

# health sense

CONTRA COSTA  
HEALTH



Fall 2023



## Don't lose your Medi-Cal: Renew it!

If you get a yellow envelope in the mail from Medi-Cal, you need to take action to keep your Medi-Cal.

You can renew:

- Online at **benefitscal.com**.
- By filling out and returning the forms from the yellow envelope.
- By calling **866-663-3225** (TTY: **711**).

Beware of scams! Contra Costa County and the State of California will **never** ask you to pay to apply for or renew Medi-Cal.

Don't miss any important notices from Medi-Cal. Make sure the county Medi-Cal office has your up-to-date contact information. Check online at **benefitscal.com** or call **866-663-3225** (TTY: **711**).

## Do you need an interpreter who speaks your language?

Did you know that Contra Costa Health Plan has trained interpreters? They can help you by phone and sometimes in person. They speak many languages, including sign language.

Interpreters make sure that you and your primary care provider (PCP) can communicate clearly. With their help, you can get all your questions answered. This service is free and easy to use.

If you think you need an interpreter at your next PCP visit, ask for one. If you have any problems, call **877-661-6230** and follow the

prompts to reach Member Services. Member Services is open Monday to Friday from 8 a.m. to 5 p.m.

We can also help with documents. Just ask Member Services.

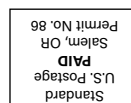
MEDI-CAL BENEFICIARIES

Take action  
to keep your  
Medi-Cal!

Watch for an important  
renewal letter coming soon.



RMC



THE FLU SHOT

# Why timing matters

When it comes to getting your yearly flu shot, it pays to be an early bird. Here's why:

It takes about 2 weeks after the shot for your body to build immunity and start protecting against the flu. So it's a good idea to get yours before the flu starts going around.

When is the best time? As soon as the shot is available in the fall. It's good to have it done by the end of October. But even in January or later, a flu shot is worth it. The flu is still active well into the spring.

Yearly flu shots are a good idea for everyone in your family 6 months and older.

Source: Centers for Disease Control and Prevention



## WHERE YOU CAN GET A FLU SHOT

FOR PEOPLE WITH MEDI-CAL	FOR COUNTY EMPLOYEES WITH CCHP
<ul style="list-style-type: none"> <li>● At your primary care provider's office. See walk-in flu schedule.</li> <li>● Pharmacies: Find a pharmacy near you to get a flu shot: <a href="https://www.medi-calrx.dhcs.ca.gov">medi-calrx.dhcs.ca.gov</a>. Bring your Medi-Cal benefits card (19 years and older only).</li> <li>● Public health immunizations: Make an appointment at <a href="https://www.vax.cchealth.org">vax.cchealth.org</a> (all ages).</li> </ul>	<ul style="list-style-type: none"> <li>● At your primary care provider's office. See walk-in flu schedule.</li> <li>● Rite Aid or Walgreens (if over 3 years old). Bring your Contra Costa Health Plan member card.</li> <li>● Public health immunizations: Make an appointment at <a href="https://www.vax.cchealth.org">vax.cchealth.org</a> (all ages).</li> </ul>

