2002
www.smcchi.org

***Santa Barbara:** (805) 964-4710
www.cencalhealth.org
www.doorwaytohealth.org

***Santa Clara:** (888) 244-5222
<http://bit.ly/QhZEOB>

***Santa Cruz:** (831) 763-8568
www.schealthykids.org

Siskiyou: (530) 926-1300
www.healthysiskiyou.com

***Solano:** (800) 978-7547
www.solanocoalition.org

***Sonoma:** (800) 427-8982
<http://bit.ly/SwsMks>

Tulare: (559) 741-4500

Yolo: (530) 757-5558
www.yolokids.org

Yuba: (530) 749-4877
www.first5yuba.org

CaliforniaKids

CaliforniaKids is a nonprofit organization that provides low-cost health and dental insurance to children in several California counties (hospital care not included). The program is for children who are ineligible for Medi-Cal and Healthy Families for reasons of immigration status or income. It enrolls children ages 2 to 18 in many counties throughout California. The monthly cost is \$75 per child. A minimal co-payment is required for office visits, prescription drugs, dental and behavioral services. Check with CaliforniaKids to find out about availability in your county.

Eligibility Criteria

- Must be between 2 and 18 years old
- Must be a resident of California
- Must be single and attend school
- Must be ineligible for Medi-Cal or Healthy Families
- The family's income must be below 250% of the Federal Poverty Level (see page 2)



www.californiakids.org



(818) 755-9700

Children's Programs

Kaiser Permanente Child Health Plan

Kaiser Permanente Child Health Plan provides coverage for low-income children who do not qualify for Medi-Cal or Healthy Families because of family income or immigration status. This program provides health insurance with a premium of \$8 or \$15 per child, per month, for up to three children, depending on family size and income. Additional children are covered at no extra premium. Benefits include doctor's office visits, prescription drugs, mental health care, hospital care, laboratory and X-rays, and emergency visits.

Please check the Web site or call the phone numbers provided below to see if new enrollments are currently being accepted in your area.

Eligibility Criteria

- Children under 19 years old (birth through age 18) who are not currently insured and are not eligible for Medi-Cal or Healthy Families
- Children not eligible for health care coverage that is paid for, in any part, by an employer
- Children whose families earn up to 300% of the Federal Poverty Level (see page 2)
- Children living within a Kaiser Permanente service area

 facebook.com/kpthrive



info.kp.org/childhealthplan
(program information)

info.kp.org/childhealthplan/enrollment.php
(enrollment kit)



(800) 464-4000
(Toll-Free)

(800) 777-1370

(Toll-Free for the hearing /
speech impaired)

Vision Service Plan: Sight for Students Program (VSP)

Sight for Students is a Vision Service Plan (VSP) program that provides free vision exams and glasses to low-income, uninsured children. The program operates nationally through a network of community partners who identify children in need, and VSP network doctors who provide the eye care services.

Parents and guardians interested in seeking assistance through the Sight for Students program must work through VSP's established network of community partners. Please use the Web site or call the phone number below to find a community partner in your area.

Eligibility Criteria

- Child is 18 years old or younger and has not graduated from high school
- Family income is no more than 200% of Federal Poverty Level (see page 2)
- Child is not enrolled in Medi-Cal or other vision insurance
- Child or parent is U.S. citizen or legal immigrant
- Child has not used the Sight for Students program during the past 12 months



www.sightforstudents.org
(Click on "Finding a Partner")



(888) 290-4964

California Children's Services

California Children's Services (CCS) covers children with certain significant physical limitations and chronic health conditions or diseases.

CCS can authorize and pay for specific medical services and equipment provided by CCS-approved specialists.

If your child is eligible, CCS offers:

- Treatment, such as doctor services, hospital and surgical care, physical therapy and occupational therapy, laboratory tests, X-rays, orthopedic appliances, and medical equipment.
- Medical case management to help get specialists and medically necessary care for your child and referrals to other agencies, including regional centers.
- The Medical Therapy Program (**MTP**), which can provide physical therapy and/or occupational therapy in public schools for children who are medically eligible.

