1. **Enroll Your Child in an insurance plan.**

Your child may be eligible for free or low cost health insurance.

**Call 1-888-4LA-KIDS (1-888-452-5437) for assistance in determining if your child qualifies.**

**Or go to the Children’s Health Initiative of Greater LA,** http://www.lacare.org

**for more information.**

Below is a list of the Free or Low cost health plans available in LA.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Program** | **Eligibility** | **Cost** | **With satisfactory immigration status** | **Without satisfactory immigration status** | **For more information** |
| **Medi-Cal** | ·0-19 years-old·Low-income | Free | Comprehensive services provided | Emergency Services only | [www.dhcs.ca.gov/services/medi-cal/pages/applyformedi-cal.aspx](http://www.dhcs.ca.gov/services/medi-cal/pages/applyformedi-cal.aspx) |
| **Healthy Families** | ·0-19 years-old·Income too high got medical | Free or low cost | Comprehensive services provided | No services | <http://www.mrmib.ca.gov/mrmib/HFP.shtm> |
| **Healthy Kids** | ·0-18 years·0-5 year olds for new enrollment·Not qualified for Medi-Cal or Healthy Families | Free or low cost |  |  | http://www.californiakids.org/(818) 755-9700 |
| **Child Health and Disability Prevention Program (CHDP)** | ·0-19 years | Free | All preventative services at CHDP providers | All preventative services at CHDP providers | 800-993-2437 |
| **California Children's Services (CCS)** | ·0-21 years-old ·Children with certain health problems | Free | Comprehensive services provided | Comprehensive services provided | 800-288-4584 |

* **For families who don’t qualify for any of the above plans they will be referred to either:**

**Healthy Way LA:** 1-877-333-4952, http://healthywayla.org

**Public Private Partnership (PPP):** 1-800-427-8700

* **Covered California – through the Affordable Care Act your family may qualify for low cost insurance, https://www.coveredca.com**

2. **Find a Doctor in Your Neighborhood**

Once you have a health insurance plan, you will be able to find a doctor in your neighborhood on that plan. If you already have insurance, 1-888-4LA-CARE (1-888-452-2273) or www.lacare.org, can help you find a doctor in your area.

3. **Schedule an Appointment for your child’s yearly physical**. Don’t forget to talk to your doctor about your child’s weight.

4. **Health insurance usually needs to be renewed every 12 months.** Some plans need to be renewed every few months.

Put a reminder in your calendar for a month before your child’s coverage expires to make sure that you have time to get all the paperwork together and you don’t lose coverage.