

# Get the Help You Need!

## WE CAN HELP YOU MANAGE YOUR CARE AND SERVICES

*Do you need help finding a doctor? Have questions about your medication? One of the many Health Net Cal MediConnect program benefits is access to a Care Coordinator.*

### What is a Care Coordinator?

A Care Coordinator is a person who is trained to help you manage the care you need. Often, this is a nurse or other licensed medical professional who has the experience and knowledge to help you understand your plan and how your benefits work together.

### Depending on your needs, your Care Coordinator may help you:



Schedule appointments.



Keep track of all your medications.



Coordinate transportation to the pharmacy and doctor visits.



Connect you with helpful programs and services in your community.



Work with your providers to ensure that you get the personal care and services you need.



Your personal  
Care Coordinator  
is a phone call  
away!

### Questions?



To find out how you can be connected to a Care Coordinator, please call Health Net Cal MediConnect at **1-855-464-3571** in Los Angeles County or **1-855-464-3572** in San Diego County (TTY: 711) from 8 a.m. to 8 p.m., Monday through Friday. After hours, on weekends and on holidays, you can leave a message. We will return your call within the next working day. The call is free. You can also get more details online at [www.healthnet.com/calmediconnect](http://www.healthnet.com/calmediconnect).

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