



Every child deserves health care.



## Your guide to getting the health care your child needs



This brochure was produced by  
**Legal Aid Society of San Diego's  
Consumer Center for Health  
Education and Advocacy.**  
1475 Sixth Avenue, 4th Floor  
San Diego, CA 92101  
1-877-734-3258 toll-free

We are grateful for generous funding  
of this project from:  
**McDermott Will & Emery  
Charitable Foundation.**

# Health Care Options for Your Children



## Free and Low-cost Health Care Programs

There are many free or low-cost health programs for newborns, children and teens. The programs are:

**Child Health and Disability Prevention Program**

**Medi-Cal for Children**

**Healthy Families**

**Kaiser Cares for Kids**

These programs are for children from birth to their young adult years. Each program has its own rules about who can enroll or join. The size of your family, your family income and other factors are reviewed. Don't think you won't be able to enroll your children! Take the first step . . .

For more information or to apply for any of these programs, call:

**1-800-675-2229 toll-free**

**San Diego Kids Health Assurance Network (SD-KHAN)**

This is a free referral service for families who need help finding and applying for free or low-cost medical and dental care.

## Mothers and Newborns

There are special programs to help women during pregnancy and after childbirth. It's important to get your baby off to a healthy start in life!

### Medi-Cal for Pregnant Women

*Who can join:* Pregnant women can get services during and after their pregnancy.

### AIM

*Who can join:* Pregnant women (not more than 30 weeks pregnant at the time of the application). The baby of a woman who was enrolled in AIM is covered from birth to age two.

**Income limits apply. Call for information:  
1-800-675-2229 toll-free**

## Mental Health

If your child needs mental health services, here are some resources for you:

**Medi-Cal recipients:** Call the *Access Line* at 1-800-479-3339 toll-free.

**Healthy Families enrollees:** Call your child's health plan.

**Crisis Intervention:** Call San Diego County's *Emergency Screening Unit* at (619) 421-6900 or *The Access and Crisis Line* at 1-800-479-3339 toll-free. Both services are open 24 hours a day, seven days a week.

## When you need help getting health care for your child

It's not always easy getting the health care your child needs. Don't give up until you've tried everything! Here are some people who can help you:

### Consumer Center for Health Education and Advocacy

**1-877-734-3258 toll-free**

This organization helps consumers who have applied for health coverage and have had their:

- Application for health coverage denied, delayed or terminated
- Health benefits denied or stopped

### The Help Center

**1-866-HMO-8900 toll-free**

This help line is for consumers who are health plan members. If your child is enrolled in a health plan through Medi-Cal, Healthy Families or an employer-sponsored plan and you need help getting needed health care services, call this number.

