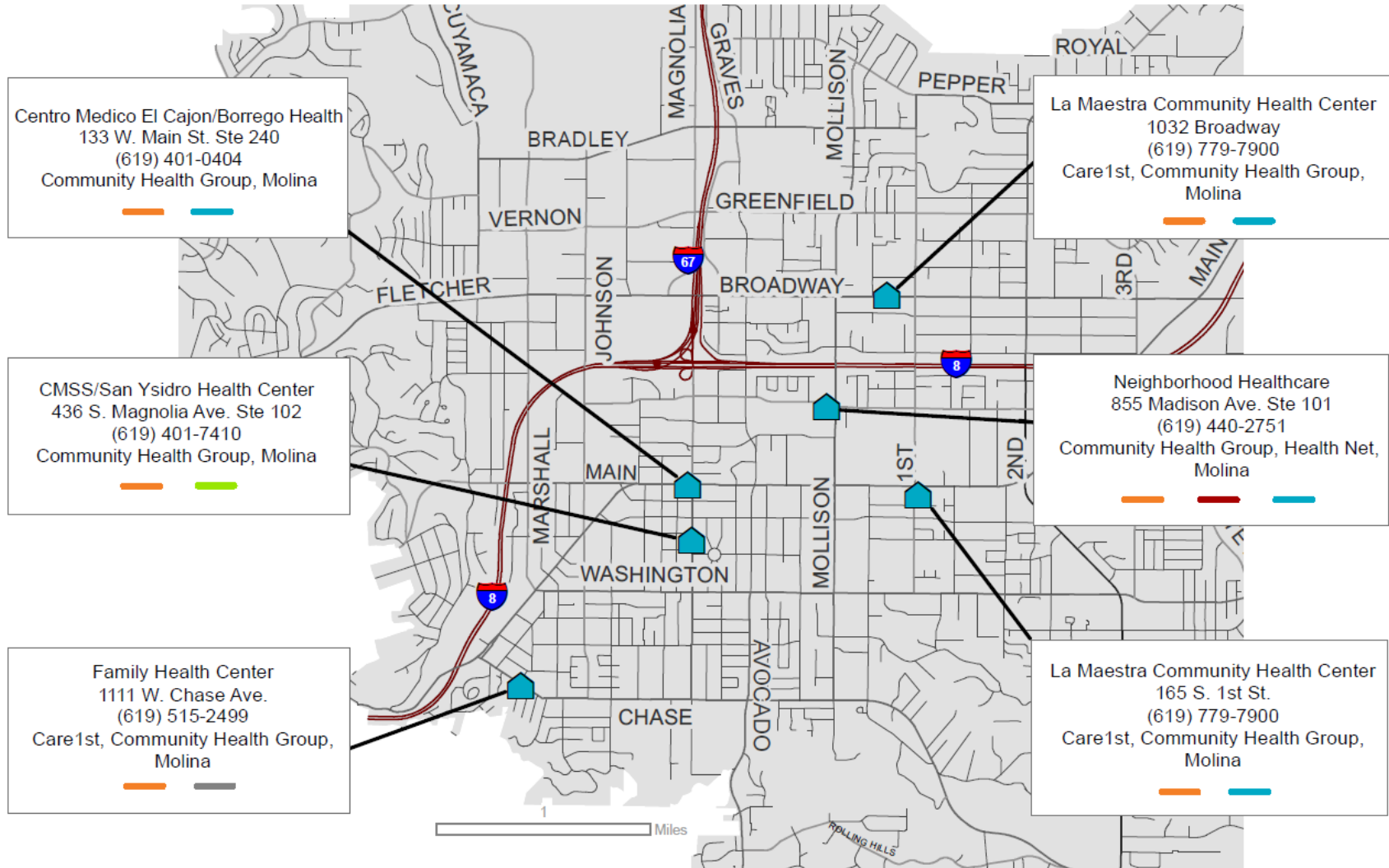


# San Diego Refugee Forum

















## Medi-Cal Health Care Options - El Cajon/East Region



- Arabic
- Spanish
- Chaldean
- Kurdish
- Language Line



## San Diego Medi-Cal Managed Care Plans

|   | Care1st<br>1-800-605-2556  | Community Health<br>Group<br>1-800-224-7766  | Health Net<br>1-800-675-6110  | Molina<br>1-888-665-4621   |
|---|--|--|---|--|
| Language Interpreter Services at doctor visit | <br>Call. Press 8, press 1. Say your language; Schedule 2 weeks in advance. | <br>Call. Say your language; Schedule 1 week in advance.  | <br>Schedule 1 week in advance. | <br>Call. Wait. Press 2. Say your language; Schedule 3 days in advance. |
| Transportation to doctor visit/clinic         | <br>Door-to Door within 20 miles; schedule 1 day in advance. 1-877-433-2178 | <br>Day Pass public transportation; Door to door shuttle only for pre-qualification 1 888-517-9627. | <br>1-800-675-6110              | <br>Only with qualifying disability.                                    |
| Free Pharmacy for Medi-Cal approved drugs*    |   |   |                                 |   |
| Free Doctor Visit                             |   |   |                                 |   |
| Vision Exam                                   | March Vision<br>1 888 493 4070   | Vision Service Plan<br>1 800 877 7195  | Vision Service Plan<br>1 800 877 7195   | March Vision<br>1 888 493 4070   |
| Mental Health Services                        | Mild to moderate conditions<br>855-321-2211  | Mild to moderate conditions<br>800-404-3332  | Mild to moderate conditions<br>888 -426-0030  | Mild to moderate conditions<br>888- 665-4621   |
| Dental Exam                                   | Denti-Cal<br>1800 322 6384   | Denti-Cal<br>1800 322 6384   | Denti-Cal<br>1800 322 6384  | Denti-Cal<br>1800 322 6384   |

\* Free medications and dosage are listed at <http://www.dhcs.ca.gov/services/Pages/ff.html>.



For any questions call **2-1-1 SAN DIEGO**  
Dial 2-1-1, Press “3” when the call is answered, say your language to talk to a specialist who will refer you to community and health services.

For further assistance to register for a medical plan in person, visit a Certified Medi-Cal Enrollment agency in your community. The list of agencies are available on the following website: <https://v.calheers.ca.gov/hix/entity/locateassister/searchentities>