

Riverside &
San Bernardino
Counties

Medi-Cal

Member Handbook

All You Need to Know About Your Benefits



Combined Evidence of Coverage and Disclosure Form
for Our Medi-Cal Members for the Benefit Year 2024

Alternative Format Available Upon Request

Other languages and formats

Other languages

You can get this Member Handbook and other plan materials in other languages at no cost to you. IEHP provides written translations from qualified translators. Call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). -The call is free. Read this Member Handbook to learn more about health care language assistance services such as interpreter and translation services.

Other formats

You can get this information in other formats such as braille, 20-point font large print, audio, and accessible electronic formats at no cost to you. Call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). The call is free.

Interpreter services

IEHP provides oral interpretation services from a qualified interpreter, on a 24-hour basis, at no cost to you. You do not have to use a family member or friend as an interpreter. We discourage the use of minors as interpreters unless it is



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

Other languages and formats

an emergency. Interpreter, linguistic, and cultural services are available at no cost to you. Help is available 24 hours a day, 7 days a week. For language help or to get this handbook in a different language, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). The call is free.

English

ATTENTION: If you need help in your language, call 1-800-440-4347 (TTY: 1-800-718-4347 or 711). Aids and services for people with disabilities, like documents in braille and large print, are also available. Call 1-800-440-4347 (TTY: 1-800-718-4347 or 711). These services are free.

الشعار بالعربية (Arabic)

يُرجى الانتباه: إذا احتجت إلى المساعدة بلغتك، فاتصل بـ 1-800-440-4347 (TTY: 1-800-718-4347). تتوفر أيضًا المساعدات والخدمات للأشخاص ذوي الإعاقة، مثل المستندات المكتوبة بطريقة بريـل والخط الكبير. اتصل بـ 1-800-440-4347 (TTY: 1-800-718-4347). هذه الخدمات مجانية.

Հայերեն պիտակ (Armenian)

ՈՒՇԱԴՐՈՒԹՅՈՒՆ: Եթե Ձեզ օգնություն է հարկավոր Ձեր լեզվով, 1-800-440-4347 (TTY: 1-800-718-4347): Կան նաև օժանդակ միջոցներ ու ծառայություններ հաշմանդամություն ունեցող անձանց համար, օրինակ՝ Բրայլի գրատիպով ու խոշորատառ տպագրված նյութեր: Չանգահարեք 1-800-440-4347 (TTY: 1-800-718-4347). Այդ ծառայություններն անվճար են:



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

ឃ្លាសម្គាល់ជាភាសាខ្មែរ (Mon-Khmer, Cambodian)

ចំណាំ៖ បើអ្នក ត្រូវ ការជំនួយ ជាភាសា របស់អ្នក សូម
ទូរស័ព្ទទៅលេខ 1-800-440-4347 (TTY: 1-800-718-4347)។
ជំនួយ និង សេវាកម្ម សម្រាប់ ជនពិការ
ដូចជាឯកសារសរសេរជាអក្សរផុស សម្រាប់ជនពិការភ្នែក
ឬឯកសារសរសេរជាអក្សរពុម្ពធំ ក៏អាចរកបានផងដែរ។
ទូរស័ព្ទមកលេខ 1-800-440-4347 (TTY: 1-800-718-4347)។
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
1-800-440-4347 (TTY: 1-800-718-4347)。另外还提供针对
残疾人士的帮助和服务，例如文盲和需要较大字体阅读，也
是方便取用的。请致电 1-800-440-4347
(TTY: 1-800-718-4347)。这些服务都是免费的。

Persian (Farsi) مطلب به زبان فارسی

توجه: اگر می خواهید به زبان خود کمک دریافت کنید، با 1-800-440-
4347 (TTY: 1-800-718-4347) تماس بگیرید. کمک ها و خدمات
مخصوص افراد دارای معلولیت، مانند نسخه های خط بریل و چاپ با
حروف بزرگ، نیز موجود است. با 1-800-440-4347 (TTY: 1-800-718-
4347) تماس بگیرید. این خدمات رایگان ارائه می شوند.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347).
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call is free. Or call the California Relay Line at 711. Visit online at
www.iehp.org.

हिंदी टैगलाइन (Hindi)

ध्यान दें: अगर आपको अपनी भाषा में सहायता की आवश्यकता है तो 1-800-440-4347 (TTY: 1-800-718-4347) पर कॉल करें। अशक्तता वाले लोगों के लिए सहायता और सेवाएं, जैसे ब्रेल और बड़े प्रिंट में भी दस्तावेज़ उपलब्ध हैं। 1-800-440-4347 (TTY: 1-800-718-4347) पर कॉल करें। ये सेवाएं नि: शुल्क हैं।

Nqe Lus Hmoob Cob (Hmong)

CEEB TOOM: Yog koj xav tau kev pab txhais koj hom lus hu rau 1-800-440-4347 (TTY: 1-800-718-4347). 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 1-800-440-4347 (TTY: 1-800-718-4347). 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 1-800-440-4347 (TTY: 1-800-718-4347)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。 1-800-440-4347 (TTY: 1-800-718-4347)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。



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

한국어 태그라인 (Korean)

유의사항: 귀하의 언어로 도움을 받고 싶으시면 1-800-440-4347 (TTY: 1-800-718-4347) 번으로 문의하십시오. 점자나 큰 활자로 된 문서와 같이 장애가 있는 분들을 위한 도움과 서비스도 이용 가능합니다. 1-800-440-4347 (TTY: 1-800-718-4347) 번으로 문의하십시오. 이러한 서비스는 무료로 제공됩니다.

ແທກໄລພາສາລາວ (Laotian)

ປະກາດ:

ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານໃຫ້ໂທຫາເບີ 1-800-440-4347 (TTY: 1-800-718-4347).

ຍັງມີຄວາມຊ່ວຍເຫຼືອແລະການບໍລິການສໍາລັບຄົນພິການ ເຊັ່ນເອກະສານທີ່ເປັນອັກສອນນູນແລະມິໂຕພິມໃຫຍ່ ໃຫ້ໂທຫາເບີ 1-800-440-4347 (TTY: 1-800-718-4347).

ການບໍລິການເຫຼົ່ານີ້ບໍ່ຕ້ອງເສຍຄ່າໃຊ້ຈ່າຍໃດໆ.

ਪੰਜਾਬੀ ਟੈਗਲਾਈਨ (Punjabi)

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਾਲ ਕਰੋ 1-800-440-4347 (TTY: 1-800-718-4347). ਅਪਾਹਜ ਲੋਕਾਂ ਲਈ ਸਹਾਇਤਾ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬ੍ਰੇਲ ਅਤੇ ਮੋਟੀ ਛਪਾਈ ਵਿੱਚ ਦਸਤਾਵੇਜ਼, ਵੀ ਉਪਲਬਧ ਹਨ। ਕਾਲ ਕਰੋ 1-800-440-4347 (TTY: 1-800-718-4347) ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

Mien (Mien)

LONGC HNYOUV JANGX LONGX OC: Beiv taux meih qiex longc mienh tengx faan benx meih nyei waac nor douc waac daaih lorx taux 1-800-440-4347 (TTY: 1-800-718-4347). Liouh lorx jauv-louc tengx aengx caux nzie gong bun taux ninh mbuo wuaaic fangx mienh, beiv taux longc benx nzangc-pokc bun hluo mbiutc aengx caux aamz mborqv benx domh sou se mbenc nzoih bun longc. Douc waac daaih lorx 1-800-440-4347 (TTY: 1-800-718-4347). Naaiv deix nzie weih gong-bou jauv-louc se benx wang-henh tengx mv zuqc cuotv nyaanh oc.

Русский слоган (Russian)

ВНИМАНИЕ! Если вам нужна помощь на вашем родном языке, звоните по номеру 1-800-440-4347 (TTY: 1-800-718-4347). Также предоставляются средства и услуги для людей с ограниченными возможностями, например документы крупным шрифтом или шрифтом Брайля. Звоните по номеру 1-800-440-4347 (линия (TTY: 1-800-718-4347)). Такие услуги предоставляются бесплатно.

Mensaje en español (Spanish)

ATENCIÓN: si necesita ayuda en su idioma, llame al 1-800-440-4347 (TTY: 1-800-718-4347). También ofrecemos asistencia y servicios para personas con discapacidades, como documentos en braille y con letras grandes. Llame al 1-800-440-4347 (TTY: 1-800-718-4347). Estos servicios son gratuitos.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

Tagalog (Tagalog)

ATENSIYON: Kung kailangan mo ng tulong sa iyong wika, tumawag sa 1-800-440-4347 (TTY: 1-800-718-4347). Mayroon ding mga tulong at serbisyo para sa mga taong may kapansanan, tulad ng mga dokumento sa braille at malaking print. Tumawag sa 1-800-440-4347 (TTY: 1-800-718-4347). Libre ang mga serbisyong ito.