Eligibility Criteria

This program is open to anyone who:

- Is under 21 years old
- Has or may have a medical condition that is covered by CCS
- Is a resident of California

Has the following:

- Family income of less than \$40,000 as reported as the adjusted gross income on the state tax form OR
- Out-of-pocket medical expenses for the qualifying child that are expected to be more than 20% of family income OR
- Healthy Families coverage OR
- Medi-Cal

Family income is not a factor for children who:

- Need diagnostic services to confirm a CCS-eligible medical condition
- Were adopted with a known CCS-eligible medical condition
- Are applying only for services through the Medical Therapy Program (MTP)
- Are Medi-Cal beneficiaries with full scope, no-share-of-cost benefits
- Are Healthy Families beneficiaries



<http://www.dhcs.ca.gov/services/ccs/Pages/default.aspx>

Apply for
VSP
Programs
Online:



www.benefitscal.org

Adult Programs



Medicare

Medicare is a federal health insurance program for people 65 and older, some younger people with disabilities, and people with End Stage Renal Disease (**ESRD**) or kidney failure.

Medicare inpatient services are generally covered through Part A medical insurance. Medicare's hospital insurance and outpatient services are provided through Medicare Part B. A combination of the services covered through Medicare Part A and B are available through Medicare Part C. Medicare Part D provides prescription drugs to Medicare beneficiaries at a limited cost.

Eligibility Criteria

- Age 65 or older, or under 65 with certain disabilities
- End Stage Renal Disease patients
- Amyotrophic lateral sclerosis (ALS / Lou Gehrig's disease) patients
- U.S. citizens or qualified immigrants living in the United States continuously for five years (with Social Security number)
- Non-citizens who have been lawful permanent residents of the United States for at least 5 years are required to pay a premium to be eligible for the Medicare Part A program
- If you have been exposed to an environmental health hazard and have been diagnosed with a medical condition caused by such exposure.

To check eligibility, you may use the tool on the federal government's Medicare

Web site:

www.medicare.gov/MedicareEligibility/home.asp

Need Help Completing An Application?

If you are not a U.S. citizen or a legal immigrant who has lived in the United States continuously for a five-year period, contact the Social Security Administration at (800-772-1213) for more information on Medicare enrollment and eligibility.

Apply for AIM Online:



www.healthapp.net

Access for Infants and Mothers (AIM)

Access for Infants and Mothers (**AIM**) is intended for financially eligible pregnant women who have incomes above Medi-Cal levels. There is no immigration status requirement to qualify for the AIM program.

The AIM program provides low-cost health insurance coverage to uninsured, low-income pregnant women. It is designed for women who do not have health insurance and whose income is too high to qualify for no-cost Medi-Cal. Importantly, infants born to mothers enrolled in AIM are eligible for enrollment in Healthy Families.

Eligibility Criteria

- Must be pregnant, but not more than 30 weeks pregnant as of the application date
- Must have a monthly household income between 200% - 300% of the Federal Poverty Level (see page 2)
- Must have lived in California for the last 6 months
- Is not receiving no-cost Medi-Cal or Medicare Part A and Part B benefits as of the application date
- Cannot have maternity benefits through private insurance, unless the coverage has a deductible or co-payment specifically for maternity services that is more than \$500



www.aim.ca.gov



facebook.com/CaliforniaAIM



twitter.com/californiaaim



(800) 433-2611



www.medicare.gov



www.cahealthadvocates.org



(800) 633-4227
(800-Medicare)



Adult Programs



Family PACT (Planning Access Care Treatment)

The Family PACT program provides comprehensive family planning services and supplies to eligible low-income men and women, including teens. People who are eligible are covered for one year.

The program offers:

- Emergency contraceptives
- Female and male sterilization
- Birth control methods and supplies
- Basic reproductive health assessments
- Provides prevention and treatment of sexually transmitted infections
- Individual education and counseling
- Hepatitis B immunizations
- Pregnancy testing and counseling
- HIV testing and counseling
- Limited female and male cancer screening

Eligibility Criteria

- Are at risk of pregnancy, or of causing pregnancy
- Have no insurance, including no Medi-Cal
- Are California residents
- Have an income at or below 200% Federal Poverty Level (see page 2)
- Must not be older than 55 years of age for females and 60 years of age for males
- Have insurance, which does not cover family planning or birth control methods

You Should Know:

Many applicants and beneficiaries must provide documents such as passports, naturalization papers, birth certificates and photo identification to prove their status as U.S. citizens.

Apply for
**CMSP
Online:**



www.benefitscal.org

County Medical Services Program For Medically Indigent Adults

County Medical Services program (**CMSP**) for Medically Indigent Adults is for low-income adults in primarily rural California counties. There is an immigration status requirement for non-emergency services.