## AMBULATORY CARE WALK-IN FLU CLINICS SCHEDULE FOR FALL 2023

CLINIC	DATES	TIMES
Antioch Health Center 2335 Country Hills Drive Antioch, CA 94509	<ul style="list-style-type: none"> <li>● Oct. 17</li> <li>● Oct. 19</li> <li>● Oct. 26</li> </ul>	<ul style="list-style-type: none"> <li>● 5:30 to 8 p.m.</li> <li>● 5:30 to 8 p.m.</li> <li>● 5:30 to 8 p.m.</li> </ul>
Brentwood Health Center 171 Sand Creek Road, Suite A Brentwood, CA 94513	<ul style="list-style-type: none"> <li>● Oct. 13</li> <li>● Oct. 18</li> <li>● Oct. 20</li> <li>● Oct. 25</li> </ul>	<ul style="list-style-type: none"> <li>● 1:30 to 4 p.m.</li> <li>● 5:30 to 8 p.m.</li> <li>● 1:30 to 4 p.m.</li> <li>● 5:30 to 8 p.m.</li> </ul>
Bay Point Health Center 215 Pacifica Ave. Bay Point, CA 94565	<ul style="list-style-type: none"> <li>● Oct. 19</li> <li>● Oct. 27</li> </ul>	<ul style="list-style-type: none"> <li>● 1 to 4:30 p.m.</li> <li>● 8:30 to 11:30 a.m.</li> </ul>
Concord Health Center 3052 Willow Pass Road Concord, CA 94519	<ul style="list-style-type: none"> <li>● Starting Oct. 1</li> </ul>	<ul style="list-style-type: none"> <li>● Monday through Friday, 8 to 11:30 a.m. and 1 to 4:30 p.m.</li> </ul>
Martinez Health Center 2500 Alhambra Ave. Martinez, CA 94553	<ul style="list-style-type: none"> <li>● Oct. 9 and 12</li> <li>● Oct. 16 and 19</li> <li>● Oct. 23 and 26</li> </ul>	<ul style="list-style-type: none"> <li>● 5:30 to 8 p.m.</li> <li>● 5:30 to 8 p.m.</li> <li>● 5:30 to 8:30 p.m.</li> </ul>
Miller Wellness Health Center 25 Allen St. Martinez, CA 94553	<ul style="list-style-type: none"> <li>● Oct. 2 and 16</li> <li>● Oct. 5 and 12</li> </ul>	<ul style="list-style-type: none"> <li>● 8:30 a.m. to 4:30 p.m.</li> <li>● 1:30 to 4:30 p.m.</li> </ul>
West County Health Center 13601 San Pablo Ave. San Pablo, CA 94806	<ul style="list-style-type: none"> <li>● Oct. 11, 12, 18, 19</li> </ul>	<ul style="list-style-type: none"> <li>● 5 to 8:30 p.m.</li> </ul>
Pittsburg Health Center 2311 Loveridge Road Pittsburg, CA 94565	<ul style="list-style-type: none"> <li>● Oct. 4, 11, 18, 25</li> </ul>	<ul style="list-style-type: none"> <li>● 5:30 to 8 p.m.</li> </ul>



# Is it breast cancer?

Know the possible signs and symptoms

You've probably heard or read the statistic by now: About 1 in 8 women in the U.S. will be diagnosed with breast cancer during her lifetime.

Treatments work best when breast cancer is caught early. That's why it's important to get screened regularly for the disease if you're 45 or older. But it's equally as important to know the signs and symptoms of breast cancer at any age, since even younger women can—and do—get the disease.

## Be on the lookout—and speak up

Don't ignore any changes to the look or feel of your breasts. Chances are, something other than cancer is the cause. But it's always best to let your primary care provider know if

you're having any of the following possible signs or symptoms of breast cancer:

- A lump or thickening in or near a breast or in the underarm area.
- A change in the size or shape of a breast.
- A dimple or puckering in the skin of a breast.
- A nipple that has turned inward or a sore near the nipple.
- Fluid, other than breast milk, leaking from a nipple, especially if the fluid is bloody or leaks from only one breast.
- Skin irritation or changes—such as puckering, dimpling, scaliness or new creases—anywhere on a breast, nipple or areola (the dark area of skin around the nipple).

- Dimples in a breast that look like the skin of an orange.
- Pain in a breast, especially if the pain doesn't go away.

Your provider will ask you how long and how often you've been experiencing these signs and symptoms. They'll also examine your breasts. And, if necessary, they may take a sample of your blood and order tests like a mammogram, an ultrasound or a breast MRI. You may need a biopsy if results of those tests suggest something suspicious.

The thought of having breast cancer can be scary. But try to remember that other conditions can cause changes to your breasts. That's why it's always best to see your provider and get a diagnosis.

Sources: American Cancer Society; American Society of Clinical Oncology; Centers for Disease Control and Prevention; National Cancer Institute





# Talk with your doc at a wellness checkup

It's a good idea to see your primary doctor at least once a year, even when you're not sick. This is called a wellness checkup. And it gives you the chance to focus on how to be as healthy as you can be.

## What you can talk about

At your checkup, you and your doctor can team up to tackle any changes that might improve your health. For instance, you might talk about:

- **Vaccines you need.** Shots aren't just for kids. Adults need them too. They're safe—and they can help prevent serious illnesses, like the flu, pneumonia and shingles. Ask your doctor which shots you need.
- **Health screenings.** These tests can help spot diseases, like cancer, early. That's usually when they're easiest to treat.
- **Your weight.** Your doctor can check your body mass index (BMI). BMI uses your weight and height to estimate how much

body fat you have. A high BMI could mean you're overweight. A low BMI could mean you're underweight. If you need to make a change, your doctor can give you tips on healthy foods and exercise habits that might help.