เท็กไฌนภาษาไทย (Thai)

โปรดทราบ: หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ กรุณาโทรศัพท์ไปที่หมายเลข 1-800-440-4347 (TTY: 1-800-718-4347) นอกจากนี้ ยังพร้อมให้ความช่วยเหลือและบริการต่าง ๆ สำหรับบุคคลที่มีความพิการ เช่น เอกสารต่าง ๆ ที่เป็นอักษรเบรลล์และเอกสารที่พิมพ์ด้วยตัวอักษรขนาดใหญ่ กรุณาโทรศัพท์ไปที่หมายเลข 1-800-440-4347 (TTY: 1-800-718-4347) ไม่มีค่าใช้จ่ายสำหรับบริการเหล่านี้

Примітка українською (Ukrainian)

УВАГА! Якщо вам потрібна допомога вашою рідною мовою, телефонуйте на номер 1-800-440-4347 (TTY: 1-800-718-4347). Люди з обмеженими можливостями також можуть скористатися допоміжними засобами та послугами, наприклад, отримати документи, надруковані шрифтом Брайля та великим шрифтом. Телефонуйте на номер 1-800-440-4347 (TTY: 1-800-718-4347). Ці послуги безкоштовні.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

Khẩu hiệu tiếng Việt (Vietnamese)

CHÚ Ý: Nếu quý vị cần trợ giúp bằng ngôn ngữ của mình, vui lòng gọi số 1-800-440-4347 (TTY: 1-800-718-4347). 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 1-800-440-4347 (TTY: 1-800-718-4347). Các dịch vụ này đều miễn phí.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

Welcome to IEHP!

Thank you for joining IEHP. IEHP is a health plan for people who have Medi-Cal. IEHP works with the State of California to help you get the health care you need. IEHP contracts with Independent Physician Associations (IPAs) to provide healthcare services. An IPA is a group of PCPs, specialists, and other providers of health care services. Your PCP may be part of an IPA.

Your PCP, along with IEHP or the IPA, directs the care for all your medical needs. This includes referrals (prior authorizations) to see specialists or get medical services, like lab tests, x-rays, and/or hospital care.

If you wish to become an IEHP Member and would like to learn more about IEHP benefits and services, you can view the Medi-Cal Member Handbook on IEHP's website at www.iehp.org or request a copy to be mailed to you by contacting IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

Member Handbook

This Member Handbook tells you about your coverage under IEHP. Please read it carefully and completely. It will help you understand your benefits, the services available to you, and how to get the care you need. It also explains your rights and responsibilities as a member of IEHP. If you have special health needs, be sure to read all sections that apply to you.

This Member Handbook is also called the Combined Evidence of Coverage (EOC) and Disclosure Form. It is a summary of IEHP's rules and policies and is based on the contract between IEHP and the Department of Health Care Services (DHCS). If you would like more information, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

In this Member Handbook, IEHP is sometimes referred to as "we" or "us." Members are sometimes called "you." Some capitalized words have special meaning in this Member Handbook.

To ask for a copy of the contract between IEHP and DHCS, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). You may ask for another copy



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Welcome to IEHP!

of the Member Handbook at no cost to you. You can also find the Member Handbook on the IEHP website at www.iehp.org. You can also ask for a free copy of the IEHP non-proprietary clinical and administrative policies and procedures. They are also on the IEHP website.

Contact us

IEHP is here to help. If you have questions, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). IEHP is here Monday–Friday, 7am–7pm, and Saturday–Sunday, 8am–5pm. The call is free.

You can also visit online at any time at www.iehp.org.

Thank you,

Inland Empire Health Plan (IEHP)

10801 Sixth Street

Rancho Cucamonga, CA 91730-5977

Mailing Address:

P.O. Box 1800

Rancho Cucamonga, CA 91729-1800



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

Table of contents

Other Languages and Formats	1
Other languages	1
Other formats.....	1
Interpreter services.....	1
Welcome to IEHP!.....	9
Member Handbook.....	9
Contact us	10
Table of contents.....	11
1. Getting started as a member.....	14
How to get help.....	14
Who can become a member.....	14
Identification (ID) cards.....	15
2. About your health plan.....	16
Health plan overview	16
How your plan works	17
Changing health plans.....	18
Students who move to a new county or out of California.....	19
Continuity of care.....	20
Costs	23
3. How to get care	27
Getting health care services	27
Primary care provider (PCP).....	28
Provider network.....	31
Appointments.....	40
Getting to your appointment	40
Canceling and rescheduling	40
Payment	41
Referrals	42
California Cancer Equity Act referrals.....	43



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Table of contents

Pre-approval (prior authorization).....	44
Second opinions.....	45
Utilization management processes.....	46
Sensitive care.....	46
Urgent care.....	49
Emergency care.....	51
Nurse Advice Line.....	52
Advance directives.....	53
Organ and tissue donation.....	53
4. Benefits and services.....	54
What your health plan covers.....	54
Medi-Cal benefits covered by IEHP.....	57
Other IEHP covered benefits and programs.....	77
Other Medi-Cal programs and services.....	84
Services you cannot get through IEHP or Medi-Cal.....	89
Evaluation of new and existing technologies.....	91
5. Child and youth well care.....	92
Pediatric services (Children under age 21).....	92
Well-child health check-ups and preventive care.....	93
Blood lead poisoning screening.....	94
Help getting child and youth well care services.....	94
Other services you can get through Fee-for-Service (FFS) Medi-Cal or other programs.....	95
6. Reporting and solving problems.....	97
Complaints.....	98
Appeals.....	99
What to do if you do not agree with an appeal decision.....	101
Complaints and Independent Medical Reviews (IMR) with the Department of Managed Health Care (DMHC).....	102
State Hearings.....	103
Fraud, waste, and abuse.....	104
7. Rights and responsibilities.....	106
Your rights.....	106
Your responsibilities.....	108
Notice of non-discrimination.....	109



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Ways to get involved as a member..... 111

Notice of privacy practices..... 112

Changes to Notice of Privacy Practices..... 114

Notice about laws 114

Notice about Medi-Cal as a payer of last resort, other health coverage,
and tort recovery..... 114

Notice about estate recovery 115

Notice of Action 115

Communicating with you 116

How We May Use and Share Information about You 117

8. Important numbers and words to know..... 119

 Important phone numbers 119

 Words to know..... 119



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

1. Getting started as a member

How to get help

IEHP wants you to be happy with your health care. If you have questions or concerns about your care, IEHP wants to hear from you!

Member services

IEHP member services is here to help you. IEHP can:

- Answer questions about your health plan and IEHP covered services
- Help you choose or change a primary care provider (PCP)
- Tell you where to get the care you need
- Help you get interpreter services if you do not speak English
- Help you get information in other languages and formats

If you need help, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). IEHP is here Monday–Friday, 7am–7pm, and Saturday–Sunday, 8am–5pm. The call is free. IEHP must make sure you wait less than 10 minutes when calling.

You can also visit Member Services online at any time at www.iehp.org.

Who can become a member

Every state may have a Medicaid program. In California, Medicaid is called **Medi-Cal**.

You qualify for IEHP because you qualify for Medi-Cal and live in Riverside or San Bernardino Counties. You might also qualify for Medi-Cal through Social Security because you are getting SSI or SSP.

For questions about enrollment, call Health Care Options at 1-800-430-4263



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

(TTY 1-800-430-7077 or 711). Or go to <http://www.healthcareoptions.dhcs.ca.gov/>

For questions about Social Security, call the Social Security Administration at 1-800-772-1213. Or go to <https://www.ssa.gov/locator/>.

Transitional Medi-Cal

Transitional Medi-Cal is also called “Medi-Cal for working people.” You may be able to get Transitional Medi-Cal if you stop getting Medi-Cal because:

- You started earning more money, or
- Your family started getting more child or spousal support

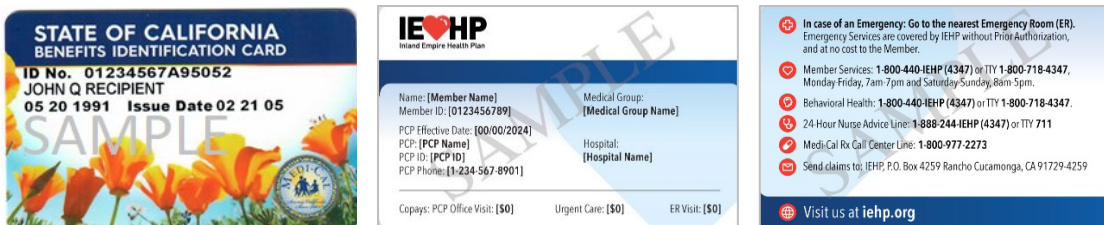
You can ask questions about qualifying for Transitional Medi-Cal at your local county health and human services office at:

<http://www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx>

Or call Health Care Options at 1-800-430-4263 (TTY 1-800-430-7077 or 711).

Identification (ID) cards

As a member of IEHP, you will get our IEHP ID card. You must show your IEHP ID card **and** your Medi-Cal Benefits Identification Card (BIC) when you get health care services or prescriptions. Your BIC card is the Medi-Cal Benefits Card sent to you by the State of California. You should always carry all health cards with you. Your BIC and IEHP Identification (ID) cards look like these:



If you do not get your IEHP ID card within a few weeks after your enrollment date, or if your card is damaged, lost, or stolen, call member services right away. IEHP will send you a new card at no cost to you. Call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

2. About your health plan

Health plan overview

IEHP is a health plan for people who have Medi-Cal in these counties: Riverside and San Bernardino counties. IEHP works with the State of California to help you get the health care you need.

