

FREE

**guide
to**

health programs

ENGLISH

Veá el otro lado
para ESPAÑOL



**A Bilingual Resource to Help Find Free or Low-Cost
Health-Related Programs for You and Your Family**



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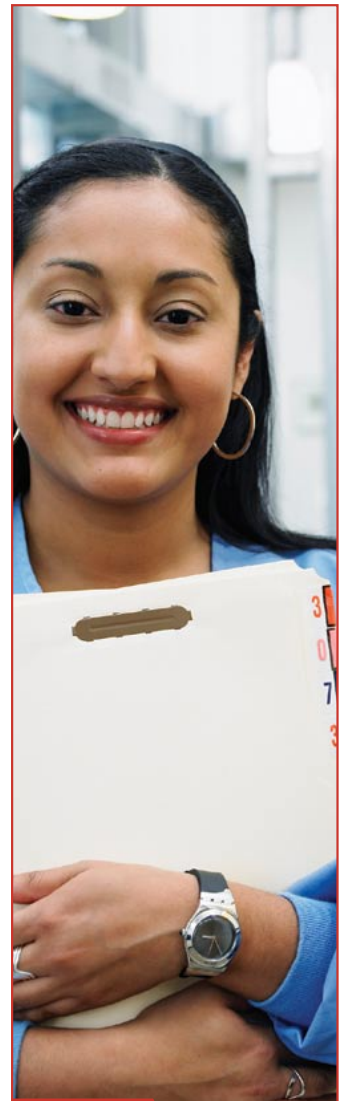
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ABOUT THIS GUIDE

This easy-to-use guide was created for families and community organizations. The following pages show simplified descriptions of the public and private programs that exist to increase access to health care services for low-income individuals in California. The information presented in this guide was compiled from publicly available sources, including online and printed materials.

Eligibility for most programs is based partially on income (see chart below). Because eligibility guidelines may change, those interested in a specific program should contact that program directly. Ask to speak to an eligibility worker for the latest eligibility requirements and for a more complete description of the application process.

FUNDING FOR THE CREATION OF THIS GUIDE WAS PROVIDED BY:



IMPORTANT: USE THIS CHART WHEN PROGRAMS IN THIS GUIDE REFER TO PERCENTAGE OF THE FEDERAL POVERTY LEVEL (FPL) (EFFECTIVE 4/1/2007)*

Number of Persons	185% FPL (WIC - Women, Infants & Children)		200% FPL (Pregnant Women and Child Under 1**, Family PACT, Breast and Cervical Cancer Treatment, CHDP, VSP)		250% FPL (Healthy Families, CaliforniaKids, Healthy Kids in Riverside County)		300% FPL (AIM - Acces for Infants & Mothers, Kaiser Permanente Child Health Plan, Healthy Kids in Los Angeles County)	
	MONTHLY	ANNUAL	MONTHLY	ANNUAL	MONTHLY	ANNUAL	MONTHLY	ANNUAL
1 person	\$1,575	\$18,899	\$1,702	\$20,420	\$2,128	\$25,525	\$2,553	\$30,630
2 people	\$2,111	\$25,327	\$2,282	\$27,380	\$2,853	\$34,225	\$3,423	\$41,070
3 people	\$2,648	\$31,765	\$2,862	\$34,340	\$3,578	\$42,925	\$4,293	\$51,510
4 people	\$3,184	\$38,203	\$3,442	\$41,300	\$4,303	\$51,625	\$5,163	\$61,950
5 people	\$3,721	\$44,641	\$4,022	\$48,260	\$5,028	\$60,325	\$6,033	\$72,390
6 people	\$4,257	\$51,079	\$4,602	\$55,220	\$5,753	\$69,025	\$6,903	\$82,830

* The federal government adjusts the poverty levels every year. According to the California Department of Health Care Services, the increases became effective April 1, 2007, even though the federal government published the last increases on January 24, 2007.

** Examples of Medi-Cal-eligible populations in this income range.



The Health Initiative of the Americas (www.ucop.edu/hia), a program of the University of California (UC) Office of the President and the UC Berkeley School of Public Health, is instrumental in the development and distribution of this guide. The initiative coordinates Binational Health Week in partnership with The California Endowment, the Secretariats of Health and of Foreign Affairs of Mexico, El Salvador, Guatemala, and Colombia, the Institute for Mexicans Abroad, the Mexican Social Security Institute, and the California Department of Health Services, among other partners.

Latino Consultants (www.LatinoConsultants.com) was responsible for the design and coordination of this guidebook with funding from the California HealthCare Foundation, The David & Lucille Packard Foundation, The California Wellness Foundation and the Blue Shield of California Foundation.

ABOUT “PUBLIC CHARGE”

“Public Charge” is a term used in immigration law to describe persons who cannot support themselves and who depend on cash benefits like CalWORKS or Supplemental Security Income (SSI) for income.

The United States Citizenship and Immigration Services (USCIS, formerly known as the INS) can refuse to grant permission to enter the United States to an immigrant who is likely to become a “public charge” in the future. However, **the USCIS issued rules in 1999 stating that use of health care benefits, including Medi-Cal, Healthy Families and county health care programs will NOT be considered in public charge determinations.**

Using these public benefits will neither jeopardize an immigrant’s current Lawful Permanent Resident status (Green Card), nor prevent them from becoming a Lawful Permanent Resident, sponsoring a family member, and/or becoming a U.S. citizen in the future. Immigrants who are worried about hurting their sponsor by seeking health care should contact their local Health Consumer Alliance center (see page 11) or an immigration lawyer. Please see page 16 in this guidebook for contact information.

