

UNDERSTAND MY CARE



Making the Most of Your Medicare + Medi-Cal

Californians with both Medicare + Medi-Cal have many choices when it comes to their health care coverage. But some may be unaware of what is available.

All the choices described on *My Care, My Choice* can help you figure out how to get the most out of your coverage.

- Some choices COMBINE your Medicare and Medi-Cal into one health plan. Instead of two programs, you have just **one** card to carry and **one** phone number to call for help. Plus, you usually have a **helper** whose job is to get you the care you need.
- Other choices are health plans or groups of providers that together to make it easier for you to get services through Medicare. These choices may also help you with Medi-Cal benefits.

Here are examples of services you can get through some of these health care coverage options, to make the most of your Medicare + Medi-Cal:



Help setting up **doctor visits**



Help setting up transportation to medical visits, or to pick up your prescriptions



Extra help so you can live independently at home instead of in a nursing facility (like help with bathing, dressing, and meals)



Help making sure your doctors know about all the care and services you are getting—so you don't have to repeat lab tests or other procedures



Help moving out of a nursing facility, hospital, and other settings and back

into your home

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