

FREE

English / Español

Guide to Health Programs

A Bilingual Resource to Help Find FREE Or Low-Cost Health-Related Programs for You And Your Family



Fall 2005

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Welcome!

This easy-to-use guide was created for families and community organizations. The following pages show simplified descriptions of various public and private programs that exist to increase access to health care services for low-income populations in California. The information presented in this guide was compiled from publicly available sources, including Internet and published 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's administrative offices and ask to speak to an eligibility worker for the latest on eligibility requirements and for a more complete description of application processes.

There are many resources provided both via phone numbers and on the Internet and via phone numbers. Public libraries can help you access this information. We appreciate hearing about new programs that could be included in future issues of the guidebook.

Important: Use this chart when programs in this guide refer to percentage of the Federal Poverty Level

(Effective 4/1/2005)*

	100% FPL (Children 6-18 and some families**)		133% FPL (Children 1-5**)		200% FPL (Pregnant Women & Child under 1**, FamilyPACT, Breast and Cervical Cancer Treatment)		250% FPL (Healthy Families)	
	Monthly	Annual	Monthly	Annual	Monthly	Annual	Monthly	Annual
 ①	\$798	\$9,570	\$1,061	\$12,728	\$1,595	\$19,140	\$1,994	\$23,925
 ②	\$1,070	\$12,830	\$1,422	\$17,064	\$2,139	\$25,660	\$2,673	\$32,075
 ③	\$1,341	\$16,090	\$1,784	\$21,400	\$2,682	\$32,180	\$3,353	\$40,225
 ④	\$1,613	\$19,350	\$2,145	\$25,736	\$3,225	\$38,700	\$4,032	\$48,375
 ⑤	\$1,885	\$22,610	\$2,506	\$30,071	\$3,769	\$45,220	\$4,711	\$56,525
 ⑥	\$2,156	\$25,870	\$2,868	\$34,407	\$4,312	\$51,740	\$5,390	\$64,675

Number of Persons

* The federal government adjusts the poverty levels every year. According to California Department of Health Services, the increases became effective April 1, 2005, even though the federal government published the last increases on February 18, 2005.

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

Guide Credits:

California HealthCare Foundation

The California HealthCare Foundation (CHCF), based in Oakland, is an independent philanthropy committed to improving California's health care delivery and financing systems. Visit www.chcf.org for more information.

California-Mexico Health Initiative

In 2001, the California Policy Research Center of the University of California, Office of the President, established the California-Mexico Health Initiative (CMHI) to facilitate binational cooperation in health research, training, and service delivery for immigrant communities in California. CMHI coordinates Binational Health Week in California each year and distributes this guide as a part of its outreach activities.

Tel: 510-643-6243

E-mail: CMHI@ucop.edu www.ucop.edu/cprc/cmhi.html

Binational Health Week Partners:

- CMHI
- California HealthCare Foundation
- Secretaría de Relaciones Exteriores
- Instituto de los Mexicanos en el Exterior
- Secretaria de Salud
- Instituto Mexicano del Seguro Social
- California Department of Health Services
- University of California

Latino Consultants (www.LatinoConsultants.com) was responsible for the design and coordination of this guidebook.

About Public Charge

“Public Charge” is a term used in immigration law. The term describes 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 that stated that immigrants who use health care benefits, including Medi-Cal (except long-term institutional care), Healthy Families and county health care programs will NOT be considered in public charge determinations.

Using these public benefits will not hurt immigrants' ability to obtain legal residency, endanger their current Green Card, be prevented from sponsoring a family member, or be prevented from becoming a Lawful Permanent Resident or a U.S. citizen. If you are worried about hurting your sponsor by seeking health care, contact your local Health Consumer Center or an immigration lawyer. Please see the Resources page in this guidebook for contact information.

You Should Know:

Most immigrants can get health care without hurting their immigration status.

The USCIS now says it is OK to get:

- Medi-Cal
- Healthy Families
- Other health care

Getting health care alone should not keep you from getting a Green Card. If you have a Green Card, it should also not stop you from returning to the U.S. after a trip lasting less than six months.

It should also be 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, cash welfare can keep you from getting your Green Card. If you are dishonest in the information you give the government, you could create a legal problem. Contact a lawyer or your Health Consumer Center if you have questions about benefits that might be considered a public charge.