This is a joint county/state program operated in 34 California counties that provide medical and dental care to adults aged 21-64 who are low-income, but are not eligible for the state's Medi-Cal program. The medical benefits CMSP clients receive are similar to those covered by the Medi-Cal program, with the exception of pregnancy-related services and long-term care. Contact your county's social services department for more information or an application.

Eligibility Criteria

- Incomes that are below 200% of the Federal Poverty Level (see page 2)
- California residents
- Residents of one of the 34 participating counties
- Full benefits are available only to U.S. citizens and "qualified" immigrants; "not qualified" immigrants may receive only emergency services (see page 3)



www.cmspcounties.org



(916) 649-2631



www.familypact.org



(800) 942-1054

Cross-Border Programs



Blue Shield's Access Baja HMO

Blue Shield's Access Baja HMO offers qualified care from the Access Baja HMO Provider Network's physicians and hospitals in Tijuana and Mexicali. Access Baja plans are sold to eligible employer groups throughout California, not to individuals. The program is open to any employee or employee's family member who works or lives in the Access Baja area.

Access Baja HMO Plans offer:

- Preventive immunizations, youth vision and ear examinations, family-planning counseling, and pregnancy and maternity care at no charge
- Fixed co-payments, no deductibles, and no claim forms
- Prescription drugs, inpatient and outpatient hospital services, and emergency care
- Worldwide urgent- and emergency-care coverage through the BlueCard Program
- Bilingual member services with toll-free customer service from Mexico and the U.S.

Eligibility Criteria

Individuals must live or work in:

- The municipality of Tijuana or Mexicali OR
- Baja California, Mexico OR
- California within a 50-mile radius from the U.S.-Mexico border crossing points at San Ysidro and Calexico, CA



For more information
regarding Blue Shield, visit:
www.blueshieldca.com



Access Baja HMO Bilingual Member Services
(800) 248-5451 / 001-800-248-5451
(from U.S.) (from Mexico)

Salud con Health Net

Salud con Health Net offers members health care that's affordable and convenient, with greater access and flexibility. California members can visit a select network of providers and physician groups in their local service area, while accessing doctors in Tijuana, Mexicali, Rosarito and Tecate without a referral.

With three tiers of benefit coverage, **Salud PPO** offers a choice of providers, while providing easy access to convenient and affordable health care. Choice of providers: California (in-network), California (out-of-network) at higher out-of-pocket costs, and Mexico (**SIMNSA** Network).

Salud HMO y Más offers members affordable access to consistent, dependable health care, with the added flexibility of coverage across the border. Some Salud plans may even be offered alongside other Health Net plans, such as HMO, PPO or POS.

An alternative to Salud PPO, **Salud EPO** gives California members access to local area providers as well as participating SIMNSA providers, all without referrals to other providers.

Salud México (San Diego and Imperial counties only): For members who reside or work within 50 miles of the California-Mexico border, coverage for medical care is available through participating SIMNSA providers in Tijuana, Mexicali, Rosarito and Tecate.

Eligibility Criteria

- Must reside or work in Los Angeles, Orange, Riverside, San Bernardino, or Ventura County
- Must be under the age of 65, not be eligible for Medicare, and meet application requirements
- The spouse, if under age 65, and all unmarried dependent children under 19 years old are also eligible
- Unmarried dependent children enrolled in accredited schools as full-time students and less than 24 years old are also eligible, if proof of full-time student status is provided
- When applicable, Health Net accepts the Matricula Consular (Mexican I.D.)



www.saludconhealthnet.com
(Click on "View this page in English" link)



(800) 266-6606





Mexican Social Security Institute Health Insurance for Mexicans Abroad (IMSS)

The Mexican Social Security Institute (**IMSS**) provides health insurance to the families of Mexicans who work outside of Mexico. The program allows those of Mexican origin and their families to incorporate themselves into the Mexican Social Security System and receive health care services in Mexico. Services include doctor visits, hospital care, surgery, prenatal and maternal health care, lab tests, X-rays, and prescription drugs. You can enroll by paying an annual fee for each of the family members enrolled. The process can be done in Mexico through a family member or friend with a simple proxy. For more information, call the free phone numbers below.

