

# 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

### **El Cajon FRC**

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

### **Lemon Grove FRC**

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

### **National City FRC**

401 Mile of Cars Way, National City, CA  
**Enrollment Counselor:** 619-731-3235

### **North Central FRC**

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

### **North Coastal FRC**

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

### **Northeast FRC**

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

### **North Inland FRC**

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

### **Southeast FRC**

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

### **Chula Vista FRC**

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

### **Healthy San Diego**

**Information Line:** 619-515-6584

**Questions about Covered California? *We Can Help!* Call your HCO rep today**

### **Concerns? Problems?**

Call the Consumer Center for Health Education and Advocacy: 1-877-734-3258 (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](http://www.sandiegocounty.gov/hhsa/programs/ssp/healthy_san_diego/index.html)