Definition of Qualified Immigrants

Some health and public benefits programs are available to U.S. citizens and “qualified immigrants.” The legal definition of a “qualified immigrant” is provided below.

- 1 "Qualified" immigrants are defined as:
 - a. Lawful Permanent Residents (LPRs), including Amerasian immigrants;
 - 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 BCIS) 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/graphics/publicaffairs/summaries/Public.pdf

Or call:

HelpLink & Immigrant Assistance Line:

415-543-6767 (English/Spanish)

415-808-4357 (English)

Or: Coalition for Humane Immigrant Rights of Los Angeles (CHIRLA)

888-624-4752 (English/Spanish)

Full Scope Medi-Cal

Full Scope Medi-Cal covers many low-income families and individuals. There are multiple eligibility categories for full-scope Medi-Cal, including those who qualify for CalWORKS and Supplemental Security Income (SSI).

Medi-Cal is California's Medicaid program, which provides health care services for low-income families and 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, and regular and illness-related examinations, outpatient drugs, dental care, and occupational therapy.



Visit the Department of Health Services Web site or look at the Resources section of this guidebook for more information, locations and phone numbers of county offices.
www.dhs.ca.gov/mcs/medi-calhome/CountyListing1.htm



916-636-1980
Call to find out the phone number for your county office.

Eligibility Criteria:

There are multiple eligibility categories:

- ▶ Persons 65 years or older
- ▶ Persons who are under 21 years of age
- ▶ Certain adults between 21 and 65 years of age, if they have minor children living with them
- ▶ Persons who are blind or disabled
- ▶ Pregnant women
- ▶ Persons receiving nursing home care
- ▶ Qualified immigrants or Persons Residing in the U.S. under Color of Law (PRUCOL)

Other Types of Medi-Cal

There are many different programs offered under Medi-Cal; some cover a more limited range of services compared to the full-scope program. Several of them are described on these pages.

The income and resource rules vary according to the category of eligibility. All categories require California residency. Some require citizenship or legal immigration status; others do not require verification of immigration status.

If you need health services, you should contact your county social services agency to find out about these and other programs you might qualify for.



For descriptions of many additional special Medi-Cal programs.
Visit: www.healthconsumer.org/medi-cal.html



888-747-1222



Medi-Cal Minor Consent

Provides certain services to children under age 21, regardless of immigration status, and without 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:

- ▶ 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 towards the income eligibility requirements.

Other Types of Medi-Cal

Medi-Cal Share of Cost

This program is for people who otherwise meet all Medi-Cal criteria but whose income is too high to qualify for “free Medi-Cal” programs. “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:

- ▶ Children under 21; families with minor children; people 65 and over; persons with disabilities; persons in long term care institutions; persons with tuberculosis; end stage renal disease; and persons with confirmed pathological diagnosis of breast and cervical cancer. California residency is required. The income and resource rules vary according to the category of eligibility.

Medi-Cal Emergency, Non-Pregnancy

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.

Pregnancy Only Medi-Cal

This program provides family planning, prenatal, pregnancy and postpartum related services of care after delivery to women under 200% of the Federal Poverty Level regardless of immigration status.