Eligibility Criteria

- Available to all Mexican nationals and people of Mexican origin who live and work outside of Mexico
- A copy of the birth certificate of the person who seeks coverage
- Restrictions may apply for individuals with pre-existing health conditions



<http://www.imss.gob.mx/english/Pages/default.aspx>

Seguro Popular for Migrant Families

Seguro Popular for Migrant Families is health insurance for Mexican families who are not enrolled in either IMSS or Instituto de Seguridad y Servicios Sociales de los Trabajadores del Estado (**ISSSTE**) in Mexico. The program allows the dependents of Mexicans living abroad to receive health care services in Mexico, including general medicine, prenatal and maternal health care, laboratory tests, and hospitalization. Seguro Popular is now available in all regions of Mexico. Also, if enrolled, migrants may return to Mexico for services. For more information, contact the Ventanilla de Salud programs at Mexican consulates in the U.S.

Check with the Secretaría de Salud (SSA) hospital in your municipality to see if Seguro Popular is available in your community. The annual family enrollment fee varies depending upon the income of each family.

This program is available to:

- Families that consist of a wife, husband, and children under 18 years of age
- Single kids in school from ages 18-25
- Dependent children with disabilities
- Direct relatives over 64 years of age
- Other dependents living in the home

Eligibility Criteria

- Available to all Mexican people who live in the areas where Seguro Popular is available, even if one or more family members live abroad (must be immediate family)
- Not enrolled in IMSS, ISSSTE or a private health insurance provider
- Pay an annual fee after income resource test
- Family member can solicit Seguro Popular through the Module of Affiliation and Orientation (MAO)



seguro-popular.salud.gob.mx



(866) 914-6664 (from U.S.; Spanish only)
(800) 623-2323 (from Mexico)

Nutritional Programs

Women, Infants, and Children Supplemental Nutrition

Women, Infants, and Children (**WIC**) is a supplemental food and nutrition program for low-income children under age five, and pregnant, breast feeding, and postpartum women who are at nutritional risk. WIC provides nutritious foods, nutrition education, and referrals to health and other social services to participants at no charge.

A person who participates, or has family members who participate in certain other benefit programs, such as the Food Stamp Program, Medi-Cal, or CalWORKs, meets the income eligibility requirement for WIC.

Eligibility Criteria

- An income of no more than 185% of the Federal Poverty Level (see page 2)
- California resident
- No immigration requirement

For additional WIC information and county contacts:



www.fns.usda.gov/WIC



(888) 942-9675



Apply for
CalFresh
Online:



www.CalFresh.ca.gov



Supplemental Nutrition Assistance Program (SNAP) & California Food Assistance Program (CalFresh)

Supplemental Nutrition Assistance Program (**SNAP**) & California Food Assistance Program (CalFresh)

The federally funded Food Stamp Program helps low-income people buy the food they need for good health. Food Stamps can be used to purchase:

- Food for human consumption
- Seeds and plants to grow food for household use

There is also a state program – the California Food Assistance Program (**CalFresh**) – that assists low-income immigrants who are ineligible for food stamps because of their immigration status. Qualified immigrants, victims of trafficking, and lawful temporary residents who are ineligible for federal food stamps are eligible for CalFresh.

Eligibility Criteria

- Households must meet resource and income requirements. Detailed information regarding general eligibility and immigrant eligibility is available at: www.calfresh.ca.gov/PG841.htm
- To find out if you may be eligible, go to: www.snap-step1.usda.gov/fns



<http://bit.ly/f3n10j>



www.fns.usda.gov/snap



*Note: California Food Assistance Program (CalFresh) phone numbers vary by county.
(800) 221-5689*



www.calfresh.ca.gov



Information for Immigrants

Health Consumer Alliance:

Health Consumer Alliance is a partnership of two support centers and nine Health Consumer Centers across 13 California counties, which are operated by community-based legal service organizations. Individuals needing health care assistance can contact a Health Consumer Center in their area. The Web site below provides information about various programs available in California.

Alameda: (510) 250-5270

Fresno: (800) 675-8001

Imperial Valley: (760) 353-0220

Kern: (800) 906-3982

Orange: (800) 834-5001

Los Angeles: (800) 896-3203

San Diego: (877) 734-3258

San Francisco: (415) 982-1300

El Dorado, Placer, Sacramento, San Mateo, Yolo: (888) 354-4474

TTY/TTD: (916) 551-2180



www.healthconsumer.org



Legal Resources Regarding Immigrant Access to HealthCare:

National Immigration Law Center

www.nilc.org

National Immigration Law Center is an organization dedicated to protecting and promoting the rights of low-income immigrants and their family members.

