



Our Los Angeles County Communities Care for Children

This Guide is the collaborative effort of the Department of Public Social Services, the Department of Health Services and the following agencies:

- Asian Pacific American Legal Center
- Health Consumer Center (HCC) of Los Angeles
- L.A. City Commission for Children, Youth & Their Families
- L.A. County Office of Education
- L.A. Unified School District
- Maternal and Child Health Access
- National Health Foundation
- San Fernando Valley Neighborhood Legal Services



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We've Got You Covered



LOS ANGELES COUNTY

GUIDE TO FREE AND LOW-COST HEALTH CARE SERVICES

We care about your health. This Guide contains many free and low-cost health care services/programs for Los Angeles County residents. There are health programs to cover the needs of everyone regardless of age, race or immigration status. We have programs for: pregnant women, children, adults, families and persons who are blind, disabled or age 65 and older.

This Guide is divided into separate categories for your convenience. Each category is color-coded to make it easier for you to locate the health programs/services you may wish to contact.

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*For a free copy of this Guide, please call the toll-free County Health & Nutrition Hotline at **1-877-597-4777***

211 LA COUNTY

This is a 24-hour information and referral service. 211 LA County can help you find a wide variety of resources, including the following:

- Emergency Food and Shelter
- Legal and Financial Assistance
- Health Services and Rehabilitation
- Counseling, Child Care and Family Planning
- Consumer Advocacy
- Transportation
- Recreation
- Substance Abuse Treatment

Los Angeles	211
San Gabriel Valley	211
San Fernando Valley	211
Burbank/Glendale	211
West Los Angeles	211
L.A. Airport area	211
South Bay/Long Beach	211
If your area is not listed above, please call	211
If your hearing is impaired, please call TDD line	211

The Food Stamp Program was designed to improve nutrition for low income families and individuals by increasing their food purchasing power. To find out if you may be eligible to Food Stamp benefits, go to **www.foodstamps-step1.usda.gov**.

CONSUMER INFORMATION**HEALTH CONSUMER CENTER (HCC) OF LOS ANGELES****1-800-896-3203**

English, Spanish, Arabic, Armenian, French, Turkish, & various Asian languages available.

If you are low income and are having problems getting health care in Los Angeles County, the Health Consumer Center Hotline operated at Neighborhood Legal Services provides free legal assistance and information.

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAMS (H.I.C.A.P.)**1-213-383-4519 or 1-800-824-0780**

The Center for Health Care Rights provides free counseling, advocacy, community education and legal services to Los Angeles County residents on medicare and related health insurance.

PREGNANT WOMEN**MEDI-CAL****1-877-597-4777****Website: <http://www.dpss.lacounty.gov>**

If you are pregnant, the Medi-Cal Program provides free or low-cost pregnancy-related health care coverage for low-income women. You may receive these services from a Medi-Cal doctor of your choice. You may apply at the local Department of Public Social Services (DPSS) Office or at many clinics, schools and service agencies in your community. If you would like a mail-in application, call the County Health & Nutrition Hotline at 1-877-597-4777.

MEDI-CAL MANAGED CARE**L.A. CARE 1-888-452-2273****HEALTH NET 1-800-327-0502**

If you receive Medi-Cal, you may join one of many health plans which provide quality medical care. The health plans in Los Angeles are divided into two Managed Care Organizations: L.A. Care and Health Net.

If you have any questions/problems with one of the plans in which you are enrolled call: **HEALTH CARE OPTIONS 1-800-430-4263.**

If you still have a problem with your health plan call:

MEDI-CAL MANAGED CARE OMBUDSMAN 1-888-452-8609**or call the Health Consumer Center at 1-800-896-3203.****FREE AND LOW-COST HEALTH SERVICES****1-800-427-8700****Website: <http://www.dhs.co.la.ca.us>**

If you need medical services, they are available at public and private clinics, hospitals and many other locations and can be provided at no cost depending on your income. Medical services, including tests and prescriptions, are provided on an ability-to-pay basis. Please call the above telephone number for the location nearest you.

