



California's protection & advocacy system

Medi-Cal Managed Care: Not Required if You Have Private Insurance

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This fact sheet tells you how can stay out of a Medi-Cal Managed Care Plan (MCP) and stay in regular Medi-Cal if you have private insurance. This fact sheet ONLY applies to Two-Plan and Geographic Managed Care (GMC) counties. Two-Plan counties are: Alameda, Contra Costa, Fresno/Kings/Madera, Kern, Los Angeles, Riverside/San Bernardino, San Francisco, San Joaquin/Stanislaus, Santa Clara, and Tulare. GMC counties are: Sacramento and San Diego

Medi-Cal calls private insurance Other Health Coverage (OHC). Examples of OHC are Cigna and United Healthcare. If you are a Medi-Cal beneficiary and have OHC, you do not have to enroll into a MCP.

If you received a packet asking you to enroll into a MCP, you can stay out of a MCP and keep your regular Medi-Cal by completing these steps:

1. Enter the Medi-Cal beneficiary's OHC on the DHCS website:
http://www.dhcs.ca.gov/services/Pages/TPLRD_OCU_cont.aspx Click "To add (OHC): OHC additions." Enter the security code to continue, and then enter the information as requested on the screen.
2. Wait 24 hours, then do step #3.
3. Email the Medi-Cal Managed Care Ombudsman at:
MMCDombudsmanOffice@dhcs.ca.gov and write "[I/My child] [Medi-Cal beneficiary name], Medi-Cal # [xxxxxxxxxx] has OHC that should be showing up in the State computer system. Please help me by informing Health Care Options that [I/he/she] [am/is] no longer in a mandatory enrollment category, and [do/does] not want to enroll in Medi-Cal

managed care. [I/He/She] will keep fee-for-service Medi-Cal. Please respond and confirm. Thank you.”

If you do not receive an email response from the Ombudsman, you can call them at 1-888-452-8609 Monday through Friday from 8am to 5pm.

If the Ombudsman instructs you to obtain a Medical Exemption from your doctor in order to stay out of MCP, this is wrong. Please contact Disability Rights California at 800-776-5746.

For more information on Medi-Cal Managed Care, please review:
<http://www.disabilityrightsca.org//pubs/549501.pdf>

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For legal assistance call 800-776-5746 or complete a [request for assistance form](#). For all other purposes call 916-504-5800 (Northern CA); 213-213-8000 (Southern CA).

Disability Rights California is funded by a variety of sources, for a complete list of funders, go to <http://www.disabilityrightsca.org/Documents/ListofGrantsAndContracts.html>.