California Immigrant Policy Center

www.caimmigrant.org

California Immigrant Policy Center is an organization dedicated to protecting and enhancing the well-being of low-income immigrants in California.

National Health Law Program

www.healthlaw.org

The National Health Law Program is a national public interest law firm that seeks to improve health care for America's working and unemployed poor, minorities, the elderly, and people with disabilities.

For pro bono legal assistance, try the American Bar Association's Web site:
<http://bit.ly/Caprobono>

Others:
www.lawhelp.org
www.crlaf.org



Ventanillas de Salud: <http://bit.ly/vsalud>

Ventanillas de Salud is a partnership among the Mexican consular network and local health advocacy and health services organizations. The program is staffed by bilingual and culturally sensitive health workers, and is expected to become available in other Latin American consulates throughout California.

Mexican Consulate of Los Angeles

2401 West 6th Street, Los Angeles, CA 90057
(213) 351-6800

facebook.com/pages/Ventanilla-de-Salud-Los-Angeles/123884790963899

Mexican Consulate of San Francisco

532 Folsom Street, San Francisco, CA 94105
(415) 354-1700

Mexican Consulate of San Bernardino

293 N. D St., San Bernardino, CA 92401
(909) 889-9836

Mexican Consulate of Oxnard

E-100, 3151 W. 5th St., Oxnard, CA 93030
(805) 984-8738

Mexican Consulate of Calexico

408 Heber Avenue, Calexico CA 92231
(760) 357-3863

Mexican Consulate of Fresno

2409 Merced Street, Fresno, CA, CA 93721
(559) 233-3065

Mexican Consulate of Sacramento

209 Arena Blvd., Sacramento, CA 95834
(916) 329-3500

Mexican Consulate of Santa Ana

828 N. Broadway Street, Santa Ana, CA 92701
(714) 835-0042

Mexican Consulate of San Diego

1549 India Street, San Diego, CA 92101
(619) 308-9964

Mexican Consulate of San Jose

540 N. First Street, San José, CA 95112
(408) 294-3414



About “Public Charge”

“Public Charge” is a term used in immigration law to describe persons who cannot support themselves and whose income depends on cash benefits like CalWORKs or Supplemental Security Income (SSI, see page 15, FAQ no. 3).

The United States Citizenship and Immigration Services (USCIS, formerly known as the INS) can refuse to grant permission to enter the United States to an immigrant who is likely to become a “public charge” in the future. However, the USCIS issued rules in 1999 stating that use of health care benefits, including Medi-Cal, Healthy Families, and county health care programs will NOT be considered in public charge determinations.

Using these public benefits will not jeopardize an immigrant’s current Lawful Permanent Resident status (Green Card). Further, using public benefits will not prevent him or her from becoming a Lawful Permanent Resident, sponsoring a family member, and/or becoming a U.S. citizen in the future. Immigrants who are worried about hurting their sponsor or status by seeking health care should contact their local Health Consumer Alliance office (see page 13) or an immigration lawyer. For additional resources, including phone numbers of County Human and Social Services offices, please see page 16 of this guide.

Remember, most immigrants can get health care services without hurting their immigration status. The USCIS says it is OK to get:

- **Medi-Cal**
- **Healthy Families**
- **Other health care services**

Getting health care alone should not keep an immigrant from getting a Green Card. If an immigrant has a Green Card, it should also not stop him or her from returning to the United States after a trip lasting fewer than six months.

It is OK to get most other government help that is not cash. Services that you can get include:

- **CalFresh**
- **WIC**
- **School breakfast and lunch**

However, you can have an immigration problem if the government pays for you to be in a long-term care nursing home or mental hospital. If you are dishonest in the information you give the government, that can create a problem. Contact a lawyer or the Health Consumer Alliance (see page 13) if you have questions about accepting benefits that may categorize you as a “public charge.”

You Should Know:

Many applicants and beneficiaries must provide documents such as passports, naturalization papers, birth certificates, and photo identification to prove their status as U.S. citizens.

Qualified Immigrants

Some health and public benefit programs are available for U.S. citizens and “qualified” immigrants.