PREGNANT WOMEN**ACCESS FOR INFANTS & MOTHERS (AIM)****1-800-433-2611**

If you are not eligible for free (no share-of-cost) Medi-Cal, this Program provides low-cost health insurance to pregnant women. The Program continues to cover your newborn up to age two.

WOMEN, INFANTS AND CHILDREN (WIC)**1-888-WIC-WORKS (1-888-942-9675)****If you live in Long Beach call: 1-562-570-4242**

If you are pregnant with low income and need health care services and nutrition education, WIC can help you with special checks called “vouchers” for buying healthy foods to keep you, your infant and children (up to age 5) healthy. This program can also help you find a doctor, clinic or other health care provider.

IMMIGRANT INFORMATION**KOREAN RESOURCE CENTER****1-213-637-1080****Website: <http://krcla.org>**

English & Korean languages available.

SOUTH ASIAN NETWORK**1-562-403-0488****Website: <http://www.southasiannetwork.org>**

English, Bengali, Gujarati, Hindi, Marathi, Punjabi, Sinhalese & Urdu languages available.

THAI COMMUNITY DEVELOPMENT CENTER**1-323-468-2555****Website: <http://www.thaicdc.org>**

English & Thai languages available.

PACIFIC ASIAN COUNSELING SERVICES**1-310-337-1550 Los Angeles area****1-818-989-9214 Van Nuys area**

English, Cambodian, Fijian, Japanese, Tagalog, Tongan & Vietnamese languages available.

IMMIGRANT INFORMATION

New Bureau of U.S. Citizenship and Immigration Services (USCIS) guidelines issued on May 26, 1999, permit immigrants and their children to use health care benefits without affecting their immigration status. USCIS will not consider you a “Public Charge” because you use health care benefits. The exception is if you use Medi-Cal to pay for long-term nursing home care.

Using Nutritional Programs, such as; Food Stamps and WIC (Women, Infants & Children) will also not affect your immigration status.

Non-Citizen eligibility for certain free and low-cost health care services and programs may be different than citizen eligibility rules.

If you have any questions regarding using the health care services listed in this Guide or immigration eligibility for government benefits, please contact any of the agencies listed below:

ASIAN PACIFIC AMERICAN LEGAL CENTER (APALC)

1-213-977-7500

English, Chinese, Korean, Japanese & other Asian languages available.

CAMBODIAN ASSOCIATION OF AMERICA

1-562-988-1863

English & Cambodian languages available.

CHINATOWN SERVICE CENTER

1-213-808-1700

Website: <http://www.cscla.org>

English, Cantonese & Mandarin languages available.

COALITION FOR HUMAN IMMIGRANT RIGHTS OF LOS ANGELES (CHIRLA)

1-888-6-CHIRLA (624-4752)

Website: www.chirla.org

English, Spanish & Russian languages available.

CHILDREN: BIRTH UP TO 21 YEARS OF AGE**CalWORKs**

1-877-481-1044

Website: <http://www.ladpss.org>

If you are a family with children up to age 18 in need of assistance, you may be eligible to get cash, Food Stamps and Medi-Cal through the CalWORKs Program at your local Department of Public Social Services (DPSS) Office. You can also be helped with child care and transportation.

MEDI-CAL

1-877-597-4777

Website: <http://www.ladpss.org>

If your children under age 21 need medical services, the Medi-Cal Program provides free or low-cost health care coverage to children in low-income families. You may apply at the local Department of Public Social Services (DPSS) Office or at many clinics, schools and service agencies in your community. If you would like a mail-in application, call the County Health & Nutrition Hotline at 1-877-597-4777.

MEDI-CAL MANAGED CARE

L.A. CARE 1-888-452-2273

HEALTH NET 1-800-327-0502

If you receive Medi-Cal, you may be required to choose one of many health plans which provide quality medical care. The health plans in Los Angeles are divided into two managed care organizations: L.A. Care and Health Net.

