

**IMPORTANT INFORMATION:  
Changes to your Medi-Cal coverage  
during your pregnancy and after you give birth**

You now have Medi-Cal benefits for pregnancy-related and emergency services only. When you are six months pregnant, you may get full Medi-Cal benefits.

With this change to full benefits, you must join a Medi-Cal Managed Care Health Plan (Managed Care Plan), with a few exceptions. Because you are pregnant, if your doctor is not part of a Managed Care Plan in your county, you can ask for a delay in joining a health plan until 60 days after you give birth.

Health Care Options (HCO) will send you a packet about the health plans in your county. If you want to keep your current doctor, ask them if they are part of a Managed Care Plan or call the health plans in your county directly before making a choice.

To join a Managed Care Plan, ask for a delay in joining, or to get more information about a Managed Care Plan, call HCO at their toll free number, between the hours of 8:00 AM and 5:00 PM, Monday through Friday.

**Health Care Options: 1-800-430-4263**

Before you call HCO, you will need to know the name of your doctor. If you want help in person, your packet includes a list of locations and times where you can get assistance.

If you cannot get a delay from joining a health plan, you must choose a Managed Care Plan or one will be chosen for you.