Most immigrants can get health care services without hurting their immigration status. The USCIS now says it is OK to get:

- Medi-Cal
- Healthy Families
- Other health care services

Getting health care alone should not keep an immigrant from getting a Green Card. If an immigrant has a Green Card, it should also not stop him/her from returning to the U.S. after a trip lasting fewer than six months.

You Should Know:

The Federal Deficit Reduction Act of 2005 significantly changed documentation requirements for citizens applying for Medi-Cal. Now, many applicants must provide documents such as passports, naturalization papers, birth certificates and photo IDs to prove their status as U.S. citizens.

It is OK to get most other government help that is not cash. Services that you can get include:

- Food stamps
- WIC
- School breakfast and lunch

However, you can have an immigration problem if the government pays for you to be in a long-term care nursing home or mental hospital. Also, depending on your situation, obtaining cash aid can keep you from getting your Green Card. If you are dishonest in the information you give the government, you also can create a problem. Contact a lawyer or the Health Consumer Alliance (see page 11) if you have questions about accepting benefits that may categorize you as a “public charge.”



QUALIFIED IMMIGRANTS

Some health and public benefits programs are available to U.S. citizens and “qualified” immigrants.

- 1 “Qualified” immigrants include:
 - a. Lawful Permanent Residents (LPRs) or those with Green Cards;
 - b. Refugees, asylees, persons granted withholding of deportation, conditional entry (in effect prior to Apr. 1, 1980), or paroled (given permission to enter the U.S. for a specific period of time determined by the USCIS) for at least one year;
 - c. Cuban/Haitian entrants; and
 - d. Battered spouses and children with a pending or approved:
 - Self-petition for an immigrant visa, or
 - Immigrant visa filed for a spouse or child by a U.S. citizen or LPR, or
 - Application for cancellation of removal/suspension of deportation. Victims of trafficking (who are not included in the “qualified” immigrant definition) are eligible to the same extent as refugees.
- 2 “Not qualified” immigrants include all non-citizens who do not fit within the “qualified” immigrant category.



For a more detailed description of issues related to public charge, visit:

www.uscis.gov/files/article/public_cfs.pdf

Or call:

HelpLink/CAIRS & Immigrant Assistance Line



415-808-4357 Bay Area (English/Spanish/Chinese)

211 (Available in 12 California counties: Alameda, Contra Costa, Los Angeles, Orange, Riverside, San Diego, San Francisco, Ventura, San Bernardino, Sacramento, Santa Barbara and Stanislaus)

Coalition for Humane Immigrant Rights of Los Angeles (CHIRLA)

888-624-4752 (English/Spanish)

National Immigration Law Center

The National Immigration Law Center is an organization dedicated to protecting and promoting the rights of low-income immigrants and their family members.



www.nilc.org

FULL SCOPE MEDI-CAL

Medi-Cal, California's Medicaid program, provides health care services for low-income children, parents, elderly and disabled individuals. A partial list of services covered includes hospital inpatient and outpatient care, skilled nursing care, doctor visits, lab tests and X-rays, family planning, regular illness-related examinations, outpatient drugs, dental care, and occupational therapy.

There are multiple eligibility categories for full-scope Medi-Cal, including those who qualify for CalWORKs and Supplemental Security Income (SSI).



Visit the Department of Health Services Web site or look at the Resources section on page 16 of this guidebook for more information, locations, and phone numbers of county offices.

www.dhs.ca.gov/mcs/medi-calhome/CountyListing1.htm



916-874-2072

Call to find out the phone number for your county office.

ELIGIBILITY CRITERIA

There are multiple eligibility categories. Individuals must:

- Be U.S. citizens or qualified legal immigrants
- Be California Residents
- Be one of the following: parents, children, elderly or disabled individuals
- Have a low income
- Have limited resources

OTHER MEDI-CAL PROGRAMS

Many programs are offered under Medi-Cal; some cover a more limited range of services than the full-scope program.

For example, the Breast and Cervical Cancer Treatment Program is for women with a confirmed diagnosis of cervical cancer and for men and women with confirmed diagnosis of breast cancer. Medi-Cal also covers services related to kidney dialysis, tuberculosis, and Total Parenteral Nutrition (TPN), which are designed for individuals who cannot qualify for Medi-Cal based on a disability.

The income and resource rules vary according to the category of eligibility.

If you need health services, you should contact your county social services agency to find out about these and other programs for which you might qualify (call the number provided above or see page 16 for a listing of county phone numbers).



MEDI-CAL MINOR CONSENT

This program provides certain services to children under age 21, regardless of immigration status, and does not require parental consent or notification. Covers substance abuse, outpatient mental health, family planning, pregnancy-related services, abortion, diagnosis and treatment of sexually transmitted diseases, and treatment after sexual assault. Application must be made through a county worker.

ELIGIBILITY CRITERIA

- A minor must live at home with parents and have California residency. The child can have an open Medi-Cal case with his/her parents. There is no immigration requirement, and only the child's income and resources are counted toward the income eligibility requirements.

OTHER MEDI-CAL PROGRAMS

MEDICALLY NEEDED MEDI-CAL

This program is for people who do not receive cash aid, but meet the SSI requirements of age, blindness, disability or previous Aid to Families with Dependent Children (AFDC) requirements.