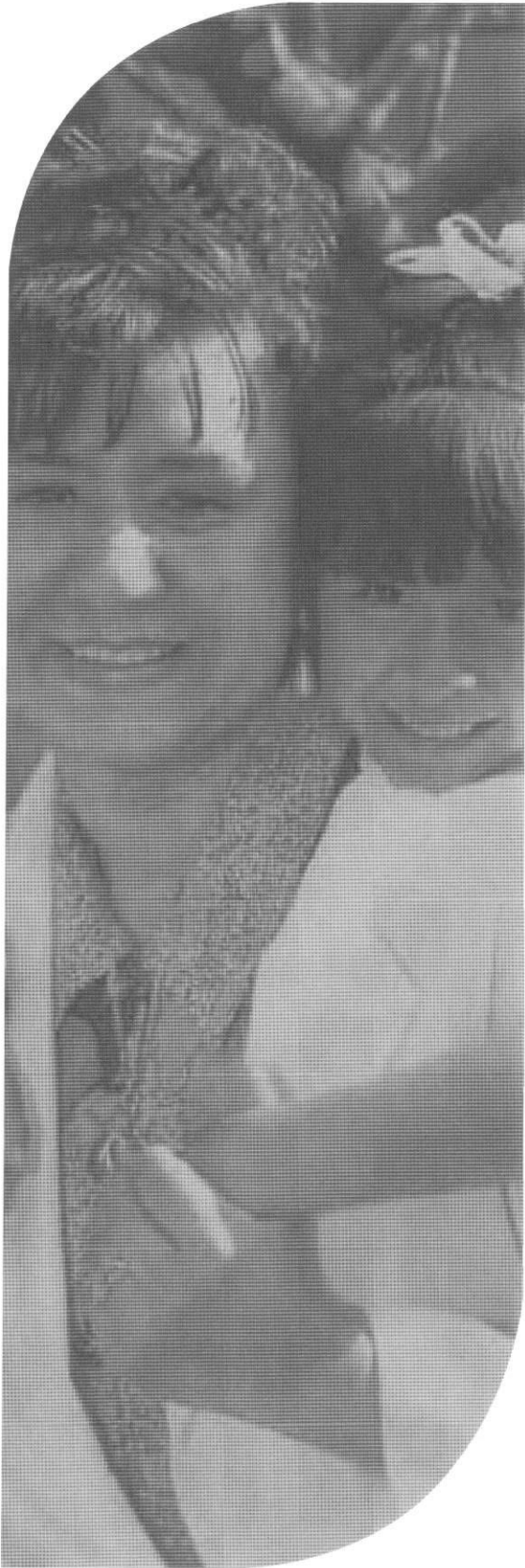
Eligibility Criteria:

- ▶ Any woman who thinks she may be pregnant and has 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)
- ▶ No immigration requirement
- ▶ No resource test
- ▶ Must be resident of California

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.

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. Application for PE is completed at the PE provider’s office.





Healthy Families

Healthy Families provides low-income children and families who have incomes above the eligibility level for Medi-Cal but do not have incomes above 250% of the Federal Poverty Level. The program does have an immigration status requirement.

Children who qualify for Healthy Families get 12 months of health coverage, as long as the monthly premiums are paid. There are different health plans available for different areas of California.



www.healthyfamilies.ca.gov



800-880-5305

Eligibility Criteria:

- ▶ Children in families with incomes at or below 250% of Federal Poverty Level (see page 2)
- ▶ The children must not qualify for no-cost Medi-Cal
- ▶ They must not have been covered by an employer-sponsored insurance policy for at least three months
- ▶ The children must be:
 - U.S. citizens
 - U.S. non-citizen nationals
 - Qualified immigrants (see page 3)

Child Health and Disability Prevention Program (CHDP)

The Child Health and Disability Program is a preventive health program that makes early health care available to low-income children and youth. Those eligible receive periodic preventive health assessments. Those with suspected problems are then referred for diagnosis and treatment.

The new CHDP 'Gateway' helps to enroll eligible children in the Medi-Cal or Healthy Families insurance programs. It also provides children Full Scope Medi-Cal services for up to two months while eligibility for Medi-Cal or Healthy Families is determined.

Eligibility Criteria:

CHDP provides periodic preventive health services to:

- ▶ Children under age 21 with Medi-Cal
- ▶ Children and youth who are not eligible for Medi-Cal from birth to age 19 whose family income is 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 eligible children and youth
- ▶ Children enrolled in Head Start and State Preschool programs



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

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

Public libraries and eligibility workers may assist you with internet access.

California Children's Services (CCS)

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

The California Department of Health Services manages CCS. 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 special doctors 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

Additional information and all other county phone numbers and addresses are posted on the Web site. Public libraries and eligibility workers may assist you with internet access.

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
- ▶ The child has 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
- ▶ Are Medi-Cal beneficiaries, full scope, no share of cost
- ▶ Are Healthy Families subscribers

Access for Infants and Mothers (AIM)



AIM is intended for financially eligible pregnant women and their children who have incomes above Medi-Cal levels. 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 families 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 on or after July 1, 2004, are eligible for enrollment in Healthy Families. The average subscriber is living in a household with a family income between 200-300% of the Federal Poverty Level (see page 2).

800-433-2611

English/Spanish

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

Eligibility Criteria:

- ▶ You must be pregnant, but not more than 30 weeks pregnant, as of the application date
- ▶ You must have lived in California for the last 6 months
- ▶ You cannot be receiving no-cost Medi-Cal or Medicare Part A and Part B benefits as of the application date
- ▶ You 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 as of the application date
- ▶ You must have a monthly household income (after income deductions) within AIM Income Guidelines

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 to \$15 per child, per month, for up to three children, depending on family size and income. Additional children are covered at no extra premium.



