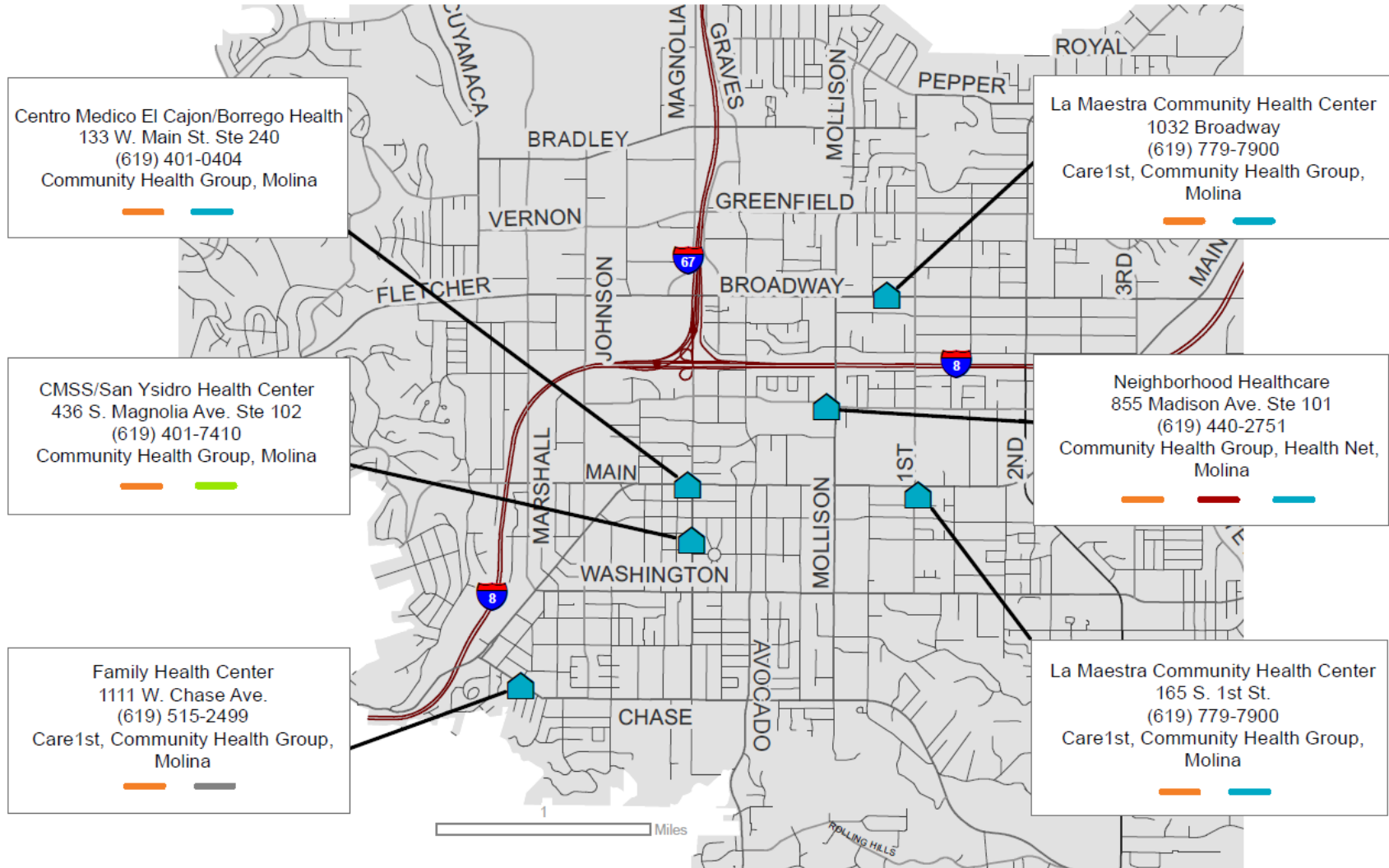


San Diego Refugee Forum

















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



- Arabic
- Spanish
- Chaldean
- Kurdish
- Language Line



San Diego Medi-Cal Managed Care Plans

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