Medically Needy individuals may have a share of cost. "Share of Cost" is the amount of money a person must pay, or agree to pay, each month for medical goods and services before Medi-Cal begins to pay. The higher a person's income, the more their share of cost.

ELIGIBILITY CRITERIA

Individuals must be one of the following:

- 65 or older
- Disabled
- Blind
- Parents and children who meet deprivation requirements
- Parent or caretaker that is a relative of a child under 21



EMERGENCY MEDI-CAL

This is a Medi-Cal program providing some services to individuals who otherwise meet the Medi-Cal criteria, but who are not "qualified" immigrants or immigrants Permanently Residing in the U.S. Under Color of Law (PRUCOL). Emergency medical services are covered when health is in serious jeopardy, there is serious impairment of body functions, or a serious problem exists with an organ or body part.



Visit the Department of Health Services Web site or look at the Resources section on page 16 of this guidebook for more information, locations, and phone numbers of county offices.

www.dhs.ca.gov/mcs/medi-calhome/CountyListing1.htm



916-874-2072

Call to find out the phone number for your county office.

PREGNANCY ONLY MEDI-CAL

This program provides family planning, prenatal, pregnancy, and postpartum related services of care (for 60 days after delivery) to women under 200% of the Federal Poverty Level (see page 2), regardless of immigration status.

ELIGIBILITY CRITERIA

- Any woman who thinks she may be pregnant and has a family income at or below 200% of the Federal Poverty Level for her family size (a pregnant woman counts as two people; see page 2)
- Must be resident of California

You Should Know:

The Federal Deficit Reduction Act of 2005 significantly changed documentation requirements for citizens applying for Medi-Cal. Now, many applicants must provide documents such as passports, naturalization papers, birth certificates and photo IDs to prove their status as U.S. citizens.

Help Is Available To Complete An Application:

The Healthy Families and Medi-Cal Programs information line (800-880-5305) can help you locate a Certified Application Assister (CAA) in your area. CAAs are specially trained to help families complete applications for these programs. Assistance is free.

PRESUMPTIVE ELIGIBILITY FOR MEDI-CAL

Presumptive Eligibility (PE) is a Medi-Cal program that provides immediate, temporary coverage for outpatient prenatal care to women at or below 200% of the Federal Poverty Level. Application for PE is completed at the PE provider's office.

PE will cover an initial pregnancy test and all prenatal care, but does not cover delivery or hospitalization. A pregnant woman with PE should apply for regular Medi-Cal as soon as possible.



HEALTHY FAMILIES

Healthy Families provides health care for low-income children under the age of 19 who have incomes above the eligibility level for Medi-Cal but below 250% of the Federal Poverty Level (see page 2). The program does have an immigration status requirement. Children who are enrolled in Medi-Cal or have employer-sponsored coverage do not qualify.

The program provides low-cost health, vision and dental coverage. Children who qualify for Healthy Families get 12 months of health coverage, as long as the monthly premiums are paid. All children in Healthy Families are enrolled in a health plan, which families can choose when applying. There are different health plans available for different areas of California.



www.healthyfamilies.ca.gov



800-880-5305

ELIGIBILITY CRITERIA

- The children must be U.S. citizens or qualified immigrants (see page 3)
- Children must have family incomes at or below 250% of Federal Poverty Level (see page 2)
- The children must not qualify for no-cost Medi-Cal
- Children must not have been covered by an employer-sponsored insurance policy for at least three months

Need Help Completing An Application?

The Healthy Families and Medi-Cal Programs information line (800-880-5305) can help you locate a Certified Application Assister (CAA) in your area. CAAs are specially trained to help families complete applications for these programs. Assistance is free.

CHILD HEALTH AND DISABILITY PREVENTION PROGRAM

The Child Health and Disability Prevention Program (**CHDP**) is a preventive health program that makes early health care available to low-income children and youth, regardless of immigration status. Children who are eligible receive periodic preventive health assessments that include medical, vision and hearing screenings and immunizations. Those with suspected problems are then referred for diagnosis and treatment.

The CHDP “Gateway” helps to enroll eligible children in the Medi-Cal and Healthy Families programs. When children receive health assessment and preventive care services from CHDP providers, they can often enroll in temporary full-scope Medi-Cal for up to two months. Enrolling in continuous full-scope Medi-Cal or Healthy Families after the temporary period requires a second step: families must complete a joint application for Medi-Cal and Healthy Families and submit it for a final eligibility determination. Families are best served in completing the application by seeking out assistance from a community-based organization or Certified Application Assister (see the green box above).



To find the phone number to the CHDP program in your county, please visit:

www.dhs.ca.gov/pcfh/cms/chdp/directory.htm

ELIGIBILITY CRITERIA

CHDP provides periodic preventative health service to:

- Children under age 21 with Medi-Cal under the Federal EPSDT (Early and Periodic Screening, Diagnostic and Treatment) Program
- Children and youth who are not eligible for Medi-Cal from birth to age 19 with family income equal to or less than 200% percent of the Federal Poverty Level (see page 2). They are eligible for health assessments based on the same schedule as Medi-Cal-enrolled children and youth
- Children enrolled in Head Start and State Preschool programs

CALIFORNIA CHILDREN'S SERVICES

California Children's Services (CCS) covers children with certain significant physical limitations and chronic health conditions or diseases.

CCS can authorize and pay for specific medical services and equipment provided by CCS-approved specialists.