Talk with one of the IEHP member services representatives to learn more about the health plan and how to make it work for you. Call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

When your coverage starts and ends

When you enroll in IEHP, we will send your IEHP Identification (ID) card within two weeks of your enrollment date. You must show both your IEHP ID card and your Medi-Cal BIC when you get health care services or prescriptions.

Your Medi-Cal coverage will need renewing every year. If your local county office cannot renew your Medi-Cal coverage electronically, the county will send you a pre-populated Medi-Cal renewal form. Complete this form and return it to your local county human services agency. You can return your information in person, by phone, by mail, online, or by other electronic means available in your county.

You can start getting health care when you become a Member of IEHP. To become an IEHP Member, your Medi-Cal Choice Form must first be processed by Health Care Options (HCO). HCO contracts with the Department of Health Care Services (DHCS) to enroll and disenroll Members into a health plan. It can take 15 to 45 days from the time your completed form is received by HCO before you are enrolled with IEHP. Your coverage starts when we receive your active enrollment from DHCS.

You can end your IEHP coverage and choose another health plan at any time. For help choosing a new plan, call Health Care Options at 1-800-430-4263 (TTY 1-800-430-7077 or 711). Or go to www.healthcareoptions.dhcs.ca.gov. You can also ask to end your Medi-Cal.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

IEHP is a health plan for Medi-Cal members in Riverside and San Bernardino Counties. Find your local office at <http://www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx>.

IEHP eligibility may end if any of the following is true:

- You move out of Riverside and San Bernardino counties
- You no longer have Medi-Cal
- You become eligible for a waiver program that requires you to be enrolled in Fee-for-Service (FFS) Medi-Cal
- You are in jail or prison

If you lose your IEHP Medi-Cal coverage, you may still qualify for FFS Medi-Cal coverage. If you are not sure if you are still covered by IEHP, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

Special considerations for American Indians in managed care

American Indians have a right to not enroll in a Medi-Cal managed care plan. Or they may leave their Medi-Cal managed care plan and return to FFS Medi-Cal at any time and for any reason.

If you are an American Indian, you have the right to get health care services at an Indian Health Care Provider (IHCP). You can also stay with or disenroll (drop) from IEHP while getting health care services from these locations. To learn more about enrollment and disenrollment, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

IEHP must provide care coordination for you, including out-of-network case management. If you ask to get services from an IHCP and there is no available in-network IHCP, IEHP must help you find an out-of-network IHCP. To learn more, read “Provider network” in Chapter 3 of this handbook.

How your plan works

IEHP is a managed care health plan contracted with DHCS. IEHP works with doctors, hospitals, and other health care providers in the IEHP service area to provide health care to our members. As a member of IEHP, you may qualify for some services



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

2 | About your health plan

provided through FFS Medi-Cal. These include outpatient prescriptions, non-prescription drugs, and some medical supplies through Medi-Cal Rx.

IEHP Member Services will tell you how IEHP works, how to get the care you need, how to schedule provider appointments during office hours, how to request no-cost interpreting and translation services or written information in alternative formats, and how to find out if you qualify for transportation services.

Anytime you have a question, need information, have a complaint or concern, or want to change your Doctor, call us at 1-800-440-IEHP (4347), Monday–Friday, 7am–7pm, and Saturday–Sunday, 8am–5pm. If you reach IEHP Member Services after hours, you will be able to leave a voice message. More than 140 other languages are available through phone interpreter service. You have the right to request an interpreter when talking about medical information. If you go to an IEHP Doctor's office and no one speaks your language, ask your Doctor to call IEHP to be connected to an interpreter through phone interpreter service. If you speak another language and need medical advice at other times, you can call IEHP Nurse Advice Line 24 hours a day, seven days a week. If you need an interpreter (foreign language or sign language) to be at the Doctor's office for your next routine visit, you must call IEHP at least 5 business days before a scheduled appointment.

To learn more, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). You can also find member service information online at www.iehp.org.

Changing health plans

You can leave IEHP and join another health plan in your county of residence at any time. To choose a new plan, call Health Care Options at 1-800-430-4263 (TTY 1-800-430-7077 or 711). You can call between 8 a.m. and 6 p.m. Monday through Friday. Or go to <https://www.healthcareoptions.dhcs.ca.gov>.

It takes up to 30 days or more to process your request to leave IEHP and enroll in another plan in your county. To find out the status of your request, call Health Care Options at 1-800-430-4263 (TTY 1-800-430-7077 or 711).

If you want to leave IEHP sooner, you can call Health Care Options to ask for an expedited (fast) disenrollment.

Members who can request expedited disenrollment include, but are not limited to, children getting services under the Foster Care or Adoption Assistance programs,



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

members with special health care needs, and members already enrolled in Medicare or another Medi-Cal or commercial managed care plan.

You can ask to leave IEHP by contacting your local county health and human services office. Find your local office at:

<http://www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx>.

Or call Health Care Options at 1-800-430-4263 (TTY 1-800-430-7077 or 711).

Students who move to a new county or out of California

You can get emergency care and urgent care anywhere in the United States, including the U.S. Territories. Routine and preventive care are covered only in your county of residence. If you are a student who moves to a new county in California to attend higher education, including college, IEHP will cover emergency room and urgent care services in your new county. You can also get routine or preventive care in your new county, but you must notify IEHP. Read more below.

If you are enrolled in Medi-Cal and are a student in a different county from the California county where you live, you do not need to apply for Medi-Cal in that county.

If you temporarily move away from home to be a student in another county in California, you have two choices. You can:

- Tell your eligibility worker at your local county social services office that you are temporarily moving to attend a school for higher education and give them your address in the new county. The county will update the case records with your new address and county code. You must do this if you want to keep getting routine or preventive care while you live in a new county. If IEHP does not serve the county where you will attend college, you might have to change health plans. For questions and to prevent delay joining the new health plan, call Health Care Options at 1-800-430-4263 (TTY 1-800-430-7077 or 711).

Or

- If IEHP does not serve the new county where you attend college, and you do not change your health plan to one that serves that county, you will only get emergency room and urgent care services for some conditions in the new county. To learn more, read Chapter 3, “How to get care.” For routine or preventive health care, you would need to use the IEHP network of providers



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

2 | About your health plan

located in the head of household's county of residence.

If you are leaving California temporarily to be a student in another state and you want to keep your Medi-Cal coverage, contact your eligibility worker at

Riverside County

Department of Public Social Services (DPSS)
11060 Magnolia Avenue
Riverside, CA 92505
To find an office nearest you, call:
1-877-410-8827

San Bernardino County

Human Services System (HSS)
Transitional Assistance Department
To find an office nearest you, call:
1-877-410-8829

As long as you qualify, Medi-Cal will cover emergency services and urgent care in another state. If IEHP approves the service and the doctor and hospital meet Medi-Cal rules, Medi-Cal will also cover emergency care that requires hospitalization in Canada and Mexico.

Routine and preventive care services, including prescription drugs, are not covered when you are outside of California. You will not qualify for Medi-Cal. IEHP will not pay for your health care. If you want Medicaid in another state, you will need to apply in that state. Medi-Cal does not cover emergency, urgent, or any other health care services outside of the United States, except for Canada and Mexico as noted in Chapter 3.

Continuity of care

Continuity of care for an out-of-network provider

As a member of IEHP, you will get your health care from providers in IEHP's network. To find out if a health care provider is in the IEHP's network, read visit www.iehp.org and click on the *Find a Doctor* tab. Providers not listed in the directory may not be in the IEHP network.

In some cases, you might be able to get care from providers who are not in the IEHP network. If you were required to change your health plan or to switch from FFS to managed care, or you had a provider who was in network but is now outside the network, you might be able to keep your provider even if they are not in the IEHP network. This is called continuity of care.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

If you need to get care from a provider who is outside the network, call IEHP to ask for continuity of care. You may be able to get continuity of care for up to 12 months or more if all of these are true:

- You have an ongoing relationship with the out-of-network provider before enrollment in IEHP
- You went to the out-of-network provider for a non-emergency visit at least once during the 12 months before your enrollment with IEHP
- The out-of-network provider is willing to work with IEHP and agrees to IEHP's contract requirements and payment for services
- The out-of-network provider meets IEHP's professional standards
- The out-of-network provider is enrolled and participating in the Medi-Cal program

To learn more, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

If your providers do not join the IEHP network by the end of 12 months, do not agree to IEHP payment rates, or do not meet quality of care requirements, you will need to change to providers in the IEHP network. To discuss your choices, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

IEHP is not required to provide continuity of care for an out-of-network provider for certain ancillary (supporting) services such as radiology, laboratory, dialysis centers, or transportation. You will get these services with a provider in IEHP's network.

To learn more about continuity of care and if you qualify, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347).

Completion of covered services from an out-of-network provider

As a member of IEHP, you will get covered services from providers in IEHP's network. If you are being treated for certain health conditions at the time you enrolled with IEHP or at the time your provider left IEHP's network, you might also still be able to get Medi-Cal services from an out-of-network provider.