- **Chronic health problems.** A checkup is a good time to review how you're coping with long-term health conditions such as diabetes or high blood pressure.
- **Your medicines.** Your doctor can review all your medicines to make sure they're safe together and working well for you. This includes any herbs, vitamins and over-the-counter medicines you take.
- **Substance use.** Ask your doctor for help with smoking, alcohol or drug problems.
- **Your mental health.** Let your doctor know if you're feeling stressed or depressed. Treatment can help.

Sources: American Academy of Family Physicians; U.S. Department of Health and Human Services; U.S. Food and Drug Administration

## Nondiscrimination notice

Discrimination is against the law. Contra Costa Health Plan (CCHP) follows State and Federal civil rights laws. CCHP does not unlawfully discriminate, exclude people, or treat them differently because of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity or sexual orientation.

CCHP provides:

- Free aids and services to people with disabilities to help them communicate better, such as:
  - ✓ Qualified sign language interpreters.
  - ✓ Written information in other formats (large print, audio, accessible electronic formats, other formats).
- Free language services to people whose primary language is not English, such as:
  - ✓ Qualified interpreters.
  - ✓ Information written in other languages.

If you need these services, contact CCHP between 8 a.m. and 5 p.m. by calling **877-661-6230**. If you cannot hear or speak well, please call TTY: **711**. Upon request, this document can be made available to you in braille, large print, audiocassette or electronic form. To obtain a copy in one of these alternative formats, please call or write to: Contra Costa Health Plan  
595 Center Ave., Suite 100  
Martinez, CA 94553  
**877-661-6230** (TTY: 711)

## HOW TO FILE A GRIEVANCE

If you believe that CCHP has failed to provide these services or unlawfully discriminated in another way on the basis of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation, you can file a grievance with CCHP's Civil Rights Coordinator. You can file a grievance by phone, in writing, in person, or electronically:

- By phone: Contact CCHP between 8 a.m. and 5 p.m. by calling **877-661-6230**. Or, if you cannot hear or speak well, please call TTY/TDD: **711**.
- In writing: Fill out a complaint form or write a letter and send it to: CCHP Civil Rights Coordinator, Member Grievance Unit, 595 Center Ave., Suite 100, Martinez, CA 94553 or fax it to **925-313-6047**.
- In person: Visit your doctor's office or CCHP and say you want to file a grievance.
- Electronically: Visit CCHP's website at **contracostahealthplan.org**.

## OFFICE OF CIVIL RIGHTS-CALIFORNIA DEPARTMENT OF HEALTH CARE SERVICES

If you have Medi-Cal, you can also file a civil rights complaint with the California Department of Health Care Services, Office of Civil Rights, by phone, in writing, or electronically:

- By phone: Call **916-440-7370**. If you cannot speak or hear well, please call TTY/TDD: **711** (Telecommunications Relay Service).
- In writing: Fill out a complaint form or send a letter to:  
Deputy Director, Office of Civil Rights  
Department of Health Care Services Office of Civil Rights  
P.O. Box 997413, MS 0009  
Sacramento, CA 95899-7413  
Complaint forms are available at **[http://www.dhcs.ca.gov/Pages/Language\\_Access.aspx](http://www.dhcs.ca.gov/Pages/Language_Access.aspx)**.
- Electronically: Send an email to **CivilRights@dhcs.ca.gov**.

## OFFICE FOR CIVIL RIGHTS-U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

If you believe you have been discriminated against on the basis of race, color, national origin, age, disability, or sex, you can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights by phone, in writing, or electronically:

- By phone: Call **800-368-1019**. If you cannot speak or hear well, please call TTY/TDD: **800-537-7697**.
- In writing: Fill out a complaint form or send a letter to:  
U.S. Department of Health and Human Services  
200 Independence Ave., SW  
Room 509F, HHH Building  
Washington, D.C. 20201  
Complaint forms are available at **<http://www.hhs.gov/ocr/office/file/index.html>**.
- Electronically: Visit the Office for Civil Rights Complaint Portal at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**.

## TAGLINES

### **English**

ATTENTION: If you need help in your language call 1-877-661-6230 (TTY: 711). Aids and services for people with disabilities, like documents in braille and large print, are also available. Call 1-877-661-6230 (TTY: 711). These services are free of charge.

### **الشعار بالعربية (Arabic)**

يُرجى الانتباه: إذا احتجت إلى المساعدة بلغتك، فاتصل بـ (TTY: 711) 1-877-661-6230. تتوفر أيضًا المساعدات والخدمات للأشخاص ذوي الإعاقة، مثل المستندات المكتوبة بطريقة بربيل والخط الكبير. اتصل بـ (TTY: 711) 1-877-661-6230. هذه الخدمات مجانية.