If your child is eligible, CCS may pay for or provide:

- Treatment, such as doctor services, hospital and surgical care, physical therapy and occupational therapy, laboratory tests, X-rays, orthopedic appliances, and medical equipment.
- Medical case management to help get specialists and care for your child when medically necessary and referral to other agencies, including public health nursing and regional centers.
- Medical Therapy Program (MTP), which can provide physical therapy and/or occupational therapy in public schools for children who are medically eligible.



www.dhs.ca.gov/pcfh/cms/ccs/directory.htm

Note: Additional information and all other county phone numbers are posted on the Web site.

ELIGIBILITY CRITERIA

The program is open to anyone who:

- Is under 21 years old
- Has or may have a medical condition that is covered by CCS
- Is a resident of California
- Has a family income of less than \$40,000 as reported as the adjusted gross income on the state tax form OR
- Has out-of-pocket medical expenses for a child who qualifies and is expected to be more than 20% of family income OR
- Has a child with Healthy Families coverage

Family income is not a factor for children who:

- Need diagnostic services to confirm a CCS-eligible medical condition
- Were adopted with a known CCS-eligible medical condition
- Are applying only for services through the Medical Therapy Program (MTP)
- Are Medi-Cal beneficiaries with full scope, no-share-of-cost benefits
- Are Healthy Families subscribers

ACCESS FOR INFANTS AND MOTHERS



Access for Infants and Mothers (AIM) is intended for financially eligible pregnant women who have incomes above Medi-Cal levels and their children. There is no immigration status requirement for the AIM program.

The Access for Infants and Mothers (AIM) program provides low-cost health insurance coverage to uninsured, low-income pregnant women and their infants. It is designed for women who don't have health insurance and whose income is too high to qualify for no-cost Medi-Cal. Infants born to mothers enrolled in AIM are eligible for enrollment in Healthy Families.



800-433-2611



www.aim.ca.gov/English/AIMhome.asp

ELIGIBILITY CRITERIA

- Must be pregnant, but not more than 30 weeks pregnant as of the application date
- Must have a monthly household income between 200% - 300% of the Federal Poverty Level (see page 2)
- Must have lived in California for the last 6 months
- Cannot be receiving no-cost Medi-Cal or Medicare Part A and Part B benefits as of the application date
- Cannot have maternity benefits through private insurance, unless your coverage has a deductible or co-payment specifically for maternity services that is more than \$500

KAISER PERMANENTE CHILD HEALTH PLAN

Kaiser Permanente Child Health Plan provides coverage for low-income children who do not qualify for Medi-Cal or Healthy Families because of family income or immigration status. This program provides health insurance with a premium of \$8 or \$15 per child, per month, for up to three children, depending on family size and income. Additional children are covered at no extra premium. Benefits of the Child Health Plan include doctor's office visits, prescription drugs, mental health care, hospital care, laboratory and X-rays, and emergency visits.

Northern California: Applications are being accepted and can be mailed to you for free by calling the Member Services number provided below, or by going to the enrollment kit link at the web site address provided below.

Southern California: Please check the web site or call the phone numbers provided below to see if new enrollments are currently being accepted in your area.



<http://ckp.kaiserpermanente.org/locations/california/mod65/mod65-index.html>

CALL 800-464-4000 (Toll-Free)
800-777-1370 (Toll-Free for the hearing/speech impaired)

ELIGIBILITY CRITERIA

- Children under 19 years (birth through age 18) and not currently insured
- Children not eligible for public health care coverage such as Medi-Cal or Healthy Families
- Children not eligible for health care coverage that is paid for, in any part, by an employer
- Children whose families earn up to 300% of the Federal Poverty Level (see page 2)
- Children living within a Kaiser Permanente service area

VISION SERVICE PLAN – SIGHT FOR STUDENTS PROGRAM



Sight for Students is a Vision Service Plan (VSP) charity that provides free vision exams and glasses to low-income, uninsured children. The program operates nationally through a network of community partners who identify children in need, and VSP network doctors who provide the eyecare services.

Parents and guardians interested in seeking assistance through the Sight for Students program must work through VSP's established network of community partners. Please use the web site or call the phone number below to find a community partner in your area.

CALL 888-290-4964

ELIGIBILITY CRITERIA

- Family income is no more than 200% of Federal Poverty Level (see page 2)
- Child is not enrolled in Medi-Cal or other vision insurance
- Child is 18 years old or younger and has not graduated from high school
- Child or parent is U.S. citizen or legal immigrant with a Social Security number
- Child has not used the Sight for Students program during the past 12 months



www.sightforstudents.org

LOCAL CHILDREN'S COVERAGE PROGRAMS

At press time for this guide, several proposals were being considered by the state legislature that would attempt to provide health insurance for all children in California. If any of the proposals become law, you can get more information by calling the number for your county (see page 16 of this guide).

Many California counties and other organizations have developed local health insurance programs for newborn children through age 18 who do not qualify for Medi-Cal or Healthy Families because of immigration status or income. These programs are available to children regardless of their immigration status. The following programs summarize some of the different programs and information available:

HEALTHY KIDS

Healthy Kids programs are local health coverage programs operated by local health plans or in some cases commercial health plans. Twenty-four counties have enrolled children in Healthy Kids, while other counties are in the planning stages.

This program is for children under 19 years old who are ineligible for either Medi-Cal or Healthy Families because of immigration status or income level.

