

ABOUT L.A. CARE

Unlocking Health for You in Los Angeles County

Welcome to L.A. Care Health Plan, where we have been offering affordable and high quality healthcare in Los Angeles County for more than 25 years. Our goal is simple: to ensure you have access to healthcare that’s not only affordable but also caring and top-notch. As the largest health plan in Los Angeles County, serving more than one in every four Angelenos, — we’re dedicated to improving care for our diverse community.

Supporting Our Doctors: More Care for You

At L.A. Care, we understand the importance of having enough doctors for your health. That is why we are addressing the growing doctor shortage with initiatives such as, medical school scholarships, provider loan repayment grants, and funding for clinics to hire new doctors.

Our Commitment to Your Health

At L.A. Care, we are strongly committed to health equity, which means that everyone has a fair and just opportunity to be as healthy as possible. We recognize that it takes more than a health plan ID card in your wallet to be healthy, so we focus on more than just doctor visits. We also address critical areas like housing, food, income, transportation, and early childhood education. We find gaps and work with government resources and community partners to link members with the programs they need for overall well-being.

These promises and actions are not just for today. They’re a vital step toward achieving health equity for all, where every member of our diverse community has an equal opportunity to lead a healthy life.

Your Health, Your Way

Discover our comprehensive healthcare coverage options —all designed to support your health. Regardless of the plan you choose, enjoy a variety of benefits and services, empowering you to live well and take control of your health:

- ❖ **Choose Your Care Team:** Pick from a diverse range of doctors, hospitals, and pharmacies.
- ❖ **Nurse Advice Line:** Trained health pros available around the clock.
- ❖ **Always Here for You:** Our Member Call Center is open 24/7, even on holidays.
- ❖ **Mind and Body Support:** Access to behavioral and mental health services.
- ❖ **Medications Covered:** Prescription drugs for your healthcare needs.
- ❖ **Communication Without Barriers:** No-cost interpreting services, including American Sign Language.
- ❖ **L.A. Care Community Link:** To support social needs, such as housing, food, income and early childhood education.
- ❖ **Community:** Engage in free exercise and health classes at our local Community Resource Centers.

COMMUNITY RESOURCE CENTERS

Visit your local Community Resource Center to stay Active, Healthy and Informed

Step into the vibrant world of the L.A. Care and Blue Shield Promise Community Resource Centers, which are conveniently located across Los Angeles County to ensure health resources are within reach for everyone.

Explore the Community Resource Center Experience: Discover the variety of free programs at our safe, fun and inclusive Resource Centers, tailored to support your well-being:

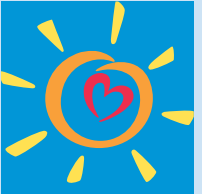
- ❖ **Dance and Fitness Classes:** Join our fun and energetic classes to stay active and healthy.
- ❖ **Health and Wellness Classes:** Learn valuable information to enhance your overall well-being.
- ❖ **Support Groups:** Connect with others facing similar challenges for mutual support.
- ❖ **Nutrition and Healthy Cooking Classes:** Explore nutritious recipes and cooking techniques.
- ❖ **Healthcare Coverage Enrollment Support:** Receive assistance in navigating healthcare coverage options.
- ❖ **Social Services Assistance:** Access support for housing, financial literacy, and food security.
- ❖ **CPR/First Aid Training:** Learn life-saving skills to respond to emergencies.

1. East L.A.
2. El Monte
3. Inglewood
4. Lincoln Heights (Opening 2024)
5. Long Beach
6. Lynwood
7. Metro L.A.
8. Norwalk
9. Palmdale
10. Panorama City (Opening 2024)
11. Pomona
12. South L.A. (Opening 2024)
13. West L.A. (Opening 2024)
14. Wilmington

We’re here to empower you with resources and services that contribute to a healthier and more informed life. Join us as we put the community first!



For more information, visit CommunityResourceCenterLA.org or call **1.877.287.6290** (TTY **711**) Monday through Friday, 9 am to 5 pm.



L.A. Care
HEALTH PLAN®



YOUR HEALTH, YOUR WAY:
Affordable Health Coverage
for Every Stage of Life

YOUR HEALTH, YOUR FUTURE: EXPERIENCE THE POTENTIAL OF MEDI-CAL SERVICES

L.A. Care's Medi-Cal is a public health program that offers affordable health care coverage to low-income individuals and families in Los Angeles County. Eligible individuals, regardless of immigration status, can enroll at any time. Depending on income, most members may have no monthly costs or co-payments.



Primary and Specialist Care: Stay ahead of your health. Access screenings and vaccines to prevent illnesses, to keep you on the path to well-being.