### **Հայերեն պիտակ (Armenian)**

ՈՒՇԱԴՐՈՒԹՅՈՒՆ: Եթե Ձեզ օգնություն է հարկավոր Ձեր լեզվով, զանգահարեք 1-877-661-6230 (TTY: 711): Կան նաև օժանդակ միջոցներ ու ծառայություններ հաշմանդամություն ունեցող անձանց համար, օրինակ՝ Բրայլի գրատիպով ու խոշորատառ տպագրված նյութեր: Չանգահարեք 1-877-661-6230 (TTY: 711): Այդ ծառայություններն անվճար են:

### **ឃ្លាសម្គាល់ជាភាសាខ្មែរ (Cambodian)**

ចំណាំ: បើអ្នក ត្រូវ ការជំនួយ ជាភាសា របស់អ្នក សូម ទូរស័ព្ទទៅលេខ 1-877-661-6230 (TTY: 711)។ ជំនួយ និង សេវាកម្ម សម្រាប់ ជនពិការ ដូចជាឯកសារសរសេរជាអក្សរធំ សម្រាប់ជនពិការភ្នែក ឬឯកសារសរសេរជាអក្សរពុម្ពធំ ក៏អាចរកបានផងដែរ។ ទូរស័ព្ទមកលេខ 1-877-661-6230 (TTY: 711)។ សេវាកម្មទាំងនេះមិនគិតថ្លៃឡើយ។

### **简体中文标语 (Chinese)**

请注意：如果您需要以您的母语提供帮助，请致电 1-877-661-6230 (TTY: 711)。另外还提供针对残疾人士的帮助和服务，例如盲文和需要较大字体阅读，也是方便取用的。请致电 1-877-661-6230 (TTY: 711)。这些服务都是免费的。

### **مطلب به زبان فارسی (Farsi)**

توجه: اگر می‌خواهید به زبان خود کمک دریافت کنید، با (TTY: 711) 1-877-661-6230 تماس بگیرید. کمک‌ها و خدمات مخصوص افراد دارای معلولیت، مانند نسخه‌های خط بریل و چاپ با حروف بزرگ، نیز موجود است. با 1-877-661-6230 (TTY: 711) تماس بگیرید. این خدمات رایگان ارائه می‌شوند.

### **हिंदी टैगलाइन (Hindi)**

ध्यान दें: अगर आपको अपनी भाषा में सहायता की आवश्यकता है तो 1-877-661-6230 (TTY: 711) पर कॉल करें। अशक्तता वाले लोगों के लिए सहायता और सेवाएं, जैसे ब्रेल और बड़े प्रिंट में भी दस्तावेज़ उपलब्ध हैं। 1-877-661-6230 (TTY: 711) पर कॉल करें। ये सेवाएं नि: शुल्क हैं।

### **Nge Lus Hmoob Cob (Hmong)**

CEEB TOOM: Yog koj xav tau kev pab txhais koj hom lus hu rau 1-877-661-6230 (TTY: 711). Muaj cov kev pab txhawb thiab kev pab cuam rau cov neeg xiam oob qhab, xws li puav leej muaj ua cov ntawv su thiab luam tawm ua tus ntawv loj. Hu rau 1-877-661-6230 (TTY: 711). Cov kev pab cuam no yog pab dawb xwb.

### **日本語表記 (Japanese)**

注意日本語での対応が必要な場合は 1-877-661-6230 (TTY: 711)へお電話ください。点字の資料や文字の拡大表示など、障がいをお持ちの方のためのサービスも用意しています。 1-877-661-6230 (TTY: 711)へお電話ください。これらのサービスは無料で提供しています。

### **한국어 태그라인 (Korean)**

유의사항: 귀하의 언어로 도움을 받고 싶으시면 1-877-661-6230 (TTY: 711) 번으로 문의하십시오. 점자나 큰 활자로 된 문서와 같이 장애가 있는 분들을 위한 도움과 서비스도 이용 가능합니다. 1-877-661-6230 (TTY: 711) 번으로 문의하십시오. 이러한 서비스는 무료로 제공됩니다.