Benefits are similar to those of Healthy Families and include medical, dental, vision, prescription drugs, and mental health care. Monthly premiums are up to \$15 per child and usually up to a limit of \$45 per family, but costs vary by county and by income. Co-payments are generally \$5 for services such as office visits, prescription drugs, and vision care, but also vary by county. There are no co-payments for preventive services, such as check-ups and immunizations. Some counties may have waiting lists for their programs, especially for children 6 to 18.

ELIGIBILITY CRITERIA

- Must be under 19 years old
- Must be ineligible for Medi-Cal or Healthy Families
- The family's income must be below 300% of Federal Poverty Level, except San Mateo County, which is below 400%, and Riverside County, which is below 250% (see page 2)
- Family must reside in the county

Alameda: 877-371-2222
www.alamedaalliance.com

Colusa: 530-458-5555

El Dorado: 800-388-8690

Fresno: 800-376-0455 (English)
800-376-0456 (Spanish)
www.champ-net.org/programs/hkFresno.cfm

Kern: 661-868-0588
www.champ-net.org/programs/hkKern.cfm

Los Angeles: 888-452-5437
www.lacare.org

Merced: 209-381-1267 (English)
209-381-1266 (Spanish)

Napa: 707-227-0830

Riverside: 866-294-4347
www.iehp.org

Orange: 714-246-8737

Sacramento: 866-850-4321

San Bernardino: 866-294-4347
www.iehp.org

San Francisco: 800-288-5555
www.sfhp.org

San Joaquin: 800-932-7526
www.hpsj.com

San Luis Obispo: 805-540-5177
www.slohealthykids.org

San Mateo: 650-573-3595
www.smccchi.org

Santa Barbara: 877-814-1861
www.champ-net.org/programs/hkBarbara.cfm

Santa Clara: 800-260-2055 and 888-244-5222
www.scfhp.com and www.chikids.org

Santa Cruz: 831-763-8568 and 831-454-2515
www.schealthykids.org

Solano: 800-978-7547

Sonoma: 707-565-4476
www.healthykidssonomacounty.org

Tulare: 877-613-5437 (for children ages 0-5)
800-327-0502 (for children ages 6-18)
www.healthykidstulare.org

Yolo: 866-607-4030

Yuba: 530-749-4877

CALIFORNIAKIDS

CaliforniaKids is a nonprofit organization that provides outpatient health care, vision, and dental care to children in several California counties (hospital care not included). The program is for children who are ineligible for Medi-Cal and Health Families for reasons of immigration status or income. It enrolls children ages 2 to 18 in many counties throughout California. Monthly premiums are up to \$25 and may vary by county. Co-payments are \$5 - \$10 for most services. Check with CaliforniaKids to find out about availability in your county.

ELIGIBILITY CRITERIA

- Must be between 2 and 18 years old
- Must be a resident of California
- Must be single and attend school
- Must be ineligible for Medi-Cal or Healthy Families
- The family's income must be below 250% of the Federal Poverty Level (see page 2)



www.californiakids.org



818-755-9700



MEDICARE

Medicare is a federal health insurance program for people 65 and older, some younger people with disabilities, and people with End Stage Renal Disease (ESRD) or kidney failure.

Medicare inpatient services are generally covered through Part A, Medicare's hospital insurance, and outpatient services are provided through Medicare Part B medical insurance. In January 2006, a prescription drug program called Medicare Part D began providing prescription drugs to Medicare beneficiaries for a limited cost.



www.calmedicare.org
www.medicare.gov



800-633-4227
(800-Medicare)

If you are not a U.S. citizen or a lawfully-admitted alien who has lived in the U.S. continuously for a five-year period, contact the **Social Security Administration** at **(800-772-1213)** for more information on Medicare enrollment and eligibility.

ELIGIBILITY CRITERIA

- Age 65 or older or under 65 with certain disabilities
- End Stage Renal Disease patient
- Amyotrophic lateral sclerosis (ALS / Lou Gehrig's disease) patient
- U.S. citizen or qualified immigrant living in the U.S. continuously for five years (with Social Security number)
- All lawfully present immigrants with sufficient work history in the Social Security system
- Non-citizens who have been a lawful permanent resident of the U.S. for at least 5 years are required to pay a premium to be eligible for the Medicare Part A program

To check eligibility, you may use the tool on the federal government's Medicare Web site: www.medicare.gov/MedicareEligibility/home.asp

COUNTY MEDICAL SERVICES PROGRAM FOR MEDICALLY INDIGENT ADULTS

County Medical Services Program (**CMSP**) for Medically Indigent Adults is for low-income adults in some counties in California. There is an immigration status requirement for non-emergency services.

This is a joint county/state program operated in 34 California counties that provides medical and dental care to adults aged 21-64 who are low-income, but are not eligible for the state's Medi-Cal Program. The medical benefits CMSP clients receive are similar to those covered by the Medi-Cal program, with the exception of pregnancy-related services, long-term care, and services provided by chiropractors, acupuncturists, and psychologists. Contact your county's social services department for more information or an application.



www.cmspcounties.org



916-649-2631

ELIGIBILITY CRITERIA

- Eligibility is restricted to individuals who have incomes that are below 200% of the Federal Poverty Level (see page 2)
- Full benefits are available only to U.S. citizens and "qualified" immigrants; "not qualified" immigrants may receive only emergency services (see page 3)
- California residents
- Residents of one of the 34 participating counties

FAMILY PACT (PLANNING ACCESS CARE TREATMENT)

The Family PACT program provides comprehensive family planning services and supplies to eligible low-income men and women. People who are eligible are covered for one year.

