

Medi-Cal resources

Video companion guide



This guide provides links to the helpful resources mentioned in [this video](#).



What health plans are available?

Find out which plans are available in your county:

- [Check online](#) –or–
- Call Health Care Options Monday-Friday, 8 a.m. to 6 p.m.:
1-800-430-4263 (TTY: 1-800-430-7077)



What benefits are included?

See all the health services you can get with Medi-Cal's comprehensive benefits in the [DHCS Benefits Chart](#).



Do I qualify for Medi-Cal?

To find out if you qualify based on income, check out the [DHCS Income Chart](#) or [Kaiser Permanente's easy online tool](#).



How do I apply?

Before you apply, check the [DHCS website](#) to find out what documents you might need to include with your application.

To apply in person or by mail:

- [Find your local county office](#)
- [Print out the application](#)

To apply online:

- [Apply on the BenefitsCal website](#)



Can I choose Kaiser Permanente?

You can use [Kaiser Permanente's easy online tool](#) to find out if Kaiser Permanente might be an option in your county.



DHCS Guide to Medi-Cal (PDF)

This downloadable guide from the California Department of Health Care Services (DHCS) provides an overview of all things Medi-Cal. It covers how to apply, who qualifies, and available benefits.

[Download PDF](#)