## **ແທກໄລພາສາລາວ (Laotian)**

ປະກາດ: ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານໃຫ້ໂທຫາເບີ 1-877-661-6230 (TTY: 711). ຍັງມີຄວາມຊ່ວຍເຫຼືອແລະການບໍລິການສໍາລັບຄົນມີການ ເຊັນເອກະສານທີ່ເປັນອັກສອນນູນແລະມີໂຕພິມໃຫຍ່ 1-877-661-6230 (TTY: 711). ການບໍລິການເຫຼົ່ານີ້ບໍ່ຕ້ອງເສຍຄ່າໃຊ້ຈ່າຍໃດໆ.

## **Mien Tagline (Mien)**

LONGC HNYOUV JANGX LONGX OC: Beiv taux meih qiex longc mienh tengx faan benx meih nyei waac nor douc waac daaih lorx taux 1-877-661-6230 (TTY: 711). Liouh lorx jauv-louc tengx aengx caux nzie gong bun taux ninh mbuo wuaaic fangx mienh, beiv taux longc benx nzangc-pokc bun hluc mbiutc aengx caux aamz mborqv benx domh sou se mbenc nzaih bun longc. Douc waac daaih lorx 1-877-661-6230 (TTY: 711). Naaiv deix nzie weih gong-bou jauv-louc se benx wang-henh tengx mv zuqc cuotv nyaanh oc.

## **ਪੰਜਾਬੀ ਟੈਗਲਾਈਨ (Punjabi)**

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਾਲ ਕਰੋ 1-877-661-6230 (TTY: 711). ਅਪਾਰਜ ਲੋਕਾਂ ਲਈ ਸਹਾਇਤਾ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬ੍ਰੇਲ ਅਤੇ ਮੋਟੀ ਛਪਾਈ ਵਿੱਚ ਦਸਤਾਵੇਜ਼, ਵੀ ਉਪਲਬਧ ਹਨ। ਕਾਲ ਕਰੋ 1-877-661-6230 (TTY: 711). ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

## **Русский слоган (Russian)**

ВНИМАНИЕ! Если вам нужна помощь на вашем родном языке, звоните по номеру 1-877-661-6230 (линия TTY: 711). Также предоставляются средства и услуги для людей с ограниченными возможностями, например документы крупным шрифтом или шрифтом Брайля. Звоните по номеру 1-877-661-6230 (линия TTY: 711). Такие услуги предоставляются бесплатно.

## **Mensaje en español (Spanish)**

ATENCIÓN: si necesita ayuda en su idioma, llame al 1-877-661-6230 (TTY: 711). También ofrecemos asistencia y servicios para personas con discapacidades, como documentos en braille y con letras grandes. Llame al 1-877-661-6230 (TTY: 711). Estos servicios son gratuitos.

## **Tagalog Tagline (Tagalog)**

ATENSIYON: Kung kailangan mo ng tulong sa iyong wika, tumawag sa 1-877-661-6230 (TTY: 711). Mayroon ding mga tulong at serbisyo para sa mga taong may kapansanan, tulad ng mga dokumento sa braille at malaking print. Tumawag sa 1-877-661-6230 (TTY: 711). Libre ang mga serbisyo ng ito.

## **แท็กไลน์ภาษาไทย (Thai)**

โปรดทราบ: หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ กรุณาโทรศัพท์ไปที่หมายเลข 1-877-661-6230 (TTY: 711) นอกจากนี้ ยังพร้อมให้ความช่วยเหลือและบริการต่าง ๆ สำหรับบุคคลที่มีความพิการ เช่น เอกสารต่าง ๆ ที่เป็นอักษรเบรลล์และเอกสารที่พิมพ์ด้วยตัวอักษรขนาดใหญ่ กรุณาโทรศัพท์ไปที่หมายเลข 1-877-661-6230 (TTY: 711) ไม่มีค่าใช้จ่ายสำหรับบริการเหล่านี้

## **Примітка українською (Ukrainian)**

УВАГА! Якщо вам потрібна допомога вашою рідною мовою, телефонуйте на номер 1-877-661-6230 (TTY: 711). Люди з обмеженими можливостями також можуть скористатися допоміжними засобами та послугами, наприклад, отримати документи, надруковані шрифтом Брайля та великим шрифтом. Телефонуйте на номер 1-877-661-6230 (TTY: 711). Ці послуги безкоштовні.

## **Khẩu hiệu tiếng Việt (Vietnamese)**

CHÚ Ý: Nếu quý vị cần trợ giúp bằng ngôn ngữ của mình, vui lòng gọi số 1-877-661-6230 (TTY: 711). Chúng tôi cũng hỗ trợ và cung cấp các dịch vụ dành cho người khuyết tật, như tài liệu bằng chữ nổi Braille và chữ khổ lớn (chữ hoa). Vui lòng gọi số 1-877-661-6230 (TTY: 711). Các dịch vụ này đều miễn phí.