The program offers:

- Emergency contraceptives
- Female and male sterilization
- Birth control methods and supplies
- Basic reproductive health assessments
- Prevention and treatment of sexually transmitted infections
- Individual education and counseling
- Hepatitis B immunizations
- Pregnancy testing and counseling
- HIV testing and counseling
- Limited female and male cancer screening



www.familypact.org



800-942-1054

ELIGIBILITY CRITERIA

- Are at risk of pregnancy, or of causing pregnancy
- Have no insurance, including no Medi-Cal
- Are California residents
- Have an income at or below 200% Federal Poverty Level (see page 2)
- Must not be older than 55 years of age for females and 60 years of age for males

WHERE CAN I GET INFORMATION ABOUT HEALTH CARE PROGRAMS & IMMIGRATION?

Health Consumer Alliance:

Health Consumer Alliance is a partnership of two support centers and nine Health Consumer Centers across 13 California counties, which are operated by community-based legal services organizations. Individuals needing help to get health care can contact a Health Consumer Center in their area. The web site below provides information about various programs available in California.



www.healthconsumer.org



Alameda: 510-250-5270	San Diego: 877-734-3258	Los Angeles TTY/TTD: 818-834-7575	Yolo: 888-354-4474
Fresno: 800-300-1277	San Francisco: 415-354-6360	Placer: 888-354-4474	Yolo TTY/TTD: 916-551-2180
Imperial Valley: 760-353-0220	El Dorado: 888-354-4474	Sacramento: 888-354-4474	
Kern: 800-906-3982	El Dorado TTY/TTD: 916-551-2180	San Mateo: 650-558-0915	
Orange: 800-834-5001	Los Angeles: 800-896-3203	San Mateo TTD: 650-558-0786	

Legal Resources Regarding Immigration Status:



National Immigration Law Center

National Immigration Law Center is an organization dedicated to protecting and promoting the rights of low-income immigrants and their family members.

www.nilc.org

California Immigrant Policy Center: www.caimmigrant.org

National Health Law Program: www.healthlaw.org

For pro bono legal assistance, try the American Bar Associations directory:

www.findlegalhelp.org

www.lawhelp.org

Ventanillas de Salud:

Ventanillas de Salud is staffed by bilingual and culturally sensitive health workers in the Mexican Consulates of Los Angeles, San Diego and Calexico. *Ventanillas de Salud* are expected to become available in other Latin American consulates in California.

Mexican Consulate of Los Angeles

2401 West 6th Street, Los Angeles, CA 90057
(213-351-6800)

Mexican Consulate of San Diego

1549 India Street, San Diego, CA 92101
(619-308-9964)

Mexican Consulate of Calexico

408 Heber Avenue, Calexico CA 92231
(760-357-3863)



BLUE SHIELD'S ACCESS BAJA HMO

The Access Baja plans are sold to employer groups throughout California, not to individuals. The program is open to any employee or employee's family member who works or lives in the Access Baja area.

Access Baja HMO Plans offer:

- Qualified care from the Access Baja HMO Provider Network's physicians and hospitals in Tijuana and Mexicali
- Preventive immunizations, youth vision and ear examination, family-planning counseling, and pregnancy and maternity care at no charge
- Fixed co-payments, no deductibles, and no claim forms
- Prescription drugs, inpatient and outpatient hospital services, and emergency care
- Worldwide urgent- and emergency-care coverage through the BlueCard Program
- Bilingual member services with toll-free customer service from Mexico and the U.S.



For more information regarding Blue Shield, visit:
www.mylifepath.com

ELIGIBILITY CRITERIA

- Must live or work in the municipality of Tijuana or Mexicali; Baja California, Mexico; or in California within a 50-mile radius from the U.S.-Mexico border crossing points at San Ysidro and Calexico, CA

Access Baja Bilingual Member Services

CALL

800-248-5451 (from the U.S.)

001-800-424-6521 (from Mexico)



SALUD CON HEALTH NET

Salud con Health Net has a variety of individual and family health plans that cover preventive, medical, and hospital services in the Los Angeles and Orange County service areas and the Mexican Border (Tijuana, Rosarito, Tecate and Mexicali). The dependents living in Mexico can receive services in Mexico only, unless it is an emergency. Plan members and their dependents who live in California have access to services in Mexico. The plans are Salud HMO y más, Salud PPO (which includes Ventura County), and Mexi-Plan. If you have eligible dependents in Mexico, they also can enroll in Salud HMO y más or Salud PPO and receive covered care from participating providers.

In Orange County and Los Angeles County, a family member can obtain medical care from any primary care doctor who is part of the Health Net Salud Network. Or, the family member can obtain medical care in Mexico in the municipalities of Tijuana, Mexicali, Rosarito and Tecate. In Mexico, doctors must be part of the Sistemas Médicos Nacionales S.A. de C.V. (SIMNSA) Network.

Each member chooses a physician. Plan members and their dependents who live in California have access to services in Mexico. If family members choose a SIMNSA Network doctor in Mexico, they are not covered for care received in the U.S.



www.saludconhealthnet.com
(Click on "View this page in English" link)

CALL

800-266-6606

ELIGIBILITY CRITERIA

- Must reside or work in Los Angeles, Ventura or Orange County
- Must be under the age of 65, not be eligible for Medicare, and meet application requirements
- The spouse, if under age 65, and all unmarried dependent children under 19 years old are also eligible
- Unmarried dependent children enrolled in an accredited school as full-time students and less than 24 years old are also eligible, if proof of full-time student status is provided
- When applicable, Health Net accepts the Matricula Consular (Mexican I.D.)

