

Help Us Help You!

FILL OUT THE HEALTH INFORMATION FORM

California Health & Wellness has special programs and services for Medi-Cal members just like you.

When you fill out the Health Information Form, you're sharing your medical history and details about how you're feeling. All this helps us give you extra care or services when you need them.

We're also here to talk when you feel stressed, or need help with things like medicines and special health needs.

Follow these three easy steps

1. Fill out the form.

Please try to answer all the questions. If you need help filling out the form, call Member Services.

2. Put the form in the enclosed envelope.

You don't need stamps.

3. Mail the form.

Good for you! Sending in your form is the first step toward getting the right health care for you!

Your health information is private

We will only use the information on this form to help you get health care services. You can find out more about privacy in your member handbook in the Notice of Privacy section, or call Member Services.

Contact Member Services when you need:

- Help filling out your Health Information Form
- Mental health services
- Answers to your health care questions

(continued)

Need Help?

Call Member Services
(toll-free)
1-877-658-0305 (TTY:711)
Monday–Friday,
8 a.m. to 5 p.m.

Online
www.cahealthwellness.com

You are not alone – We're here for you!

- If you have troubles at home, at work or with friends or family
- If you feel sad, angry or worried
- If you have a problem with drugs or alcohol

If you need help, we have experts you can talk to right away. If you want, they can help you get an appointment with a therapist in our network – at no cost to you.

We can even arrange no cost transportation to your therapist appointment.