You might be able to continue care with an out-of-network provider for a specific time period if you need covered services for these health conditions:



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

2 | About your health plan

Health condition	Time period
Acute conditions (a medical issue that needs fast attention)	For as long as your acute condition lasts
Serious chronic physical and behavioral conditions (a serious health care issue you have had for a long time)	For an amount of time required to finish your course of treatment and to safely move you to a new doctor in the IEHP network
Pregnancy and postpartum (after birth) care	During your pregnancy and up to 12 months after the end of pregnancy
Maternal mental health services	For up to 12 months from the diagnosis or from the end of your pregnancy, whichever is later
Care of a newborn child between birth and 36 months old	For up to 12 months from the start date of the coverage or the date the provider's contract ends with IEHP
Terminal illness (a life-threatening medical issue)	For as long as your illness lasts. You may still get services for more than 12 months from the date you enrolled with IEHP or the time the provider stops working with IEHP
Performance of a surgery or other medical procedure from an out-of-network provider as long as it is covered, medically necessary, and authorized by IEHP as part of a documented course of treatment and recommended and documented by the provider	The surgery or other medical procedure must take place within 180 days of the provider's contract termination date or 180 days from the effective date of your enrollment with IEHP

For other conditions that might qualify, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

If an out-of-network provider is not willing to keep providing services or does not agree to IEHP's contract requirements, payment, or other terms for providing care, you will not be able to get continued care from the provider. You may be able to keep getting



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

services from a different provider in IEHP's network.

For help choosing a contracted provider to continue with your care or if you have questions or problems getting covered services from a provider who is no longer in IEHP's network, call member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

IEHP is not required to provide continuity of care for services Medi-Cal does not cover or that are covered under Medi-Cal's contract with DHCS. To learn more about continuity of care, eligibility, and available services, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). IEHP is here Monday–Friday, 7am–7pm, and Saturday–Sunday, 8am–5pm.

Costs

Member costs

IEHP serves people who qualify for Medi-Cal. In most cases, IEHP members do not have to pay for covered services, premiums, or deductibles.

If you are an American Indian, you do not have to pay enrollment fees, premiums, deductibles, co-pays, cost sharing, or other similar charges. IEHP must not charge any American Indian member who gets an item or service directly from an IHCP or through a referral to an IHCP or reduce payments due to an IHCP by the amount of any enrollment fee, premium, deductible, copayment, cost sharing, or similar charge.

If you are enrolled in the California Children's Health Insurance Program (CCHIP) in Santa Clara, San Francisco, or San Mateo counties or are enrolled in Medi-Cal for Families, you might have a monthly premium and co-pays.

Except for emergency care, urgent care, or sensitive care, you must get pre-approval (prior authorization) from IEHP before you visit a provider outside the IEHP network. If you do not get pre-approval (prior authorization) and you go to a provider outside the network for care that is not emergency care, urgent care, or sensitive care, you might have to pay for care you got from that provider. For a list of covered services, read Chapter 4, "Benefits and services" in this handbook. You can also find the Provider Directory on the IEHP website at www.iehp.org.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

For members with long-term care and a share of cost

You might have to pay a share of cost each month for your long-term care services. The amount of your share of cost depends on your income and resources. Each month, you will pay your own health care bills, including but not limited to Long-Term Support Service (LTSS) bills, until the amount you have paid equals your share of cost. After that, IEHP will cover your long-term care for that month. You will not be covered by IEHP until you have paid your entire long-term care share of cost for the month.

How a provider gets paid

IEHP pays providers in these ways:

- Capitation payments
 - IEHP pays some providers a set amount of money every month for each IEHP member. This is called a capitation payment. IEHP and providers work together to decide on the payment amount.
- FFS payments
 - Some providers give care to IEHP members and send IEHP a bill for the services they provided. This is called an FFS payment. IEHP and providers work together to decide how much each service costs.

To learn more about how IEHP pays providers, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

IEHP offers a Global Quality Pay for Performance (GQP4P) Program or Medi-Cal Independent Practice Associations (IPAs) and PCPs. The GQP4P program offers financial rewards to IPAs and PCPs for reaching goals to improve quality of care and service. To be eligible for incentive payments, PCPs must meet specific Member assignment criteria. PCPs who meet these requirements are automatically enrolled in the program.

If you get a bill from a health care provider

Covered services are health care services that IEHP must pay. If you get a bill for support services fees, copayments, or registration fees for a covered service, do not pay the bill. Call member services right away at IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

If you get a bill from a pharmacy for a prescription drug, supplies, or supplements, call Medi-Cal Rx Customer Service at 1-800-977-2273, 24 hours a day, 7 days a week. TTY users can call 711, Monday through Friday, 8 a.m. to 5 p.m. You can also go to the Medi-Cal Rx website at <https://medi-calrx.dhcs.ca.gov/home/>.

Asking IEHP to pay you back for expenses

If you paid for services that you already got, you might qualify to be reimbursed (paid back) if you meet **all** of these conditions:

- The service you got is a covered service that IEHP is responsible for paying. IEHP will not reimburse you for a service that IEHP does not cover.
- You got the covered service after you became an eligible IEHP member.
- You ask to be paid back within one year from the date you got the covered service.
- You show proof that you paid for the covered service, such as a detailed receipt from the provider.
- You got the covered service from a Medi-Cal enrolled provider in IEHP's network. You do not need to meet this condition if you got emergency care, family planning services, or another service that Medi-Cal allows out-of-network providers to perform without pre-approval (prior authorization).
- If the covered service normally requires pre-approval (prior authorization), you need to give proof from the provider that shows a medical need for the covered service.

IEHP will tell you if they will reimburse you in a letter called a Notice of Action (NOA). If you meet all of the above conditions, the Medi-Cal-enrolled provider should pay you back for the full amount you paid. If the provider refuses to pay you back, IEHP will pay you back for the full amount you paid. We must reimburse you within 45 working days of receipt of the claim.

If the provider is enrolled in Medi-Cal but is not in the IEHP network and refuses to pay you back, IEHP will pay you back, but only up to the amount that FFS Medi-Cal would pay. IEHP will pay you back for the full out-of-pocket amount for emergency services, family planning services, or another service that Medi-Cal allows to be provided by out-of-network providers without pre-approval (prior authorization). If you do not meet one of the above conditions, IEHP will not pay you back.

IEHP will not pay you back if:

- You asked for and got services that are not covered by Medi-Cal, such as



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2 | About your health plan

cosmetic services

- The service is not a covered service for IEHP
- You have an unmet Medi-Cal share of cost
- You went to a doctor who does not take Medi-Cal and you signed a form that said you want to be seen anyway and you will pay for the services yourself
- You have Medicare Part D co-pays for prescriptions covered by your Medicare Part D plan

If you pay for a service that you think IEHP should cover, you can submit the following information in writing:

- A complete itemized bill to include:
 - Billing account number
 - Billing phone number
 - Amount charged
 - Provider name
 - Provider address
 - Provider phone number
 - Date of service
- Proof of payment,
- The member's name and address,
- The member identification number on the member ID card.

Send all of the above information to:

IEHP Member Services
Inland Empire Health Plan
P.O. Box 1800
Rancho Cucamonga, CA 91729-1800

You need to send this information within one year from the date of service. If you have paid the bill, the proof of payment must be acceptable to IEHP. If you are not able to send your request within one year from the date of service, then when you send your written request for refund, include an explanation and/or other proof that you tried, in good faith, to send us the request within the one-year period. IEHP will review your claim to see if you can get money back.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

3. How to get care

Getting health care services

PLEASE READ THE FOLLOWING INFORMATION SO YOU WILL KNOW FROM WHOM OR WHAT GROUP OF PROVIDERS HEALTH CARE MAY BE OBTAINED.

You can start getting health care services on your effective date of enrollment in IEHP. Always carry with you your IEHP Identification (ID) card, Medi-Cal Benefits Identification Card (BIC), and any other health insurance cards. Never let anyone else use your BIC or IEHP ID card.

New members with only Medi-Cal coverage must choose a primary care provider (PCP) in the IEHP network. New members with both Medi-Cal and comprehensive other health coverage do not have to choose a PCP.

The IEHP network is a group of doctors, hospitals, and other providers who work with IEHP. You must choose a PCP within 30 days from the time you become a member of IEHP. If you do not choose a PCP, IEHP will choose one for you.

You can choose the same PCP or different PCPs for all family members in IEHP, as long as the PCP is available.

If you have a doctor you want to keep, or you want to find a new PCP, go to the Provider Directory for a list of all PCPs and other providers in the IEHP network. The Provider Directory has other information to help you choose a PCP. If you need a Provider Directory, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). You can also find the Provider Directory on the IEHP website at www.iehp.org.

If you cannot get the care you need from a participating provider in the IEHP network, your PCP or specialist in IEHP's network must ask IEHP for approval to send you to an out-of-network provider. This is called a referral. You do not need a referral to go to an out-of-network provider to get sensitive care services listed under the heading "Sensitive care" later in this chapter.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

3 | How to get care

Read the rest of this chapter to learn more about PCPs, the Provider Directory, and the provider network.