MEXICAN SOCIAL SECURITY INSTITUTE HEALTH INSURANCE FOR MEXICANS ABROAD

The Mexican Social Security Institute (**IMSS**) provides health insurance for Mexican men and women living outside of Mexico. The program allows those of Mexican origin and their families to receive health care services in Mexico, including doctor visits, hospital care, surgery, prenatal and maternal health care, lab tests, X-rays, and prescription drugs. You can enroll at the Mexican consulate in San Diego, Los Angeles or Chicago. There is an annual family fee for this program.



ELIGIBILITY CRITERIA

- Available to all Mexican nationals and people of Mexican origin who live and work outside of Mexico
- A copy of the birth certificate of the person who seeks coverage
- Restrictions may apply for individuals with pre-existing health conditions



www.imss.gob.mx/imss *(Spanish only)*



800-981-2486 *(Spanish only)*

Toll free from anywhere within the U.S.,
8 a.m. - 6 p.m., Monday through Friday

SEGURO POPULAR FOR MIGRANT FAMILIES



Seguro Popular for Migrant Families is health insurance for Mexican families who are not enrolled in either IMSS or Instituto de Seguridad y Servicios Sociales de los Trabajadores del Estado (ISSSTE) in Mexico. The program allows the dependents of Mexicans living abroad to receive health care services in Mexico, including general medicine, prenatal and maternal health care, laboratory tests, and hospitalization. Seguro Popular is now available in all regions of Mexico.

Check with the SSA (Secretaría de Salud) hospital in your municipality to see if Seguro Popular is available in your community. The annual family enrollment fee varies depending upon the income of each family. This program is available to families that consist of a wife, husband and children under 18 years of age; single kids in school from 18-25; dependent children with disabilities; direct relatives over 64 years of age; and other dependents living in the home.



www.seguro-popular.salud.gob.mx
(Spanish only)

ELIGIBILITY CRITERIA

- Available to all Mexican people who live in the areas where Seguro Popular is available, even if one or more family members live abroad (must be immediate family)
- No relation to IMSS, ISSSTE or a private health insurance provider
- Pay an annual fee after income resource test
- Family member can solicit Seguro Popular through the Module of Affiliation and Orientation (MAO)

WOMEN, INFANTS AND CHILDREN SUPPLEMENTAL NUTRITION

Women, Infants and Children (**WIC**) is a supplemental food and nutrition program for low-income children under age five; and pregnant, breastfeeding, and post-partum women who are at nutritional risk.

A person who participates, or has family members who participate in certain other benefit programs, such as the Food Stamp Program, Medi-Cal, or CalWORKs, meets the income eligibility requirement for WIC.



ELIGIBILITY CRITERIA

- An income of no more than 185% of the Federal Poverty Level (see page 2)
- California resident
- No immigration requirement

For additional information and county contacts:



www.fns.usda.gov/WIC



888-942-9675

FOOD STAMP PROGRAM AND CALIFORNIA FOOD ASSISTANCE PROGRAM



The federally-funded Food Stamp Program helps low-income people buy the food they need for good health. Food Stamps can be used to purchase:

- **Food for human consumption**
- **Seeds and plants to grow food for household use**

There is also a state program – the California Food Assistance Program (**CFAP**) – that assists low-income immigrants who are ineligible for food stamps because of their immigration status. Qualified immigrants, victims of trafficking and lawful temporary residents who are ineligible for federal food stamps are eligible for CFAP.

ELIGIBILITY CRITERIA

- To get food stamps, households must meet resource and income requirements. Detailed information regarding general eligibility and immigrant eligibility is available at: www.dss.cahwnet.gov/foodstamps/Pre-Screen_1937.htm

To find out if you may be eligible, go to: www.fns.usda.gov/fsp/applicant_recipients/eligibility.htm



800-221-5689*



www.fns.usda.gov/fsp

*Note: California Food Assistance Program (CFAP) phone numbers vary by county. All county contacts are posted on this Web site:

www.dss.cahwnet.gov/foodstamps/CountyWelf_1724.htm

FREQUENTLY ASKED QUESTIONS

1 What Basic Documentation Do I Bring To Apply For Health Care?

Bring as many of the following as possible with you when you apply for a health coverage program:

- Application form(s). Answer all questions honestly and accurately.
- Proof of income (not needed if you are a pregnant woman or child under 19). Examples: paycheck stub(s) for most recent month, unemployment benefits, proof of disability payments, letter from your employer, self-affidavit (Medi-Cal and Healthy Families only), copy of Federal Income Tax 1040 form or Schedule C.
- Proof of deductions for child support, alimony, dependent care, childcare (such as receipts or cancelled checks).
- Copies of birth certificates or proof of immigration status, if applying for full-scope benefits. To apply for restricted scope benefits, you do not need proof of immigration status.
- A Social Security card or application if you are applying for full scope Medi-Cal (several programs do not require this).
- Resources or assets (bank statements, car registration, proof of other valuable items).
- **Proof of California residency:** For Medi-Cal applications, you may use your proof of income as proof of residency. If your income is not from California, you may use rent, mortgage, or utility receipts in your name or a relative's name, California ID, California driver's license, California car registration, employment or registration with an employment agency, your child's/children's California school registration, food stamps or cash assistance. Other documents also accepted: church records, school ID card, recent court documents, police records, marriage or divorce records in California, insurance documents, or your name listed in the phone book.