Hospital and Emergency Services: Support when you need it most. Rest easy knowing you have access to the hospital and emergency services you need for your health.



Vision and Dental Services: Healthy eyes, healthy smile and a healthier you. Coverage for vision and dental services to keep your vision sharp and your smile bright.



Transportation Services: Reliable rides, so you can focus on your health, not the journey. Get rides to your medical appointments whenever you need them, ensuring you never miss important health visits.



Urgent Care, MinuteClinic®, and Teladoc: Conveniently connect with healthcare professionals. Access to Urgent Care Centers, MinuteClinics and Teladoc for quick, high quality medical care.



Prescription Drugs: Take control of your health with prescriptions. Coverage for the prescription drugs you need to stay healthy.

L.A. Care Medi-Cal ensures members have access to a robust network, including our Plan Partners Anthem Blue Cross and Blue Shield of California Promise Health Plan.



Join the many Angelenos who choose L.A. Care Health Plan for Medi-Cal. Call **1.888.663.8289 (TTY 711)** 24 hours a day, 7 days a week, including holidays or visit **lacare.org/medi-cal** to learn more.

YOUR HEALTH, YOUR WAY, ALL-IN-ONE SOLUTION

L.A. Care Medicare Plus (HMO D-SNP) is an integrated health plan designed for individuals eligible for both Medicare and Medi-Cal, providing comprehensive and coordinated care. This all-in-one plan offers \$0 co-pays and premiums, ensuring members have access to a broad network of providers and a host of benefits, making healthcare simple and accessible. Enrollment is open year-round. Discover Key Services for Your Health:



Vision Services: Clear vision, brighter days. Our coverage for vision services ensures your eyes stay healthy, providing sharp and vibrant sight for a better quality of life.



Dental Services: A healthy smile, a healthier you. Access dental services to ensure your oral health is taken care of for years to come.



Over-the-Counter Allowance: Extra support for your health journey. Use your allowance to get over-the-counter products that keep you feeling your best.



Unlimited Non-Emergency Medical Transportation: We help you get to your appointments stress-free. Reliable rides, so you can focus on your health, not the journey.



Hearing Aid Allowance: Hear better, live better. Use your allowance to get the hearing support you need for a fuller, healthier life.



SilverSneakers® Fitness Program: Stay active, stay healthy. Enjoy fitness programs that keep you moving and feeling your best, all covered under your plan.



MLTSS (Managed Long-Term Services and Supports): Special help for those who need help at home and in their community. We make sure you have what you need for a better life.



Access to Medical Equipment: Get the tools you need for better health. We are here to help with medical equipment that makes life easier.



Enroll today or get more information by calling **1.833.522.3767 (TTY 711)** 24 hours a day or visiting **medicare.lacare.org**. Experience the simplicity and completeness of healthcare with L.A. Care Medicare Plus.

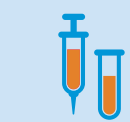
L.A. Care Medicare Plus (HMO D-SNP) is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees. Enrollment in L.A. Care Medicare Plus depends on contract renewal.

YOUR AFFORDABLE HEALTH CHOICES, YOUR WAY

L.A. Care Covered™ is your gateway to affordable health care coverage, making quality care accessible for individuals and families in Los Angeles County. L.A. Care Covered™ is the most affordable Covered California™ health coverage in option in Los Angeles County. With one of the largest provider networks among Covered California™ plans, you will be sure to find the doctors, specialists, hospitals, and pharmacies that you need. If you qualify, you might even get help with costs based on your income and family size. You can sign up during the Open Enrollment Period each year or when something big in your life changes, making it easy to get free or low-cost health insurance through L.A. Care Covered™. Discover Key Services for Your Health:



Preventative Screenings and Vaccines: Wellness made easy. Access essential preventive services without any cost, keeping you on the path to good health.



Lab work and X-rays: Access necessary diagnostic services for your health. Get necessary lab work and X-rays without hassle.



Access to Minute Clinics and Teladoc: Connect with healthcare professionals conveniently at your fingertips. Access to minute clinics and Teladoc for quick and easy medical advice.



Hospital and doctor visits: Comprehensive care whenever you need it. Enjoy coverage for hospital and doctor visits for all your healthcare needs.



Mental health and substance use services: Support for your mental well-being. Access services that prioritize your mental health and substance use concerns.



Maternity and newborn care: Begin your journey to becoming a parent with confidence. Comprehensive care for both you and your newborn, ensuring a healthy start.



For more details, call us at **1.888.452.2273** or visit us at **lacare.org**. L.A. Care Covered™ is dedicated to making comprehensive health coverage easy and accessible for everyone, ensuring a healthier future for our community.