If you have any questions/problems with one of the plans in which you are enrolled call: **HEALTH CARE OPTIONS 1-800-430-4263**. If you still have a problem with your health plan call: **MEDI-CAL MANAGED CARE OMBUDSMAN 1-888-452-8609** or call the **Health Consumer Center at 1-800-896-3203**.

CHILDREN: BIRTH UP TO 21 YEARS OF AGE**HEALTHY FAMILIES****1-888-747-1222****Website: <http://www.mrmib.ca.gov>**

If you do not have health insurance or free (no share-of-cost) Medi-Cal to cover the medical needs of your children, who are newborn up to age 19, the Healthy Families Program provides low-cost health insurance coverage. Healthy Families offers several health plans you may choose, including dental and vision care. Please call the above telephone number, if you would like information about the different health plans or a mail-in application.

You may also pick-up an application booklet at many local schools, clinics, service agencies, churches and at all DPSS offices. Or call the County Health & Nutrition Hotline at 1-877-597-4777.

FREE AND LOW-COST HEALTH SERVICES**1-800-427-8700****Website: <http://www.dhs.co.la.ca.us>**

Medical services for your children are available at public/private clinics, hospitals and many other locations. These services, including tests and prescriptions, are provided on an ability-to-pay basis and can be provided at no cost depending on your income. Please call the above telephone number for the location nearest you.

BLIND OR DISABLED OR 65 YEARS AND OLDER**CANCER DETECTION PROGRAMS (CDP)****1-800-511-2300****Website: <http://www.dhs.ca.gov/cancerdetection>**

This Program provides clinical breast exams, mammograms, pelvic exams and Pap tests for low or moderate income women age 40 and older (cervical cancer screening is provided to women 25 and older).

GENETICALLY HANDICAPPED PERSON PROGRAM (GHPP)**1-800-639-0597**

If you have a genetic disease, such as: sickle cell, cystic fibrosis, hemophilia, etc., this Program can help you pay your medical costs and can also help with equipment, medication and other health costs.

HEALTH INSURANCE PREMIUM PAYMENT PROGRAM (HIPPI)**1-800-952-5294**

If you are eligible for Medi-Cal, seriously ill with high-cost medical bills and have or have access to private health care coverage, this special State Medi-Cal Program can help you pay your health insurance premium. *Certain restrictions apply.*

AREA AGENCY ON AGING**SENIOR INFORMATION AND ASSISTANCE****1-213-738-4004 or 1-800-510-2020****Website: <http://dcss.co.la.ca.us>**

This agency provides callers with information and referrals to non-profit programs, county and local governmental agencies. It helps link seniors, disabled adults, and their caregivers to needed services throughout Los Angeles County.

BLIND OR DISABLED OR 65 YEARS AND OLDER**MEDI-CAL MANAGED CARE****L.A. CARE 1-888-452-2273****HEALTH NET 1-800-327-0502**

If you receive Medi-Cal, you may join one of many health plans which provide quality medical care. The health plans in Los Angeles are divided into two Managed Care Organizations: L.A. Care and Health Net. In Los Angeles County, you do not have to join a plan if you are elderly or disabled, you can keep regular (fee-for-service) Medi-Cal.

If you have any questions/problems with one of the plans in which you are enrolled call: **HEALTH CARE OPTIONS 1-800-430-4263**. If you still have a problem with your health plan call: **MEDI-CAL MANAGED CARE OMBUDSMAN 1-888-452-8609** or call the **Health Consumer Center at 1-800-896-3203**.

MEDICARE**1-800-772-1213****Website: <http://www.medicare.gov>****Hearing impaired TTY/TDD number: 1-800-325-0778**

You may be eligible for Medicare health insurance if you are age 65 or older, or you have received Social Security Disability checks for at least 24 months, or you have kidney disease that requires dialysis or a transplant.