The Medi-Cal Rx program administers outpatient prescription drug coverage. To learn more, read “Other Medi-Cal programs and services” in Chapter 4.

Primary care provider (PCP)

Your primary care provider (PCP) is the licensed provider you go to for most of your health care. Your PCP also helps you get other types of care you need. You must choose a PCP within 30 days of enrolling in IEHP. Depending on your age and sex, you can choose a general practitioner, OB/GYN, family practitioner, internist, or pediatrician as your PCP.

A nurse practitioner (NP), physician assistant (PA), or certified nurse midwife can also act as your PCP. If you choose an NP, PA, or certified nurse midwife, you can be assigned a doctor to oversee your care. If you are in both Medicare and Medi-Cal, or if you also have other comprehensive health care insurance, you do not have to choose a PCP.

You can choose an Indian Health Care Provider (IHCP), Federally Qualified Health Center (FQHC), or Rural Health Clinic (RHC) as your PCP. Depending on the type of provider, you might be able to choose one PCP for yourself and your other family members who are members of IEHP, as long as the PCP is available.

Note: American Indians can choose an IHCP as their PCP, even if the IHCP is not in the IEHP network.

If you do not choose a PCP within 30 days of enrollment, IEHP will assign you to a PCP. If you are assigned to a PCP and want to change, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). The change happens the first day of the next month.

Your PCP will:

- Get to know your health history and needs
- Keep your health records
- Give you the preventive and routine health care you need
- Refer (send) you to a specialist if you need one



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

- Arrange for hospital care if you need it

You can look in the Provider Directory to find a PCP in the IEHP network. The Provider Directory has a list of IHCPs, FQHCs, and RHCs that work with IEHP.

You can find the IEHP Provider Directory online at www.iehp.org. Or you can request a Provider Directory to be mailed to you by calling IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). You can also call to find out if the PCP you want is taking new patients.

Choice of doctors and other providers

You know your health care needs best, so it is best if you choose your PCP. It is best to stay with one PCP so they can get to know your health care needs. If you want to change to a new PCP, you can change anytime. You must choose a PCP who is in the IEHP provider network and is taking new patients.

Your new choice will become your PCP on the first day of the next month after you make the change.

To change your PCP, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711)

IEHP can change your PCP if the PCP is not taking new patients, has left the IEHP network, does not give care to patients your age, or if there are quality concerns with the PCP that are not resolved. IEHP or your PCP might also ask you to change to a new PCP if you cannot get along with or agree with your PCP, or if you miss or are late to appointments. If IEHP needs to change your PCP, IEHP will tell you in writing.

If your PCP changes, you will get a letter and new IEHP member ID card in the mail. It will have the name of your new PCP. Call member services if you have questions about getting a new ID card. IEHP offers a secure online portal for you to get your health information 24 hours a day, 7 days a week. The secure member portal allows you to order a new IEHP Member ID card, change your doctor, check eligibility, and many more. To create an account, go to www.iehp.org.

Some things to think about when picking a PCP:

- Does the PCP take care of children?
- Does the PCP work at a clinic I like to use?
- Is the PCP's office close to my home, work, or my children's school?



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3 | How to get care

- Is the PCP's office near where I live and is it easy to get to the PCP's office?
- Do the doctors and staff speak my language?
- Does the PCP work with a hospital I like?
- Does the PCP provide the services I need?
- Do the PCP's office hours fit my schedule?
- Does the PCP work with specialists I use?

Initial Health Appointment (IHA)

IEHP recommends that, as a new member, you visit your new PCP within 120 days for an Initial Health Appointment (IHA). The purpose of the IHA is to help your PCP learn your health care history and needs. Your PCP might ask you questions about your health history or may ask you to complete a questionnaire. Your PCP will also tell you about health education counseling and classes that can help you.

When you call to schedule your IHA appointment, tell the person who answers the phone that you are a member of IEHP. Give your IEHP ID number.

Take your BIC and IEHP ID card to your appointment. It is a good idea to take a list of your medicine and questions with you to your visit. Be ready to talk with your PCP about your health care needs and concerns.

Be sure to call your PCP's office if you are going to be late or cannot go to your appointment.

If you have questions about IHA, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

Routine care

Routine care is regular health care. It includes preventive care, also called wellness or well care. It helps you stay healthy and helps keep you from getting sick. Preventive care includes regular checkups, health education, and counseling.

IEHP recommends that children, especially, get regular routine and preventive care. IEHP members can get all recommended early preventive services recommended by the American Academy of Pediatrics and the Centers for Medicare and Medicaid Services. These screenings include hearing and vision screening, which can help ensure healthy development and learning. For a list of pediatrician-recommended



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services, read the “Bright Futures” guidelines from the American Academy of Pediatrics at https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf.

Routine care also includes care when you are sick. IEHP covers routine care from your PCP.

Your PCP will:

- Give you most of your routine care, including regular checkups, shots, treatment, prescriptions, and medical advice
- Keep your health records
- Refer (send) you to specialists if needed
- Order X-rays, mammograms, or lab work if you need them

When you need routine care, you will call your doctor for an appointment. Be sure to call your PCP before you get medical care unless it is an emergency. For an emergency, call **911** or go to the nearest emergency room.

To learn more about health care and services your plan covers, and what it does not cover, read Chapter 4, “Benefits and services” and Chapter 5, “Child and youth well care” in this handbook.

All IEHP providers can use aids and services to communicate with people with disabilities. They can also communicate with you in another language or format. Tell your provider or IEHP what you need.

Provider network

The Medi-Cal provider network is the group of doctors, hospitals, and other providers that work with IEHP to provide Medi-Cal covered services to Medi-Cal members.

IEHP is a managed care health plan. You must get most of your covered services through the IEHP from our in-network providers. You can go to an out-of-network provider without a referral or pre-approval for emergency care or for family planning services. You can also go to an out-of-network provider for out-of-area urgent care when you are in an area that we do not serve. You must have a referral or pre-approval for all other out-of-network services, or they will not be covered.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

3 | How to get care

Note: American Indians can choose an IHCP as their PCP, even if the IHCP is not in the IEHP network.

If your PCP, hospital, or other provider has a moral objection to providing you with a covered service, such as family planning or abortion, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). For more about moral objections, read “Moral objection” later in this chapter.

If your provider has a moral objection to giving you covered health care services, they can help you find another provider who will give you the services you need. IEHP can also help you find a provider who will perform the service.

In-network providers

You will use providers in the IEHP network for most of your health care needs. You will get preventive and routine care from in-network providers. You will also use specialists, hospitals, and other providers in the IEHP network.

To get a Provider Directory of in-network providers, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). You can also find the Provider Directory online at www.iehp.org. To get a copy of the Contract Drugs List, call Medi-Cal Rx at 1-800-977-2273 (TTY 1-800-977-2273) and press 7 or 711. Or go to the Medi-Cal Rx website at <https://medi-calrx.dhcs.ca.gov/home/>.

You must get pre-approval (prior authorization) from IEHP before you go to a provider outside the IEHP network, including inside the IEHP service area, except in these cases:

- If you need emergency care, call 911 or go to the nearest hospital.
- If you are outside the IEHP service area and need urgent care, go to any urgent care facility.
- If you need family planning services, go to any Medi-Cal provider without pre-approval (prior authorization).
- If you need mental health services, go to an in-network provider or a county mental health plan provider, without pre-approval (prior authorization).

If you are not in one of the cases listed above and you do not get pre-approval (prior authorization) before getting care from a provider outside the network, you might be responsible for paying for any care you got from out-of-network providers.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

Out-of-network providers who are inside the service area

Out-of-network providers are health care providers that do not have an agreement to work with IEHP. Except for emergency care, you might have to pay for any care you get from out-of-network providers. If you need medically necessary health care services that are not available in the network, you might be able to get them from an out-of-network provider at no cost to you.

IEHP may approve a referral to an out-of-network provider if the services you need are not available in-network or are located very far from your home. If we give you a referral to an out-of-network provider, we will pay for your care.

For urgent care inside the IEHP service area, you must go to a IEHP in-network urgent care provider. You do not need pre-approval (prior authorization) to get urgent care from an in-network provider. You do need to get pre-approval (prior authorization) to get urgent care from an out-of-network provider inside the IEHP service area.

If you get urgent care from an out-of-network provider inside IEHP service area, you might have to pay for that care. You can read more about emergency care, urgent care, and sensitive care services in this chapter.

Note: If you are an American Indian, you can get care at an IHCP outside of our provider network without a referral. An out-of-network IHCP can also refer American Indian members to an in-network provider without first requiring a referral from an in-network PCP.

If you need help with out-of-network services, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

Outside the service area

If you are outside of the IEHP service area and need care that is **not** an emergency or urgent, call your PCP right away. Or call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

For emergency care, call **911** or go to the nearest emergency room. IEHP covers out-of-network emergency care. If you travel to Canada or Mexico and need emergency care requiring hospitalization, IEHP will cover your care. If you are traveling abroad outside of Canada or Mexico and need emergency care, urgent care, or any health care services IEHP will **not** cover your care.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

3 | How to get care

If you paid for emergency care requiring hospitalization in Canada or Mexico, you can ask IEHP to pay you back. IEHP will review your request.