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



800-255-5053

Eligibility Criteria:

- ▶ Children under 19 years of age (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 income eligibility guidelines found at:
http://ckp.kaiserpermanente.org/locations/california/mod65/Child_Health_Plan/eligibility.html
- ▶ Children must live within a Kaiser Permanente service area



Vision Service Plan (VSP) Sight for Students Program

The VSP Sight for Students Program provides free vision exams and glasses to low-income, uninsured children. Children must be U.S. citizens or legal immigrants.

Vision Service Plan makes free eye care and eyewear available to needy children through its Sight for Students program. The program operates nationally through a network of community partners.

Eligibility Criteria:

- ▶ Family income is no more than 200% of Federal Poverty Level (see page 2)
- ▶ Child is not enrolled in Medicaid 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.vsp.com/newsroom/html/sfs.jsp click on "Sight for Students"
www.sightforstudents.org



888-290-4964

Local Children's Coverage Programs

Many California counties and other organizations have developed local health insurance programs for children 0 (newborn) to 18 who do not qualify for Medi-Cal or Healthy Families because of immigration status or income. The following summarizes some of the different programs and information available:

Healthy Kids

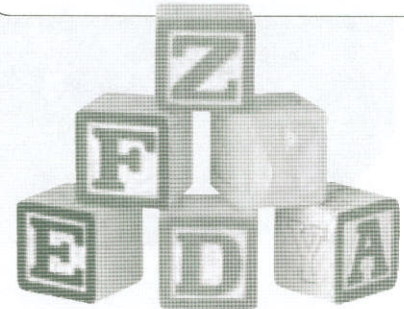
Healthy Kids programs are local health coverage programs operated by local health plans. Ten counties, including **Kern, Los Angeles, Riverside, San Bernardino, San Francisco, San Joaquin, San Luis Obispo, San Mateo, Santa Clara, and Santa Cruz** already have programs up and running. Several others have programs in the planning stages.

This program is for children up to 19 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 \$6 per child and usually up to a limit of \$20 per family but please note that costs vary by county. Co-payments are generally \$5 for services, such as office visits, prescription drugs, and vision care, but also vary slightly 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: Below 400%; and Riverside: Below 250%) (see page 2)
- ▶ Family must reside in the county



Kern: 800-327-0502
Los Angeles: 888-452-5437
Riverside: 866-294-4347
San Bernardino: 866-294-4347
San Francisco: 888-558-5858
San Joaquin: 888-936-7526
San Luis Obispo: 805-781-1606
San Mateo: 650-573-3595
Santa Clara: 888-244-5222
Santa Cruz: 831-763-8568
 or 831-454-2515



www.ihps-ca.org/localcovsoll/index.html

California Kids

California Kids is a non-profit organization that provides outpatient health care, vision, and dental care to children in some California counties. The program is for children who are ineligible for Medi-Cal and Healthy Families for reasons of immigration status or income. It enrolls children ages 2 to 18 in many counties throughout California. Check with California Kids to find out about its availability in your county.

The program provides outpatient health care, vision care and dental care. Hospital care is not included. Monthly premiums are up to \$20 and may vary by county. Co-payments are \$5 to \$10 for most services.

Eligibility Criteria:

- ▶ Must be between 2 and 18 years old
- ▶ Must be a resident of California
- ▶ 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

New programs are starting, check with your county!



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 is not a comprehensive health care program. Even though it pays for some preventive services and covers most services considered medically necessary, Medicare pays for less than half of the health care costs for seniors.



www.calmedicare.org
www.medicare.gov



800-633-4227
 (800-Medicare)

Eligibility Criteria:

- ▶ Age 65 or older
- ▶ Under 65 and getting Social Security Disability Insurance (SSDI)
- ▶ End Stage Renal 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 the requisite work history
- ▶ 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

If 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.