SPECIFIED LOW INCOME MEDICARE BENEFICIARY (SLMB)**1-877-597-4777****Website: <http://www.ladpss.org>**

If you are low income, this Medi-Cal Program may be able to pay your Social Security Medicare premium/co-payments.

MENTAL HEALTH**1-800-854-7771**

You may be eligible for free or low-cost mental health services.

CHILDREN: BIRTH UP TO 21 YEARS OF AGE**AIDS DRUG ASSISTANCE PROGRAM (ADAP)****1-888-575-2327****Website: <http://www.ramsellcorp.com>**

If you are 18 years or older and HIV positive, this Program will provide assistance with obtaining approved medication at no or low cost.

CALIFORNIA CHILDREN SERVICES PROGRAM (CCS)**1-800-288-4584**

This Program provides medical care for children whose families cannot afford all or part of their health care needs. The Program only treats children under 21 years of age with certain physical limitations and diseases.

CHILD HEALTH & DISABILITY PREVENTION PROGRAM (CHDP)**1-800-993-CHDP (993-2437)****If you live in Long Beach call: 1-562-570-7980****If you live in Pasadena call: 1-626-744-6016**

Children with Medi-Cal (birth to age 21) or children without Medi-Cal (birth to age 19 years) in low to moderate income families are eligible for free immunization shots and health check-ups. Families can choose a CHDP approved private doctor, clinic or other health care provider.

CHILDREN: BIRTH UP TO 21 YEARS OF AGE**FAMILY PLANNING, ACCESS, CARE & TREATMENT
(FAMILY PACT)****1-800-942-1054**

Minors, without health care coverage for family planning services, may receive services through a program called Family Planning, Access, Care & Treatment (Family PACT). For information and referral services, please call the above telephone number for the location nearest you.

HEALTH INSURANCE PREMIUM PAYMENT PROGRAM (HIP)**1-800-952-5294**

If your child is eligible for Medi-Cal and is seriously ill with high-cost medical bills and has or has access to private health coverage, this special State Medi-Cal Program can help pay your child's health insurance premium. *Certain restrictions may apply.*

IMMUNIZATIONS**1-800-427-8700****Website: <http://www.dhs.co.la.ca.us>****If you live in Long Beach call: 1-562-570-4221**

You can protect your children and teenager from dangerous diseases such as: measles, whooping cough, chicken pox and meningitis. Call if you need information about where you can get free or low-cost immunization shots.

HEALTHY KIDS**First 5 LA: 1-888-First5-LA (347-7855) or LA Care: 1-888-452-5437****Website: <http://www.first5la.org> or <http://www.lacare.org>**

If you do not have health insurance, free (no share of cost) Medi-Cal, or Healthy Families to cover the medical needs of your children who are newborn up to age 18, the Healthy Kids Program provides low-cost health insurance coverage regardless of immigration status. Healthy Kids covers medical and hospital care, including dental and vision care.

BLIND OR DISABLED OR 65 YEARS AND OLDER**SUPPLEMENTAL SECURITY INCOME (SSI)****1-800-772-1213****Website: <http://www.ssa.gov>****Hearing Impaired TTY number: 1-800-325-0778**

If you are blind or disabled or 65 years and older, you may be able to get cash and free medical services (Medi-Cal). Social Security has a special program called "SSI" for low-income persons. ***If your child is blind or disabled, (s)he may also qualify for SSI.***

MEDI-CAL**1-877-597-4777****Website: <http://www.ladpss.org>**

If you need medical services, the Medi-Cal Program provides free or low-cost health care coverage to low-income persons. You may receive these services from a Medi-Cal doctor of your choice. You may apply at the local Department of Public Social Services (DPSS) Office or at many clinics, schools and service agencies in your community. If you would like a mail-in application, call the County Health & Nutrition Hotline at 1-877-597-4777.