If you are in another state or are in a US Territory such as American Samoa, Guam, Northern Mariana Islands, Puerto Rico, or US Virgin Islands, you are covered for emergency care. Not all hospitals and doctors accept Medicaid. (Medi-Cal is what Medicaid is called in California only.) If you need emergency care outside of California, tell the hospital or emergency room doctor as soon as possible that you have Medi-Cal and are a member of IEHP.

Ask the hospital to make copies of your IEHP ID card. Tell the hospital and the doctors to bill IEHP. If you get a bill for services you got in another state, call IEHP right away. We will work with the hospital and/or doctor to arrange for IEHP to pay for your care.

If you are outside of California and have an emergency need to fill outpatient prescription drugs, have the pharmacy call Medi-Cal Rx at 1-800-977-2273.

Note: American Indians may get services at out-of-network IHCPs.

If you have questions about out-of-network or out-of-service-area care, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). If the office is closed and you want help from a representative, call IEHP's 24-Hour Nurse Advice Line at 1-888-244-IEHP (4347) (TTY 1-866-577-8355 or 711).

If you need urgent care out of the IEHP service area, go to the nearest urgent care facility. If you are traveling outside the United States and need urgent care, IEHP will not cover your care. For more on urgent care, read "Urgent care" later in this chapter.

How managed care works

IEHP is a managed care plan. IEHP provides care to members who live or work in Riverside County and San Bernardino County. In managed care, your PCP, specialists, clinic, hospital, and other providers work together to care for you.

IEHP contracts with an Independent Physician Association (IPA) or medical group to provide care to IEHP members. A medical group or IPA is made up of doctors who are PCPs and specialists. Your PCP may be a part of an IPA or medical group. The medical group or IPA works with other providers such as laboratories and durable medical equipment suppliers. The medical group or IPA is also connected with a hospital. Check your IEHP ID card for the names of your PCP, medical group or IPA, and hospital.

When you join IEHP, you choose or are assigned to a PCP. Your PCP is part of a



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medical group. Your PCP and medical group direct the care for all of your medical needs. Your PCP may refer you to specialists or order lab tests and X-rays. If you need services that require pre-approval (prior authorization), IEHP or your medical group will review the pre-approval (prior authorization) and decide whether to approve the service.

In most cases, you must go to specialists and other health professionals who work with the same medical group as your PCP. Except for emergencies, you must also get hospital care from the hospital connected with your medical group.

Sometimes, you might need a service that is not available from a provider in the medical group. In that case, your PCP will refer you to a provider who is in another medical group or is outside the network. Your PCP will ask for pre-approval (prior authorization) for you to go to this provider.

In most cases, you must have prior authorization from your PCP, medical group, or IEHP before you can go to an out-of-network provider or a provider who is not part of your medical group. You do not need pre-approval (prior authorization) for emergency services, family planning services, or in-network mental health services.

Members who have both Medicare and Medi-Cal

Members who have Medicare and Medi-Cal have access to providers who are part of their Medicare coverage as well as providers who are included in the Medi-Cal plan coverage. Members may refer to their Medicare Advantage EOC and Provider Directory for more information.

Doctors

You will choose a doctor from the IEHP Provider Directory as your PCP. The doctor you choose must be an in-network provider. To get a copy of the IEHP Provider Directory, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). Or find it online at www.iehp.org.

If you are choosing a new PCP, you should also call the PCP you want to make sure they are taking new patients.

If you had a doctor before you were a member of IEHP, and that doctor is not part of the IEHP network, you might be able to keep that doctor for a limited time. This is called continuity of care. You can read more about continuity of care in this handbook. To learn more, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

3 | How to get care

If you need a specialist, your PCP will refer you to a specialist in the IEHP network. Some specialists do not require a referral. For more on referrals, read “Referrals” later in this chapter.

Remember, if you do not choose a PCP, IEHP will choose one for you, unless you have other comprehensive health coverage in addition to Medi-Cal. You know your health care needs best, so it is best if you choose. If you are in both Medicare and Medi-Cal, or if you have other health care insurance, you do not have to choose a PCP from IEHP.

If you want to change your PCP, you must choose a PCP from the IEHP Provider Directory. Be sure the PCP is taking new patients. To change your PCP, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

Hospitals

In an emergency, call **911** or go to the nearest hospital.

If it is not an emergency and you need hospital care, your PCP will decide which hospital you go to. You will need to go to a hospital that your PCP uses and is in the IEHP provider network. The Provider Directory lists the hospitals in the IEHP network.

Women’s health specialists

You can go to a women’s health specialist in IEHP’s network for covered care necessary to provide women’s routine care services. You do not need a referral or authorization from your PCP to get these services. For help finding a women’s health specialist, you can call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). You can also call the 24/7 Nurse Advice Line at 1-888-244-IEHP (4347) (TTY 1-866-577-8355 or 711).

Provider Directory

The IEHP Provider Directory lists providers in the IEHP network. The network is the group of providers that work with IEHP.

The IEHP Provider Directory lists hospitals, PCPs, specialists, nurse practitioners, nurse midwives, physician assistants, family planning providers, FQHCs, outpatient mental health providers, long-term services and supports (MLTSS), Freestanding Birth Centers (FBCs), Indian Health Care Providers (IHCPs), and Rural Health Clinics (RHCs).

The Provider Directory has IEHP in-network provider names, specialties, addresses,



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phone numbers, business hours, and languages spoken. It tells you if the provider is taking new patients. It also gives the physical accessibility for the building, such as parking, ramps, stairs with handrails, and restrooms with wide doors and grab bars. To learn more about a doctor’s education, training, and board certification, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

You can find the online Provider Directory at www.iehp.org.

If you need a printed Provider Directory, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

You can find a list of pharmacies that work with Medi-Cal Rx in the Medi-Cal Rx Pharmacy Directory at <https://medi-calrx.dhcs.ca.gov/home/>. You can also find a pharmacy near you by calling Medi-Cal Rx at 1-800-977-2273 (TTY 1-800-977-2273) and press 7 or 711.

Timely access to care

Your in-network provider must provide timely access to care based on your health care needs. At minimum, they must offer you an appointment listed in the time frames in the table below.

Appointment type	You should be able to get an appointment within:
Urgent care appointments that do not require pre-approval (prior authorization)	48 hours
Urgent care appointments that do require pre-approval (prior authorization)	96 hours
Non-urgent (routine) primary care appointments	10 business days
Non-urgent (routine) specialist care appointments	15 business days
Non-urgent (routine) mental health provider (non-doctor) care appointments	10 business days



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3 | How to get care

Appointment type	You should be able to get an appointment within:
Non-urgent (routine) mental health provider (non-doctor) follow-up care appointments	10 business days of last appointment
Non-urgent (routine) appointments for ancillary (supporting) services for the diagnosis or treatment of injury, illness, or other health condition	15 business days

Appointment type for Behavioral Health	You should be able to get connected within:
Life-threatening emergency	Immediate disposition of Members to appropriate care setting
Non-life-threatening emergency	6 hours or go to the ER
Urgent visit for behavioral health need that do not require a prior authorization	Within 48 hours of request
Urgent visit for behavioral health need that do require a prior authorization	Within 48 hours of request
Initial routine (non-urgent) appointment with a Behavioral Health provider	10 business days
Follow-up routine	10 business days

Other wait time standards	You should be able to get connected within:
Member services telephone wait times during normal business hours – Calls received after normal business hours (Monday – Friday, 8am – 5pm) are returned within one (1) business day. Calls received after midnight are responded to the same business day.	10 minutes
Telephone wait times for Nurse Advice Line	30 minutes (connected to nurse)



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Sometimes waiting longer for an appointment is not a problem. Your provider might give you a longer wait time if it would not be harmful to your health. It must be noted in your record that a longer wait time will not be harmful to your health. Also, if you prefer to wait for a later appointment that will better fit your schedule or go to another provider of your choice, your provider or your IEHP will respect your wish.

Your doctor may recommend a specific schedule for preventive services, follow-up care for ongoing conditions or standing referrals to specialists, depending on your needs.

Tell us if you need interpreter services when you call IEHP or when you get covered services. Interpreter services, including sign language, are available at no cost to you. We highly discourage the use of minors or family members as interpreters. To learn more about interpreter services we offer, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

If you need interpreter services, including sign language, at a Medi-Cal Rx pharmacy, call Medi-Cal Rx Customer Service at 1-800-977-2273, 24 hours a day, 7 days a week. TTY users can call 711, Monday through Friday, 8 a.m. to 5 p.m.

Travel time or distance to care

IEHP must follow travel time or distance standards for your care. Those standards help make sure you can get care without having to travel too far from where you live. Travel time or distance standards depend on the county you live in.

If IEHP is not able to provide care to you within these travel time or distance standards, DHCS may allow a different standard, called an alternative access standard. For IEHP's time or distance standards for where you live, visit www.iehp.org. Or call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

If you need care from a provider located far from where you live, call member services at IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). They can help you find care with a provider located closer to you. If IEHP cannot find care for you from a closer provider, you can ask IEHP to arrange transportation for you to go to your provider, even if that provider is located far from where you live.

