



UNDERSTAND MY CARE

Find the Right Care Choice

My Care, My Choice was developed to give you the information you need to make the best choice for you.

Here's how it works:

1. **Answer questions about your health care needs and wants.** There is a lot to consider on how to get your care, and what help you might need. We'll walk you through it!
2. Learn about the coverage choices that fit your needs. Based on your answers, we'll show you what's available.



While exploring your Medicare and Medi-Cal care choices, please remember:

- All choices allow you to keep your Medicare and Medi-Cal benefits. No matter which care choice you pick, you won't lose any of your benefits.
- You have the right to see a provider (like a doctor, hospital, or clinic) that meets your needs. This can mean a doctor who speaks your language or a clinic that has lifts or an exam table that lowers.
- Some health plans have networks of providers. They will help you choose a provider in their network that meets your needs. Some plans (like many HMOs) have smaller networks, while others (like PPOs) let you choose from larger networks.

- You always have control over the type of care you get, and can change your provider or health plan if it doesn't work for you.

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