2 What Other Health Care Coverage Programs Might Be Available?

Cancer Detection Programs: Every Woman Counts is a state program for low-income women. This program provides annual screenings and diagnostic services for breast cancer to women 40 and older, and cervical cancer to women 25 and older. The state also has a program for prostate cancer.



CALL 800-511-2300
(Breast, cervical)
800-409-8252
(Prostate)

www.dhs.ca.gov/cancerdetection/default.htm

3 What Cash Assistance Programs Are Available?

CalWORKs, Supplemental Security Income (**SSI**), State Supplementary Payment (**SSP**) and the General Assistance/Relief (**GA/GR**) Program programs are the most common.

CalWORKs is a welfare program. GA/GR is for eligible indigent adults and can be accessed through county Departments of Social or Human Services.

SSI provides monthly cash payments to persons who satisfy the criteria as needy aged, blind, and disabled persons. The SSI payment is augmented with a State Supplementary Payment (SSP) grant to assist recipients with basic expenses.



www.ssa.gov (Social Security Administration)

www.dss.cahw.net.gov/cdssweb/california_169.htm (CalWORKs)



800-772-1213
(Social Security Administration)

4 Is There a Cash Assistance Program for Immigrants Who Do Not Qualify for SSI?

Yes!

The Cash Assistance Program for Immigrants (**CAPI**) is a state program that provides cash assistance to immigrant seniors and immigrants with disabilities who are ineligible for SSI due to their immigration status. Immigrants who are eligible for CAPI may also be eligible for Medi-Cal and/or food stamps.

Eligibility Requirements:

“Qualified” immigrants (see page 3) and persons who are “Permanently Residing in the U.S. Under Color of Law” (**PRUCOL**) may be eligible if lawful entry into the United States was on or before August 21, 1996. Individuals must also meet the federal SSI income and resource rules. If a sponsor signed an affidavit of support form when the applicant entered the U.S., it may be more difficult to qualify for this program because of the “deeming” rules.



Contact your county Medi-Cal Office;
find your county phone number by calling
916-636-1980



www.dss.cahw.net.gov/cdssweb/CashAssist_2257.htm

RESOURCES



For pro bono legal assistance, contact:

The American Bar Association's directory
www.findlegalhelp.org
www.lawhelp.org



Legal Services Hotline for Seniors:
800-222-1753

For translation services, try calling:
PALS for Health
213-627-4850



916-654-1897 or



www.dds.ca.gov

For Individuals With Developmental Disabilities:
 The California Department of Developmental Services (DDS) has 21 regional centers throughout California that offer diagnostic exams, support, information and services for people with development disabilities and their families. Developmental disabilities include: mental retardation, cerebral palsy, epilepsy, autism and conditions similar to mental retardation.

HUMAN & SOCIAL SERVICES DEPARTMENTS (UNLESS OTHERWISE NOTED)

Alameda County 888-999-4772	Alpine County 530-694-2235	Amador County 209-223-6550	Butte County 530-538-7711	Calaveras County 209-754-6448	Colusa County 530-458-0250
Contra Costa County 925-313-7987	Del Norte County 707-464-3191	El Dorado County 530-642-7300	Fresno County 559-488-1888	Glenn County <i>Human Resources Agency</i> 530-934-6514	Humboldt County 707-269-3590
Imperial County 760-337-6800	Inyo County 760-872-1394 760-876-5545	Kern County 661-631-6000	Kings County <i>Human Services Agency</i> 559-582-3241	Lake County 707-995-4260	Lassen County <i>Lassen Works</i> 530-251-8152
Los Angeles County <i>Department of Public Social Services</i> 800-427-8700	Madera County 559-675-7670	Marin County 415-499-7118	Mariposa County 800-266-3609 209-966-3609	Mendocino County 707-463-7700	Merced County 209-385-3000
Modoc County 530-233-6501	Mono County 760-924-1770	Monterey County 831-755-8500 831-755-4650	Napa County 707-253-4511	Nevada County 530-265-1340	Orange County 714-435-5900
Placer County 530-889-7610 916-784-6000	Plumas County 530-283-6350	Riverside County 951-358-3000	Sacramento County 916-874-2072	San Benito County 831-636-4180	San Bernardino County 909-388-0245
San Diego County 866-262-9881	San Francisco County <i>Medi-Cal Health Connection</i> 415-863-9892	San Joaquin County 209-468-1000	San Luis Obispo County 805-781-1600	San Mateo County 650-802-5018	Santa Barbara County 805-681-4401
Santa Clara County 408-271-5600	Santa Cruz County <i>Human Resources Agency</i> 831-454-4130	Shasta County 530-225-5704	Sierra County 530-993-6720	Siskiyou County 530-841-2700	Solano County 707-553-5311
Sonoma County <i>Economic Assistance Service Center</i> 877-699-6868	Stanislaus County <i>Community Services Agency</i> 209-558-2777	Sutter County 530-822-7230	Tehama County 530-527-1911	Trinity County 530-623-1265	Tulare County 559-737-4660
Tuolumne County 209-533-5711	Ventura County 805-658-4100	Yolo County 530-661-2750	Yuba County 530-749-6311		

FREE COPIES OF THIS GUIDE (PUBLICATION NO. 2234)
 CAN BE ORDERED BY PHONE AND VIA THE INTERNET:



888-430-2423



www.chcf.org/salud