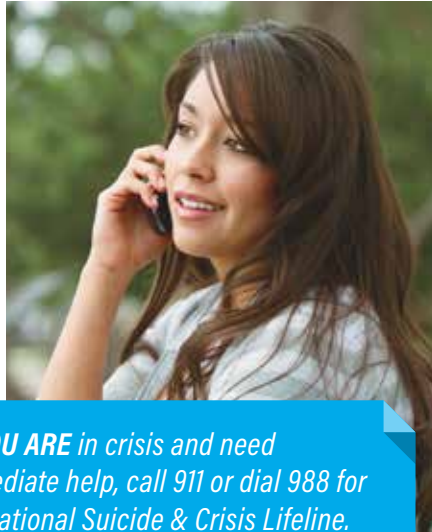
# Taking care of your mental health

*Mental health* is how you're feeling in your mind. It can impact your ability to function. *Behavioral health* is about how you act. It can be things like:

- Abuse of alcohol and other drugs.
- Eating disorders.
- Suicidal thoughts.
- Self-harm.

We all get sad or nervous sometimes. But depression or anxiety may keep us from enjoying activities. These emotions and behaviors can affect our relationships and make us feel like we're losing control.

The good news is that Contra Costa Health Plan (CCHP) covers treatments for these issues. All members can go to in-network providers without a referral. You can choose a provider from our online directory. Call to set an appointment and begin treatment. The first 8 visits are covered. This includes an initial consultation and up to 7 follow-up visits. (When you call, make sure they accept your insurance plan.) If you need more care, the provider will ask for additional treatment. This



**IF YOU ARE** in crisis and need immediate help, call 911 or dial 988 for the national Suicide & Crisis Lifeline.

is based on the treatment plan that they have created for you.

If you're not sure what kind of treatment you need, we can help. *Medi-Cal* members should call the County Access Line at **888-678-7277**. They will help you find the right type of care and refer you to a provider. *Commercial Plan* members can call the CCHP Advice Nurse line at **877-661-6230, option 1**. They will help you find the type of care you need. As always, you can also talk with your primary care provider about your concerns. They can help find the right care for you.

## Community Support Services: Improving your health

Medi-Cal now offers new, statewide services called Community Supports to help with the social factors that can affect people's health. Currently, Contra Costa Health Plan provides the following Community Supports:

- **Asthma remediation.** This service helps members make physical changes to their homes to avoid asthma episodes triggered by things like mold.
- **Medically supportive food/medically tailored meals.** Members get nutritious, ready-to-eat meals and healthy groceries to support their health needs.
- **Housing transition navigation services.** For members who are homeless or at risk of homelessness, this service assists in finding, applying for and securing housing.
- **Housing deposits.** For homeless members, this support includes help with housing security deposits, utility setup fees, first and last month's rent, and the first month's utilities.
- **Housing tenancy and sustaining services.** Once housing is secured, this service helps members maintain safe and stable tenancy.
- **Short-term post-hospitalization housing.** Members without a home, who have high medical or mental health and substance use disorder needs, can get short-term housing for up to 6 months to continue their recovery.
- **Recuperative care (medical respite).** Members with unstable housing, who no longer need hospitalization but need time to heal from an injury or illness, receive short-term residential care.

To find out more about these services and check if you qualify, please contact your primary care provider.

**ARE YOU A MEDI-CAL MEMBER** who needs help getting a ride to your medical or dental appointments? Call our Transportation Unit for help at **855-222-1218**. Visit our website for more information.

HEALTH SENSE is published for the members of CONTRA COSTA HEALTH PLAN, 595 Center Ave., Suite 100, Martinez, CA 94553, telephone 925-313-6000, website [contracostahealthplan.org](http://contracostahealthplan.org).

HEALTH SENSE contains educational health information of general interest. It is not intended to be medical advice and cannot be relied upon as medical advice.

HEALTH SENSE may also contain general information about plan benefits. Plan benefits vary, and for information about your

**Editor in Chief**  
**Medical Director**  
**Chief Executive Officer**

**Sofia Rosales**  
**Dennis Hsieh, MD**  
**Sharron Mackey**

particular benefit plan, please see your Evidence of Coverage booklet or call Member Services at **877-661-6230 (TTY: 711)**.

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Si desea este folleto en español, llame al **877-661-6230 (oprima 2)**.