



CALIFORNIA'S CARE CHOICES



Photos by Kristin Chalmers for Community Catalyst

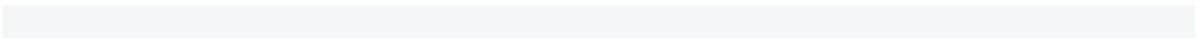
Fully-Integrated Special Needs Plans (FIDE SNP)

A FIDE SNP is a type of health plans that includes all your Medicare and Medi-Cal benefits, as well as some extra benefits.

- To qualify for a FIDE SNP, you must have Medicare and Medi-Cal, be age 65 years or older, and live in a ZIP code where a FIDE-SNP is available. You must also need a high level of care for a disability or chronic condition and need extra help to live independently at home.
- You get extra help so you can live independently (like having shower grab bars and ramps installed). You will have someone, like a nurse or other helper, whose job is to be your main point of contact and help you get all the care you want and need.
- You have one card to carry and one phone number to call to get help with your care.
- You will have use providers in your health plan's network (If your providers are not in the network, you can get help finding providers that are.)

Ready to Enroll >

My Choices



Benefits

Benefits

- A FIDE SNP health plan manages your Medicare AND Medi-Cal benefits.
- You have just one health plan card to carry and one phone number to call about your health

care and other services.

- FIDE SNP health plans includes all your existing benefits (like doctors, hospitals, prescription drugs, medical supplies, medical equipment, and short-term nursing facility services). It also offers:
 - Extra dental, hearing, and vision coverage
 - Transportation help
 - Mental health and substance use help
 - Personal care support services
 - Extra help so you can live in your home safely (like shower grab bars and ramps)
 - Gym membership
- You can get a **care coordinator**. This is someone, like a nurse or other helper, whose job is to be your main point of contact and help you get all the health care services you need.

Considerations

- FIDE SNP health plans have networks of providers (like doctors, hospitals, clinics, labs, and equipment suppliers). The health plan will ask you to see the providers in their network, because that is how they can help you best.
 - If your doctor or hospital is not already in the health plan's network, they might have to join the network, or you may have to change providers. You may also have to change where you get your medical supplies and equipment.
 - Your FIDE SNP Care Coordinator can help you find new doctors and service providers that meet all your needs.
- A FIDE SNP health plan provides home-based medical and personal care support services through home care agencies. This means if you have IHSS and join a FIDE SNP health plan, you will likely have to change our IHSS caregiver to receive in-home help.

To learn more and find out if you are eligible, contact Health Care Options at 1-800-430-4263 (TTY 1-800-430-7077).

Success Stories

Coming Soon.

Next Steps

How To Enroll

You can enroll by:

- Calling your local FIDE SNP health plan
 - Find local health plans under the “**My Choices**” tab on this page.
- Calling 1-800-MEDICARE (TTY: 1-877-486-2048)

Download Helpful Tools

Use these tools to understand your next steps and organize your health information:

✓ NEXT STEPS CHECKLIST

You've used [MyCareMyChoice.org](https://mycaremychoice.org) to find health coverage choices that might benefit you. Now use this Checklist to help you understand your next steps.

- PRINT**
Print your results and gather your current health coverage information to identify your best choices.
- COMPLETE**
Complete the [Health Profile Worksheet](#) to list your important health care needs and other information to help you with the enrollment process.
- TALK**
Talk with family, friends, and other trusted people about your list and learn more about each coverage option.

[Next Steps Checklist \(PDF\)](#)



[Health Profile Worksheet \(PDF\)](#)

Contact Help Services

Visit our [Get Help](#) page for links and phone numbers to people who can help you understand your Medicare and Medi-Cal benefits and assist you in choosing a care option.

Explore More About FIDE SNP

[Medicare.gov](https://www.medicare.gov)

[CMS Dual Eligible Special Needs Plans](#)