1 “Qualified” immigrants include:

- a. Lawful Permanent Residents (LPRs) or those with Green Cards;
- b. Refugees, asylees, persons granted withholding of deportation, conditional entry (in effect prior to April 1, 1980), or paroled (given permission to enter the United States for a specific period of time determined by the USCIS) for at least one year;
- c. Cuban/Haitian entrants; and
- d. Battered spouses and children with a pending or approved:
 - Self-petition for an immigrant visa, or
 - Immigrant visa filed for a spouse or child by a U.S. citizen or LPR, or
 - Application for cancellation of removal/suspension of deportation.

2 “Not qualified” immigrants include all non-citizens who do not fit within the “qualified” immigrant category.

Resources for Immigrants



HelpLink/CAIRS & Immigrant Assistance Line:

**(415) 543-6767
211**

(Available in 19 California counties: Ventura, Los Angeles, Orange, Riverside, San Diego, Santa Barbara, Contra Costa, San Francisco, San Bernardino, Alameda, Santa Clara, Kern, Stanislaus, San Luis Obispo, Fresno, Marin, Solano, Napa, and Sacramento)

Coalition for Humane Immigrant Rights of Los Angeles (CHIRLA):



**(888) 624-4752 (English/Spanish)
(213) 353-1333**



www.nilc.org

National Immigration Law Center

The National Immigration Law Center is an organization dedicated to protecting and promoting the rights of low-income immigrants and their family members.



For a more detailed description of issues related to public charge, visit:
<http://1.usa.gov/9B7720>



Frequently Asked Questions

1 What Basic Documentation Do I Bring To Apply For Health Care Services?

Bring as many of the following as possible with you when applying for a health coverage program:

- ☐ Application form(s). Answer all questions honestly and accurately.
- ☐ Proof of income (not needed if you are pregnant or a child under 19). Examples: paycheck stub(s) for most recent month, unemployment benefits, proof of disability payments, letter from your employer, self-affidavit (Medi-Cal and Healthy Families only), copy of Federal Income Tax 1040 form, or Schedule C.
- ☐ Proof of deductions for child support, alimony, dependent care, child care (such as receipts or canceled checks).
- ☐ Copies of birth certificates or proof of immigration status, if applying for full scope benefits. To apply for restricted scope benefits, you do not need proof of immigration status.
- ☐ A Social Security card or application if you are applying for full scope Medi-Cal (several programs do not require this).
- ☐ Resources or assets (i.e., bank statements, car registration, proof of other valuable items).
- ☐ **Proof of California residency:** For Medi-Cal applications, you may use your proof of income as proof of residency. If your income is not from California, you may use rent, mortgage, or utility receipts in your name or a relative's name, California ID, California driver's license, California car registration, employment or registration with an employment agency, your child's/children's California school registration, food stamps or cash assistance. Other documents also accepted: church records, school ID card, recent court documents, police records, marriage or divorce records in California, insurance documents, or your name listed in the phone book.

2 What Other Health Care Coverage Programs Might Be Available?

Cancer Detection Programs: Every Woman Counts provides annual screenings and diagnostic services for breast cancer to low-income women age 40 and older, and cervical cancer screenings to women age 25 and older. The state's program for prostate cancer provides treatment for up to 12 months for qualified individuals.

Cervical and Breast Cancer:

 **(800) 511-2300**
Cervical and Breast Cancer

 **(800) 409-8252**
Prostate Cancer



www.dhs.ca.gov/cancerdetection/default.htm

3 What Cash Assistance Programs Are Available?

CalWORKs, Supplemental Security Income (SSI), State Supplementary Payment (SSP) and the General Assistance/Relief (GA/GR) Program provides cash aid.

CalWORKs is a statewide welfare program. GA/GR is for eligible indigent adults and can be accessed through county Departments of Social or Human Services.

SSI provides monthly cash payments to persons who satisfy the criteria as needy aged, blind, and disabled persons. The SSI payment is augmented with a State Supplementary Payment (SSP) grant to assist recipients with basic expenses.

Requirements

CalWORKs: To be eligible for CalWORKs, a family must have a child who is under age 18 (or under age 19 if the child is currently attending high school or vocational school), and meets deprivation requirements. For more information, please visit the CalWORKs website.

SSI/SSP: Individuals and certain immigrants who are age 65 or who are blind or disabled, and meet the income and resource tests, and have citizenship/qualified lawful alien status and are California residents.