County Medical Services Program (CMSP) For Medically Indigent Adults

County Medical Services Program (CMSP) for Medically Indigent Adults is for low-income adults in some counties in California. Please note that 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 include 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.



www.dhs.ca.gov/hisp/ochs/cmsp/index.htm



916-552-8015

Eligibility Criteria:

- ▶ Eligibility is restricted for CMSP to individuals who have net non-exempt incomes that are not greater than 200% of the Federal Poverty Level. (see page 2) Full benefits are available only to U.S. citizens and qualified immigrants; those with undetermined status may receive only emergency services

Family PACT (Planning Access Care Treatment)

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

The program offers:

- 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.dhs.ca.gov/pcfh/ofp/Programs/FamPACT/default.htm



866-326-7228 or 800-942-1054

Eligibility Criteria:

- ▶ No insurance, including no Medi-Cal
- ▶ Has insurance with no family planning coverage for any contraceptive method
- ▶ Has Medi-Cal with share of cost (SOC) but has not met share of cost
- ▶ Has limited-scope Medi-Cal coverage (no family planning coverage)
- ▶ Has insurance but has not met the deductible
- ▶ Has insurance or full-scope Medi-Cal but must keep family planning services confidential
- ▶ Family size and corresponding income at or below 200% Federal Poverty Level (see page 2)
- ▶ California resident

Where Can I Get Information About Health Care Programs And Immigration?



Health Consumer Alliance:
www.healthconsumer.org

National Immigrant Law Center:
www.nilc.org/ciwc



Health Consumer Centers:

Los Angeles: 800-896-3202
Orange County: 800-834-5001
714-571-5200
San Diego: 877-734-3258
San Francisco: 800-551-5554

Alliance Family Care: 877-371-2222
Fresno: 800-300-1277
San Mateo: 800-381-8898
650-558-0915
Sacramento: 888-354-4474

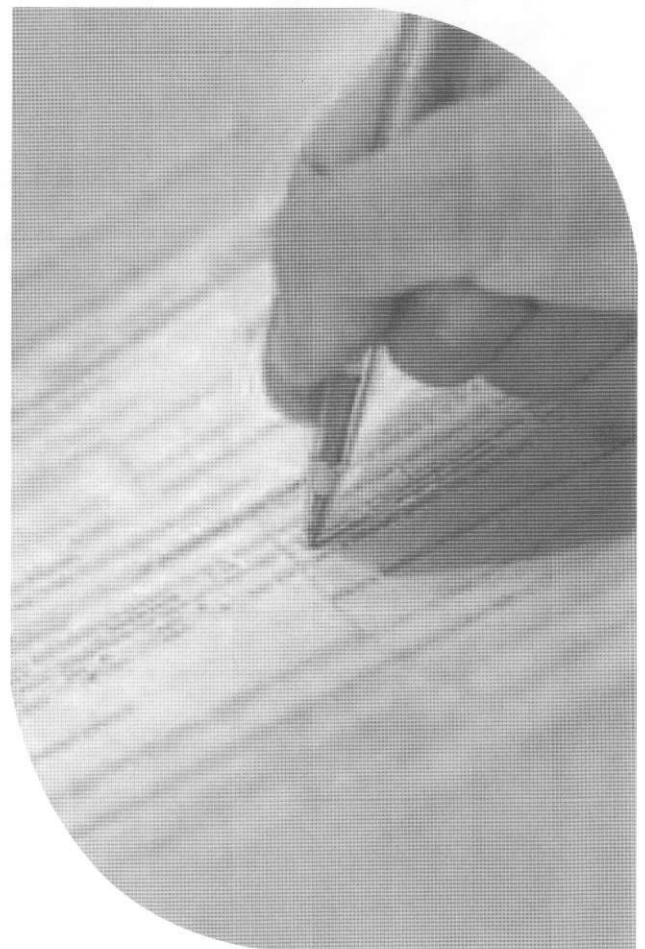


In Person:

Ventanillas de Salud, staffed by bilingual and culturally sensitive health workers, in the Mexican Consulates of Los Angeles and San Diego.

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)



Salud con Health Net

This health insurance plan covers preventive, medical, and hospital services in the Los Angeles and Orange County service areas and the Mexican Border (Tijuana, Rosarito, Tecate and Mexicali). However, each family member must choose to receive services either in Mexico or in the Orange County or the L.A. County service areas.

In Orange County and L.A. 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 Medicos Nacionales S.A. de C.V. (SIMNSA) Network.

Each member chooses a physician. A member living and working in the L.A. or Orange County service area who has selected a participating doctor in Los Angeles or Orange County is not covered by a SIMNSA network doctor in Mexico. Similarly, if family members choose a SIMNSA Network doctor in Mexico, they are not covered for care received in the U.S.

