

Questions about your Medi-Cal Managed Care Health Plan?

Need help:

- ✓ *Selecting a Health Plan?*
- ✓ *Changing your Health Plan?*
- ✓ *Keeping your current doctor?*
- ✓ *Choosing or changing a doctor?*

We Can Help!

Attend a Health Care Options (HCO) Orientation



Let us help you to

Health Care Options (HCO)

in San Diego

Questions? Need Help?

Call the HCO enrollment counselor at a Family Resource Center (FRC) near you.

Centre City FRC

1255 Imperial Ave, San Diego, CA
Enrollment Counselor: 619-237-8506

Northeast FRC

7290 El Cajon Blvd, San Diego, CA
Enrollment Counselor: 619-337-6240

El Cajon FRC

220 South First Ave, El Cajon, CA
Enrollment Counselor: 619-401-6184

North Inland FRC

649 W. Mission Ave, Suite 1000, Escondido, CA
Enrollment Counselor: 760-740-4069

Lemon Grove FRC

7065 Broadway, Lemon Grove, CA
Enrollment Counselor: 619-668-3784

Southeast FRC

4588 Market Street, San Diego, CA
Enrollment Counselor: 619-266-3963

North Central FRC

5055 Ruffin Rd, San Diego, CA
Enrollment Counselor: 858-573-7341

South Region FRC

690 Oxford Street, Chula Vista CA
Enrollment Counselor: 619-409-3296

North Coastal FRC

1315 Union Plaza Ct, Oceanside, CA
Enrollment Counselor: 760-754-5860

Healthy San Diego

Information Line: 619-515-6584

Questions? Problems?

Call the Consumer Center for Health Education and Advocacy – 1-877-434-3258 (toll free)
State Medi-Cal Ombudsman 1-888-452-8609
State Department of Managed Health Care 1-888-HMO-2219

Healthy San Diego Website:

http://www.sandiegocounty.gov/hhsa/programs/ssp/healthy_san_diego/index.html