

Thank You for Your Interest in California Health & Wellness!

You recently became eligible for Medi-Cal. This packet contains the information you'll need to sign up for a Medi-Cal health plan.

1. Choose a Medi-Cal health plan and pick a doctor

- The doctor you now use may already accept California Health & Wellness. But, before you choose a health plan, you may want to talk to your doctor or clinic.
- Use the enclosed “Medi-Cal Choice Form” to choose your health plan and doctor.
- Make sure to sign and mail the form right away using the postage-paid return envelope.

2. Review your New Member Welcome Kit

You should get your Welcome Kit about 15–45 days after you send in your form. This kit contains lots of information to help you start using your benefits.

3. Keep your cards safe

You will need both your health plan ID card and your Medi-Cal card to get medical care, so keep them in a safe place.

We're here to help if you:

- Want help to complete the choice form.
- Want more information.
- Need to leave your current health plan.
- Need to change to a different plan.

Call us (toll-free):
1-800-685-7344 (TTY: 711)
Monday–Friday
7:30 a.m. to 6 p.m.

You can also call Health Care
Options toll-free:
1-800-430-4263 (TTY: 711)
Monday–Friday
8 a.m. to 5 p.m.



Remember: Continue with
your current health care until
your new plan is active.