IN-HOME SUPPORTIVE SERVICES (IHSS)**1-888-944-IHSS (944-4477)****Website: <http://www.ladpss.org>**

IHSS helps pay for services to persons who are 65 years of age or older or disabled or blind, so they can remain safely in their home. Disabled children may also receive IHSS.

If you receive SSI/SSP payments, you automatically receive Medi-Cal through the Social Security Administration, and a County Social Worker will interview you at your home to determine your eligibility and need for IHSS. If you do not receive SSI/SSP benefits, your eligibility to Medi-Cal benefits must be determined under Medi-Cal rules and regulations before a County Social Worker will visit you at your home to determine your eligibility and need for IHSS. If eligible to Medi-Cal, you may be required to pay a Share of Cost (SOC) for benefits.

ADULTS**HEALTH INSURANCE PREMIUM PAYMENT PROGRAM (HIPP)****1-800-952-5294**

If you are eligible for Medi-Cal and are seriously ill with high-cost medical bills and have or have access to private health coverage, this special State Medi-Cal Program can help you pay your health insurance premium. *Certain restrictions may apply.*

MENTAL HEALTH**1-800-854-7771**

You may be eligible for free or low-cost mental health services.

SUBSTANCE ABUSE**1-800-564-6600**

If you need treatment for drug or alcohol abuse, there are places where you can get help. Some programs allow you to live at the facility while undergoing treatment.

CHILDREN: BIRTH UP TO 21 YEARS OF AGE**KAISER PERMANENTE CHILD HEALTH PLAN****1-800-255-5053****<http://www.kaiserpermanente.org>**

If your child has no medical coverage and is under age 19, this Program can provide low-cost health insurance. The Child Health Plan is open to eligible children under age 19 who live within Kaiser Permanente's California Service Area and do not qualify for State programs.

LOS ANGELES UNIFIED SCHOOL DISTRICT CHILDREN'S HEALTH ACCESS AND MEDI-CAL PROGRAM (CHAMP)**1-866-742-2273**

If your child attends school within the Los Angeles Unified School District, you can receive information on free and low-cost health care programs and assistance with enrollment at a local school site.

MENTAL HEALTH**1-800-854-7771**

Children, including juvenile wards of the court or special education students, may be eligible for free or low-cost mental health services.

SUBSTANCE ABUSE**1-800-564-6600**

If your child needs treatment for drug or alcohol abuse, there are places where you can get help. Some programs allow your child to live at the facility while undergoing treatment.

ADULTS**CalWORKs****1-877-481-1044****Website: <http://www.ladpss.org>**

If you are a family with children up to age 18 in need of assistance, you may be eligible to get cash, Food Stamps and Medi-Cal through the CalWORKs Program at your local Department of Public Social Services (DPSS) Office. You can also be helped with child care and transportation.

MEDI-CAL**1-877-597-4777****Website: <http://www.ladpss.org>**

If you need medical services, the Medi-Cal Program provides free or low-cost health care coverage to persons who are elderly, disabled and parent(s) or children up to age 21. You may apply at the local Department of Public Social Services (DPSS) Office or at many clinics, schools and service agencies in your community. If you would like a mail-in application, call the County Health & Nutrition Hotline at 1-877-597-4777.

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If you are 18 years or older and HIV positive, this Program will provide assistance with obtaining approved medication at no or low cost.

CANCER DETECTION PROGRAMS (CDP)**1-800-511-2300****Website: <http://www.dhs.ca.gov/cancerdetection>**

This Program provides clinical breast exams, mammograms, pelvic exams and Pap tests for low or moderate income women age 40 and older (cervical cancer screening is provided to women 25 years and older).

FAMILY PLANNING, ACCESS, CARE & TREATMENT (FAMILY PACT)**1-800-942-1054**

Low-income women, men and minors without health care coverage for family planning services, may receive services through a program called Family Planning, Access, Care & Treatment (Family PACT). For information and referral services, please call the above telephone number for the location nearest you.