

Activity: Know your Doctor And How to Make an Appointment			
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How •	On the last page, appointment by fil provided. Email the comple	this assignment? of the information provide complete the activity and ling in all of the answers ted work along with this of congruence of the congruence of	d prepare for a doctor's to the questions
	may earn up to \$20 Inment.	0.00 ILP dollars for com	npleting this
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Know Your Doctor

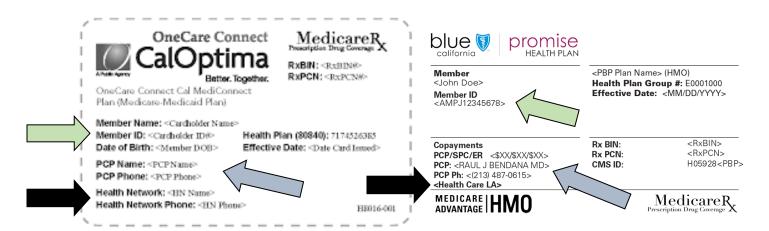
Why is Medical Insurance Important?

Most of us never think about insurance until we are having a major issue, which is a bad time to try to figure out who your Doctor is! Your health is extremely important, and also can be pretty fragile, so it's no surprise that going to the doctor to heal you when you are hurt, or sick can get really expensive. Without medical insurance, a single trip to the hospital can leave you tens of thousands of dollars in debt. Since we never know when an accident or serious illness can happen, it is important to not only keep your medical insurance active, but to know what insurance and doctor you have. Current/Former Foster Youth are eligible for Free Medical insurance through MediCal until their 26th Birthday

I have Insurance and my medical card... How do I know what Doctor I have?

I wish there was an easy answer to this, but every insurance is going to be a little bit different. If you have your Medical Insurance Card, your Member ID (Green Arrow), PCP - Primary Care Doctor (Gray Arrow) and Medical Group or Health Network (Black Arrow) will be listed on it. Your Medical card will usually have info on your copayments (what you need to pay for your visits to your PCP, ER, etc) as well.

Some examples of medical cards are below.



You may also have a California Benefits Identification Card





I think I have insurance, but I lost my card and don't know who my doctor is...

Every Insurance company has a patient hotline and website where you can look up your information. If you know the name of your insurance company you can just google it to find the info. For this example we will use MediCal/Cal Optima since current/former foster care receive this for free until their 26th birthday

Call CalOptima if you lose your Cal Optima card at: **1-888-587-8088**. They are open Monday—Friday, from 8 a.m.—5:30 p.m

I know my insurance but need to choose a new doctor.

Each Insurance will be a little different, but below is info for CalOptima.

- Your health network can help you choose a new doctor.
- You can change your primary care provider (PCP) every 30 days within the same health network.
- You may change your health network every 30 days by completing and returning a Selection Form or calling our Customer Service department to request the change at **1**-888-587-8088 or **1-714-246-8500**.
- If you don't choose a primary care doctor, CalOptima will choose a doctor for you.
 - Automatic doctor assignments are made to a doctor within 10 miles of your home address and who speaks your language

OK, OK, I know my doctor, and I need to make an appointment. Now what?

It's always good to take a minute to get everything together before calling to make an appointment. For this activity, use the template below to write out your info before you make a call so it's all in one place. It can help ease the anxiety of making these calls if you already know what you need to say before calling.

For the activity, you don't need to fill in all of your personal information. When filling in account numbers etc, you can make up the numbers. **SEE NEXT PAGE FOR THE ACTIVITY**

Important Phone Numbers

Medi-Cal – 1-800-541-555 Cal Optima - 714-246-8500 Denti-Cal (Dentist) - 1-800-322-6384 VSP (Vision) – 1-800-438-4560

Making an Appointment Activity

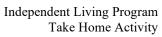
Before you call to make an appointment, fill in the following information:

Notes for your visit:

Be honest!

Ask questions!

Bring a list of things you need to talk to them about so you don't forget! If you don't understand, ask them to explain it in a different way.





Bring a list of any/all medications you take and when/how much you take.