Social Security Administration
www.ssa.gov

CalWORKs
www.cdss.ca.gov/calworks/default.html



(800) 772-1213

SSI / SSP
<http://1.usa.gov/Obo4xi>

4 Is There a Cash Assistance Program for Immigrants Who Do Not Qualify for SSI?

Yes!

The Cash Assistance Program for Immigrants (CAPI) is a state program that provides cash assistance to immigrant seniors and immigrants with disabilities who are ineligible for SSI due to their immigration status. Immigrants who are eligible for CAPI may also be eligible for Medi-Cal and/or food stamps.

Requirements

"Qualified" immigrants (see page 14) and persons who are "Permanently Residing in the U.S. Under Color of Law" (PRUCOL) may be eligible if lawful entry into the United States was on or before August 21, 1996. Individuals must also meet the federal SSI income and resource rules.



Contact your county Medi-Cal Office; find your county phone number by calling:
(888) 747-1222



www.cdss.ca.gov/cdssweb/PG42.htm

Human & Social Services Departments (Unless Otherwise Noted)



<http://1.usa.gov/bPolnD>

Alameda County
(510) 777-2300

Alpine County
(530) 694-2235

Amador County
(209) 223-6550

Butte County
Dept. of Employment & Social Services
(530) 538-7711

Calaveras County
CalWORKs and Human
Services Agency
(209) 754-6448

Colusa County
(530) 458-0250

Contra Costa County
(800) 709-8348

Del Norte County
(707) 464-3191

El Dorado County
(530) 642-7300

Fresno County
(877) 600-1377

Glenn County
Human Resources Agency
(530) 934-6514

Humboldt County
(707) 476-4700

Imperial County
(760) 337-6800

Inyo County
(760) 872-1394
(760) 876-5545

Kern County
(661) 631-6807

Kings County
Human Services Agency
(559) 582-3241

Lake County
(707) 995-4200

Lassen County
Lassen WORKs &
Community Social Services
(530) 251-8152

Los Angeles County
Department of Public Social Services
(625) 569-4000

Madera County
(559) 675-7841

Marin County
(415) 473-3400

Mariposa County
(209) 966-2000
For food stamp information
(800) 266-3609

Mendocino County
(707) 463-7700

Merced County
Human Services Agency
(209) 385-3000

Modoc County
(530) 233-6501

Mono County
(760) 932-5610

Monterey County
(831) 755-8500
(831) 755-4650

Napa County
(707) 253-4511

Nevada County
(530) 265-1340

Orange County
(714) 435-5800

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

Plumas County
(530) 283-6350

Riverside County
(951) 358-3400

Sacramento County
Department of Human Assistance
(916) 874-3100

San Benito County
(831) 636-4180

San Bernardino County
(909) 388-0245

San Diego County
(866) 262-9881

San Francisco County
Medi-Cal Health Connection
(415) 863-9892

San Joaquin County
(209) 468-1000

San Luis Obispo County
(805) 781-1600

San Mateo County
Human Services Agency
(650) 802-7500

Santa Barbara County
(805) 681-4401

Santa Clara County
(877) 962-3633

Santa Cruz County
(831) 454-4165

Shasta County
(530) 245-6680

Sierra County
(530) 993-6720

Siskiyou County
(530) 841-2700

Solano County
(707) 553-5000

Sonoma County
Economic Assistance Service Center
(707) 565-5855

Stanislaus County
Community Services Agency
(209) 558-2777

Sutter County
(530) 822-7230

Tehama County
(530) 527-1911

Trinity County
(530) 623-1265

Tulare County
(559) 562-7400

Tuolumne County
(209) 533-5711

Ventura County
(805) 658-4100

Yolo County
Employment & Social Services
(916) 375-6200
(530) 661-2750

Yuba County
(530) 749-6311



For Pro Bono Legal Assistance, contact:
The American Bar Association's directory
<http://bit.ly/CAprobono>
www.lawhelp.org



Legal Services Hotline for Seniors:
(800) 222-1753



For translation services, try calling:
PALS for Health
(213) 553-1818

For Individuals With Developmental Disabilities:

The California Department of Developmental Services (DDS) has 21 regional centers throughout California that offer diagnostic exams, support, information and services for people with developmental disabilities and their families. Developmental disabilities include mental retardation, cerebral palsy, epilepsy, autism, and conditions similar to mental retardation.



(916) 654-1690



www.dds.ca.gov