

Frequently Asked Questions

Who pays for my medical care when I have more than one health insurance?

The primary insurance will pay first, followed by the secondary insurance, including Medi-Cal.

Should I apply for my own health insurance?

At age 18, you can apply for your own health insurance. However, Medi-Cal requires you to remain on your parent's or guardian's case until age 21 if they claim you as a dependent on their income tax return.

Will I be required to enroll in a Medi-Cal managed care plan if I am not enrolled yet?

Yes, you will be required to enroll in a Medi-Cal managed care plan unless you have private insurance or a qualifying exemption.



Resources

- 211 San Diego - Community Resources.....2-1-1
- 511 San Diego - Transportation.....5-1-1
- 711 San Diego - Hearing Impaired.....7-1-1
- Access & Crisis Line.....888-724-7240
- Access to Independence.....619-293-3500
- Aging & Independence Services.....800-339-4661
- CA Housing Finance Agency.....877-922-5432
- CA State Dept. of Rehabilitation.....619-767-2100
- CA State DHS Ombudsman Office.....888-452-8609
- Challenge Center.....619-667-8644
- City of SD Therapeutic Recreation.....619-525-8247
- Covered California.....800-300-1506
- GHPP.....916-552-9105
- Health Care Options (Medi-Cal).....800-430-4263
- Housing & Community Development.858-694-4801
- Medi-Cal.....866-262-9881
- Project Access San Diego.....858-300-2777
- San Diego County Medical Society.....858-565-8888
- San Diego Housing Commission.....619-231-9400
- Scripps.....800-727-4777
- SDSU Fitness Clinic.....619-594-2017
- Sharp Health Care.....800-827-4277
- UC San Diego Health.....858-657-7000
- UCSD Specialty Care Physician Liaison Service
*Physicians can refer patients to UCSD Specialists
by sending a fax.....Fax: 619-398-2101

TDD -Telecommunications Device for the Deaf

- Access & Crisis Line.....TDD: 619-641-6992
- Access to Independence.....TTY/TDD 619-293-7757
- CA State Dept. of Rehabilitation.TTY: 619-767-2159
- Covered CaliforniaTTY: 888-889-4500



WELCOME TO ADULTHOOD



Welcome to Adulthood

At age 18, you are legally an adult and you are faced with responsibilities that affect your medical care.

It is very important that you begin to plan the transition from pediatric care to adult medical care right now!

At age 21, you will no longer be eligible to receive services from California Children's Services (CCS).

This change to adulthood can be challenging. CCS would like to help you with your transition planning by providing you with information and resources.

Please read the following information and checklist to help guide you in your transition to adulthood.

Things to consider for a successful transition

At age 18, the law requires that we only speak with you about your health and medical needs. In order for any medical information to be released to anyone other than you, it is necessary that you sign and submit a Release of Information (ROI) form after you turn age 18. The ROI or "Authorization to Use or Disclose Protected Health Information (23-07 HHSA)" allows us to discuss information with the authorized person you list on the form.

An ROI is not needed if you are incapable of giving informed consent, making informed decisions, incapable of advocating on their own behalf, or is under conservatorship.

- If a conservatorship is in place, a copy of the Conservatorship Letter is required to be submitted to CCS.

Changes to your health insurance

Changes in your health insurance coverage may change the coverage for your primary care physician, medical specialists, pharmacy, home health services, durable medical equipment (DME) and medical supply vendors.

- Choose a health plan that will cover your selected medical providers.
- Learn the authorization process of your health plan for medical services, medications, DME and medical supplies.
- Make a list of your current medical providers with their addresses and phone numbers. Make sure to include your health plan, primary care physician, medical specialists, pharmacy, home health services, DME and medical supply vendors.
- Know your medical condition, treatment plan and medications.
- Ask your current medical specialists for an introductory letter about your diagnosis and treatment plan to share with your next adult medical specialist.

- Discuss with your medical specialist and primary care physician about referring you to an adult specialist to ensure medical care after age 21.
- Find out what health coverage you have: Medi-Cal, Medicare, private health maintenance organization (HMO) or preferred provider organization (PPO) and ask about the changes to your health insurance coverage at age 21.



For transition planning questions please call (619) 528-4000 or scan the QR code to visit our website