Eligibility Criteria:

- ▶ Must reside or work in Los Angeles 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 of age also are eligible
- ▶ Unmarried dependent children enrolled in an accredited school as full-time students and less than 24 years of age are also eligible, if proof of full-time student status is provided
- ▶ When applicable, Health Net accepts the Matricula Consular (Mexican I.D.)

 www.health.net/salud (Spanish)

 800-552-0088 (English)

800-331-1777 (Spanish)

Blue Shield's Access Baja HMO

Blue Shield's Access Baja HMO plans deliver the same benefits and monthly dues for people in Mexico as its Access+ HMO plan.

The Access Baja plans are available to businesses with at least two eligible employees who also offer other Blue Shield plans.

Plans offer:

- Qualified care from the 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
- Spanish-speaking member services with toll-free customer service from Mexico and the U.S.

Eligibility Criteria:

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

 800-248-5451 (Spanish)

800-424-6521 (English)

Mexican Social Security Institute (IMSS) Health Insurance for Mexicans Abroad

IMSS is 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 general medicine, specialized medicine, hospitalization, surgery, prenatal and maternal health care, laboratory tests, X-rays, and medicine. You can enroll at the Mexican consulate in San Diego, L.A. 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
- ▶ Qualified immigrants who entered the U.S. before August 22, 1996 (see page 3)
- ▶ Qualified immigrants who entered the U.S. on or after August 22, 1996 (see page 3)
- ▶ All other immigrants



800-981-2486 (Spanish)

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 healthcare 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. There is an annual family fee to enroll in the program that depends on the income of each family. This program is available to families that consist of: A wife, husband and direct descendents under 18 years of age; single kids in school from 18-25; dependent children with disabilities; direct ascendants over 64 years of age; and economic dependents living in the home.

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)
- ▶ Non affiliation to IMSS, ISSSTE or a private health insurance provider
- ▶ Pay an annual fee
- ▶ Family member can solicit Seguro Popular through the Module of Affiliation and Orientation (MAO)



www.salud.gob.mx
(Spanish)

Women, Infants and Children (WIC) Supplemental Nutrition

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. Fifty percent of the women and children on WIC in California are members of a family where one or both parents work outside the home.



Eligibility Criteria:

- ▶ Applicants must live in the state in which they apply with an income no more than 185% of the Federal Poverty Level (see page 2). You do not have to be a citizen or a qualified immigrant to be eligible for WIC.

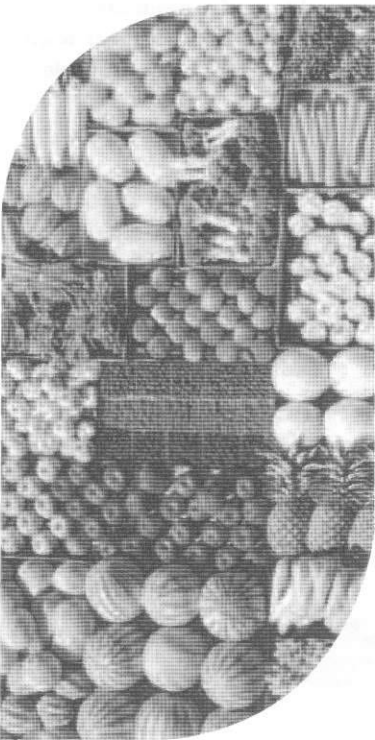
For additional information and county contacts:



www.fns.usda.gov/WIC
English/Spanish



888-942-9675



Food Stamps

Food Stamps is a federally-funded program that 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



800-221-5689



California Food Assistance Program phone numbers vary by county. All county contacts are posted on the Web site:
www.dss.ca.gov/foodstamps/CountyWelf_1724.htm
www.fns.usda.gov/fsp (English/Spanish)
www.nilc.org/ciwc/ciwc_cel/Food_Stamps.htm

Eligibility Criteria:

- ▶ To get food stamps, households must meet certain tests, including resource and income tests. Detailed information regarding general eligibility and immigrant eligibility available at: www.usda.gov/pd/fspmain.htm
*For more detailed eligibility criteria, see: www.fns.usda.gov/fsp/applicant_recipients/fs_Res_Ben_Elig.htm
- ▶ 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.