If you need help with pharmacy providers, call Medi-Cal Rx at 1-800-977-2273 (TTY 1-800-977-2273) and press 7 or 711.

It is considered far if you cannot get to that provider within the IEHP's travel time or distance standards for your county, regardless of any alternative access standard IEHP might use for your ZIP Code.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

Appointments

When you need health care:

- Call your PCP
- Have your IEHP ID number ready on the call
- Leave a message with your name and phone number if the office is closed
- Take your BIC and IEHP ID card to your appointment
- Ask for transportation to your appointment, if needed
- Ask for needed language assistance or interpreting services before your appointment to have the services at the time of your visit
- Be on time for your appointment, arrive a few minutes early to sign in, fill out forms, and answer any questions your PCP may have
- Call right away if you cannot keep your appointment or will be late
 - Have your questions and medication information ready

If you have an emergency, call **911** or go to the nearest emergency room. If you need help deciding how urgently you need care and your PCP is not available to speak with you, call the Nurse Advice Line.

Getting to your appointment

If you don't have a way to get to and from your appointments for covered services, IEHP can help arrange transportation for you. Depending on your situation, you may qualify for either Medical Transportation or for Non-Medical Transportation. These transportation services are not for emergencies and may be available at no cost to you.

If you are having an emergency, call **911**. Transportation is available for services and appointments not related to emergency care. They may be available at no cost to you.

To learn more, read, "Transportation benefits for situations that are not emergencies" below.

Canceling and rescheduling

If you can't get to your appointment, call your provider's office right away. Most doctors require you to call 24 hours (1 business day) before your appointment if you have to cancel. If you miss repeated appointments, your doctor might stop providing care to you and you will have to find a new doctor.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

Payment

You do **not** have to pay for covered services unless you have a share of cost for long-term care. To learn more, read “For members with long-term care and a share of cost” in Chapter 2. In most cases, you will not get a bill from a provider. You must show your IEHP ID card and your Medi-Cal BIC when you get health care services or prescriptions, so your provider knows who to bill. You can get an Explanation of Benefits (EOB) or a statement from a provider. EOBs and statements are not bills.

If you do get a bill, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). If you get a bill for prescriptions, call Medi-Cal Rx at 1-800-977-2273 (TTY 1-800-977-2273) and press 7 or 711. Or visit the Medi-Cal Rx website at <https://medi-calrx.dhcs.ca.gov/home/>.

Tell IEHP the amount you are being charged, the date of service, and the reason for the bill. You do not need to pay providers for any amount owed by IEHP for any covered service. You must get pre-approval (prior authorization) from IEHP before you visit an out-of-network provider except when:

- You need emergency services, in which case dial 911 or go to the nearest hospital
- You need family planning services or services related to testing for sexually transmitted infections, in which case you can go to any Medi-Cal provider without pre-approval (prior authorization)
- You need mental health services, in which case you can go to an in-network provider or to a county mental health plan provider without pre-approval (prior authorization)

If you get care from an out-of-network provider and you did not get pre-approval (prior authorization) from IEHP, you might have to pay for the care you got. If you need to get medically necessary care from an out-of-network provider because it is not available in the IEHP network, you will not have to pay as long as the care is a Medi-Cal covered service and you got pre-approval (prior authorization) from IEHP for it. To learn more about emergency care, urgent care, and sensitive services, go to those headings in this chapter.

If you get a bill or are asked to pay a co-pay you don't think you have to pay, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). If you pay the bill, you can file a claim form with IEHP. You will need to tell IEHP in writing why you



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

3 | How to get care

had to pay for the item or service. IEHP will read your claim and decide if you can get money back. IEHP Members have up to one year from the date of service to send IEHP a bill to be reimbursed. The Claims Department has 30 days to review and send you a letter. If the claim is accepted, you will get a check in the mail. If the request is denied, you will get a letter telling you why. If you do not agree with the decision, you can call IEHP Member Services and file a complaint.

For questions or to ask for a claim form, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

If you get services in the Veterans Affairs system or get non-covered or unauthorized services outside of California, you might be responsible for payment.

IEHP will not pay you back if:

- The services are not covered by Medi-Cal such as cosmetic services
- You have an unmet Medi-Cal share of cost
- You went to a doctor who does not take Medi-Cal and you signed a form that said you want to be seen anyway and you will pay for the services yourself
- You asked to be paid back for co-pays for prescriptions covered by your Medicare Part D plan

Referrals

If you need a specialist for your care, your PCP or another specialist will give you a referral to one. A specialist is a provider who focuses on one type of health care service. The doctor who refers you will work with you to choose a specialist. To help make sure you can go to a specialist in a timely way, DHCS sets time frames for members to get appointments. These time frames are listed in “Timely access to care” in this handbook. Your PCP’s office can help you set up an appointment with a specialist.

Other services that might need a referral include in-office procedures, X-rays, lab work, physical therapy, EKG, EEG, wellness, medical social services and enhanced care management.

Your PCP might give you a form to take to the specialist. The specialist will fill out the form and send it back to your PCP. The specialist will treat you for as long as they think you need treatment.

If you have a health problem that needs special medical care for a long time, you might need a standing referral. This means you can go to the same specialist more than once



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without getting a referral each time.

If you have trouble getting a standing referral or want a copy of the IEHP referral policy, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

You do **not** need a referral for:

- PCP visits
- Obstetrics/Gynecology (OB/GYN) visits
- Urgent or emergency care visits
- Adult sensitive services, such as sexual assault care
- Family planning services (to learn more, call the Office of Family Planning Information and Referral Service at 1-800-942-1054)
- HIV testing and counseling (12 years or older)
- Sexually transmitted infection services (12 years or older)
- Chiropractic services (a referral may be required when provided by out-of-network FQHCs, RHCs, and IHCPs)
- Initial mental health assessment
- Acupuncture (the first two services per month; additional appointments will need a referral)
- Eligible dental services
- Preventive Services
- Out of area renal dialysis

Minors can also get certain outpatient mental health services, sensitive services, and substance use disorder services without parent's consent. To learn more, read "Minor consent services" in this chapter and "Substance use disorder treatment services" in Chapter 4 of this handbook.

California Cancer Equity Act referrals

Effective treatment of complex cancers depends on many factors. These include getting the right diagnosis and getting timely treatment from cancer experts. If you are diagnosed with a complex cancer, the new California Cancer Care Equity Act allows you to ask for a referral from your doctor to get cancer treatment from an in-network National Cancer Institute (NCI)-designated cancer center, NCI Community Oncology Research Program (NCORP)-affiliated site, or a qualifying academic cancer center.



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3 | How to get care

If IEHP does not have an in-network NCI-designated cancer center, IEHP will allow you to ask for a referral to get cancer treatment from one of these out-of-network centers in California, if one of the out-of-network centers and IEHP agree on payment, unless you choose a different cancer treatment provider.

If you have been diagnosed with cancer, contact IEHP to find out if you qualify for services from one of these cancer centers.

Ready to quit smoking? To learn about services in English, call 1-800-300-8086. For Spanish, call 1-800-600-8191.

To learn more, go to www.kickitca.org.

Pre-approval (prior authorization)

For some types of care, your PCP or specialist will need to ask IEHP for permission before you get the care. This is called asking for pre-approval or prior authorization. It means IEHP must make sure the care is medically necessary (needed).

Medically necessary services are reasonable and necessary to protect your life, keep you from becoming seriously ill or disabled, or reduce severe pain from a diagnosed disease, illness, or injury. For members under age 21, Medi-Cal services include care that is medically necessary to fix or help relieve a physical or mental illness or condition.

The following services always need pre-approval (prior authorization), even if you get them from a provider in the IEHP network:

- Hospitalization, if not an emergency
- Services out of the IEHP service area, if not an emergency or urgent care
- Outpatient surgery
- Long-term care or skilled nursing services at a nursing facility
- Specialized treatments, imaging, testing, and procedures
- Medical transportation services when it is not an emergency

Emergency ambulance services do not require pre-approval (prior authorization).

Under Health and Safety Code Section 1367.01(h)(1), IEHP has 5 business days from



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when IEHP gets the information reasonably needed to decide (approve or deny) pre-approval (prior authorization) requests. For requests a provider made or when IEHP finds that following the standard time frame could seriously endanger your life or health or ability to attain, maintain, or regain maximum function, IEHP will make an expedited (fast) pre-approval (prior authorization) decision.

IEHP will give you notice as quickly as your health condition requires and no later than 72 hours after getting the request for services.

Clinical or medical staff such as doctors, nurses, and pharmacists review pre-approval (prior authorization) requests.

IEHP does not influence the reviewers' decision to deny or approve coverage or services in any way. If IEHP does not approve the request, IEHP will send you a Notice of Action (NOA) letter. The NOA will tell you how to file an appeal if you do not agree with the decision.

IEHP will contact you if IEHP needs more information or more time to review your request.

You never need pre-approval (prior authorization) for emergency care, even if it is out of the network or out of your service area. This includes labor and delivery if you are pregnant. You do not need pre-approval (prior authorization) for certain sensitive care services. To learn more about sensitive care services, read "Sensitive care" later in this chapter.