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 (if you are a pregnant woman or child under 19, you do not need proof of income) Examples: paycheck stub(s) for most recent month, unemployment benefits, proof of disability payments, letter from your employer, self-affidavit (Medi-Cal 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 if you are applying for full-scope Medi-Cal or application if you have one (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
- **Other proof:** Employment or registration with an employment agency, your child's/children's California school registration, food stamps or monetary 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 Healthcare/Coverage Programs Might Be Available?

Cancer Detection Programs: Every Woman Counts is a state program for women 40 and older, providing annual screening and diagnostic services for breast cancer.



800-511-2300

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

Breast and Cervical Cancer Treatment Program: A Medi-Cal program for women with confirmed diagnosis of cervical cancer and for men and women with confirmed diagnosis of breast cancer.



800-824-0088

www.dhs.co.la.ca.us/owh/programs_bcctp.htm
www.medi-cal.ca.gov

3 What Cash Assistance Programs Are Available?

Supplementary Security Income (SSI), State Supplementary Payment (SSP), CalWORKs and the General Assistance/Relief (GA/GR) Program are the most common. SSI provides monthly cash payments in accordance with uniform, nationwide eligibility requirements to persons who satisfy the criteria as needy aged, blind, and disabled persons. Children may qualify for SSI if they meet the applicable SSI requirements. Individuals and married couples are eligible for SSI if their countable incomes fall below the federal maximum monthly SSI benefit levels, which were \$579 for an individual and \$869 for a married couple in fiscal year 2004. The SSI payment is augmented with a State Supplementary Payment (SSP) grant to assist recipients with basic expenses.

CalWORKs is a welfare program that gives cash aid and services to needy adults and can be accessed through county Departments of Social or Human Services.

Cash Assistance Programs Often Require:

Proof of age, marital status, income and resources, establishment of blindness or disability, proof of residence in the U.S. and citizenship, or lawful alien status are generally required.



www.ssa.gov

www.dss.cahwnet.gov/cdssweb/california_169.htm



800-772-1213

(Social Security Administration)

4 Is There a Cash Assistance Program for Immigrants?

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:

Only "qualified" immigrants (see page 2) and persons who are "permanently residing in the U.S. under color of law" (PRUCOL) may be eligible regardless of when they entered the United States. In addition to these immigrant qualifications, you 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.



For more detailed information, please visit:

www.nilc.org/ciwc/ciwc_ce/ciwc_capi_q&a_0405.pdf
www.disabilitybenefits101.org/ca/programs/income_support/capi/index.htm



Department of Public Social Services
Central HELP Line:

877-481-1044

Resources

Guide To Health Programs: A Bilingual Resource To Help Find FREE Or Low-Cost Health Related Programs For You And Your Family

For pro bono legal assistance, contact:

The American Bar Association's directory

www.abanet.org/legalservices/probono/directory.html

www.lawhelpcalifornia.org

Legal Services Hotline For Seniors:

800-222-1753

For Translation Services:

PALS for Health 213-627-4850

For more information about legal issues and immigration status, visit these Web sites:

National Immigration Law Center
www.nilc.org

California Immigrant Welfare Collaborative
www.nilc.org/ciwc

National Health Law Center
www.healthlaw.org

These organizations do not provide legal assistance for individuals, but provide information and links to other resources.

Alameda County 510-383-8523	Alpine County 530-694-2235	Amador County 209-223-6550	Butte County 530-538-7711	Calaveras County 209-754-6444	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 530-934-6514	Humboldt County 707-269-3590 800-891-8551
Imperial County 760-337-6800	Inyo County 760-872-1394 760-876-5545	Kern County 661-631-6807	Kings County 559-582-3241	Lake County 707-995-4260	Lassen County 530-251-8152
Los Angeles County 562-908-6603	Madera County 559-675-7670	Marin County 415-499-7000	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 760-932-5600	Monterey County 831-755-8500 831-755-4650	Napa County 707-253-4279	Nevada County 530-265-1218	Orange County 714-541-7700
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 858-514-6885	San Francisco County 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 805-681-4200
Santa Clara County 408-423-0701	Santa Cruz County 831-454-4134	Shasta County 530-225-5767	Sierra County 530-993-6720	Siskiyou County 530-841-2700 530-938-5100	Solano County 707-553-5311
Sonoma County 707-565-5200	Stanislaus County 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 805-652-7601	Yolo County 530-661-2750	Yuba County 530-749-6311		

For free copies of this guidebook (publication No. 1706), please call:

1-888-430-2423