For questions about pre-approval (prior authorization), call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

Second opinions

You might want a second opinion about care your provider says you need or about your diagnosis or treatment plan. For example, you might want a second opinion if you want to make sure your diagnosis is correct, you are not sure you need a prescribed treatment or surgery, or you have tried to follow a treatment plan and it has not worked.

If you want to get a second opinion, we will refer you to a qualified in-network provider who can give you a second opinion. For help choosing a provider, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

IEHP will pay for a second opinion if you or your in-network provider asks for it, and you



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3 | How to get care

get the second opinion from an in-network provider. You do not need pre-approval (prior authorization) from IEHP to get a second opinion from an in-network provider. Your in-network provider can help you get a referral for a second opinion if you need one.

If there is no provider in the IEHP network who can give you a second opinion, IEHP will pay for a second opinion from an out-of-network provider. IEHP will tell you within 5 business days if the provider you choose for a second opinion is approved. If you have a chronic, severe, or serious illness, or have an immediate and serious threat to your health, including, but not limited to, loss of life, limb, or major body part or bodily function, IEHP will tell you in writing within 72 hours.

If IEHP denies your request for a second opinion, you can file a grievance. To learn more about grievances, read “Complaints” in Chapter 6 of this handbook.

Utilization management processes

IEHP has specific processes for Utilization Management (UM). These processes are used when your Doctor’s Utilization Management Committee and/or Medical Director approves or denies referral requests. IEHP also has guidelines or criteria that are used in specific cases to approve or deny requested health care services. In all cases, your Doctor’s Utilization Management Committee and/or Medical Director is required to take a Member’s needs into account when making decisions to approve or deny requested health care services. If you would like a copy of the IEHP Utilization Management processes, or would like a specific treatment guideline or criteria, please call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1 800 718 4347). The Utilization Management (UM) staff is on hand between 8am and 5pm during working days to talk about any UM issues. Staff may send outbound messages regarding UM inquiries during normal working hours and will always identify themselves by name, title, and organization name when calling or returning your calls. You can also call the California Department of Health Care Services (DHCS) at 1-888-452-8609.

Sensitive care

Minor consent services

If you are under age 18, you can get some services without a parent’s or guardian’s permission. These services are called minor consent services.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

You may get these services without your parent or guardian's permission:

- Services for rape and other sexual assaults
- Pregnancy testing and counseling
- Contraception services such as and birth control (excludes sterilization)
- Abortion services

If you are 12 years old or older, you may also get these services without your parent's or guardian's permission:

- Outpatient mental health services based on your maturity level and ability to participate in your own health care.
- HIV/AIDS counseling prevention, testing, and treatment
- Sexually transmitted infections prevention, testing, and treatment which may include sexually transmitted diseases such as syphilis, gonorrhea, chlamydia, and herpes simplex.
- Substance use disorder treatment for drug and alcohol abuse including screening, assessment, intervention, and referral services
 - To learn more, read "Substance use disorder treatment services" in Chapter 4 of this handbook.

For pregnancy testing, family planning services, birth control services, or services for sexually transmitted infections, the doctor or clinic does not have to be in the IEHP network. You can choose any Medi-Cal provider and go to them for these services without a referral or pre-approval (prior authorization). For more information related to family planning services, please reference the "Preventive and Wellness Services and Chronic Disease Management" in Chapter 4 of this handbook.

For minor consent services that are outpatient mental health services, you can go to an in-network or out-of-network provider without a referral and without pre-approval (prior authorization). Your PCP does not have to refer you and you do not need to get pre-approval (prior authorization) from IEHP to get covered minor consent services.

Minor consent services that are specialty mental health services are not covered.

Specialty mental health services are covered by the county mental health plan for the county where you live.

Minors can talk to a representative in private about their health concerns by calling the 24/7 Nurse Advice Line at 1-888-244-IEHP (4347) (TTY 1-866-577-8355 or 711).

IEHP will not send information about getting sensitive services to parents or guardians.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

3 | How to get care

To learn more about how to ask for confidential communications related to sensitive services, read “Notice of privacy practices” in Chapter 7 of this handbook.

Adult sensitive care services

As an adult 18 years or older, you may not want to go to your PCP for certain sensitive or private care. You can choose any doctor or clinic for these types of care:

- Family planning and birth control including sterilization for adults 21 and older
- Pregnancy testing and counseling
- HIV/AIDS prevention and testing
- Sexually transmitted infections prevention, testing, and treatment
- Sexual assault care
- Outpatient abortion services

For sensitive care, the doctor or clinic does not have to be in the IEHP network. You can choose to go to any Medi-Cal provider for these services without a referral or pre-approval (prior authorization) from IEHP. If you got care not listed here as sensitive care from an out-of-network provider, you might have to pay for it.

If you need help finding a doctor or clinic for these services, or help getting to these services (including transportation), call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). Or call the 24/7 Nurse Advice Line at 1-888-244-IEHP (4347) (TTY 1-866-577-8355 or 711).

IEHP will not disclose medical information related to sensitive services to any other member without written authorization from you, the member receiving care. To learn more about how to ask for confidential communications related to sensitive services, read “Notice of privacy practices” in Chapter 7.

Moral objection

Some providers have a moral objection to some covered services. They have a right to **not** offer some covered services if they morally disagree with the services. If your provider has a moral objection, they will help you find another provider for the needed services. IEHP can also help you find a provider.

Some hospitals and providers do not provide one or more of these services even if they are covered by Medi-Cal:

- Family planning



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

- Contraceptive services, including emergency contraception
- Sterilization, including tubal ligation at the time of labor and delivery
- Infertility treatments
- Abortion

To make sure you choose a provider who can give you the care you and your family needs, call the doctor, medical group, independent practice association, or clinic you want. Or call IEHP at IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). Ask if the provider can and will provide the services you need.

These services are available to you. IEHP will make sure you and your family members can use providers (doctors, hospitals, clinics) who will give you the care you need. If you have questions or need help finding a provider, call IEHP at IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

Urgent care

Urgent care is **not** for an emergency or life-threatening condition. It is for services you need to prevent serious damage to your health from a sudden illness, injury, or complication of a condition you already have. Most urgent care appointments do not need pre-approval (prior authorization). If you ask for an urgent care appointment, you will get an appointment within 48 hours. If the urgent care services you need require a pre-approval (prior authorization), you will get an appointment within 96 hours of your request.

For urgent care, call your PCP. If you cannot reach your PCP, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). Or you can call 24/7 Nurse Advice Line at 1-888-244-IEHP (4347) (TTY 1-866-577-8355 or 711), to learn the level of care that is best for you.

If you need urgent care out of the area, go to the nearest urgent care facility.

Urgent care needs could be:

- Cold
- Sore throat
- Fever
- Ear pain
- Sprained muscle



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3 | How to get care

- Maternity services

You must get urgent care services from an in-network provider when you are inside IEHP’s service area. You do not need pre-approval (prior authorization) for urgent care from in-network providers inside IEHP’s service area. If you are outside the IEHP service area, but inside the United States, you do not need pre-approval (prior authorization) to get urgent care.

Go to the nearest urgent care facility. Medi-Cal does not cover urgent care services outside the United States. If you are traveling outside the United States and need urgent care, we will not cover your care.

If you need mental health urgent care, call your county mental health plan or Member Services at IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). Call your county mental health plan or your IEHP Behavioral Health Organization any time, 24 hours a day, 7 days a week. To find all counties’ toll-free telephone numbers online, go to: <http://www.dhcs.ca.gov/individuals/Pages/MHPContactList.aspx>.

CALL	<p><u>Riverside County</u> 1-800-706-7500. Monday through Friday, 8am-5pm. Before and after hours, phone lines roll over to HelpLine Community Connect.</p> <p><u>San Bernardino County</u> 1-888-743-1478. 24 hours a day, 7 days a week. All calls are free. We have free interpreter services for people who do not speak English.</p>
TTY	<p><u>Riverside County</u> Desert Region (760) 863-8026 Mid-County Region (951) 296-0596 Western Region (951) 358-4728</p> <p><u>San Bernardino County</u>, please call 1-888-743-1481 This call is free. This number is for people who have hearing or speaking problems. You must have special telephone equipment to call it.</p>



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

If you get medicines as part of your covered urgent care visit, IEHP will cover them as part of your covered visit. If your urgent care provider gives you a prescription to take to a pharmacy, Medi-Cal Rx will decide if it is covered. To learn more about Medi-Cal Rx, read “Prescription drugs covered by Medi-Cal Rx” in “Other Medi-Cal programs and services” in Chapter 4.

Emergency care

For emergency care, call **911** or go to the nearest emergency room (ER). For emergency care, you do **not** need pre-approval (prior authorization) from IEHP.

Inside the United States, including any United States Territory, you have the right to use any hospital or other setting for emergency care.

If you are outside the United States, only emergency care requiring hospitalization in Canada and Mexico are covered. Emergency care and other care in other countries are not covered.

Emergency care is for life-threatening medical conditions. This care is for an illness or injury that a prudent (reasonable) layperson (not a health care professional) with average knowledge of health and medicine could expect that, if you don’t get care right away, you would place your health (or your unborn baby’s health) in serious danger. This includes risking serious harm to your bodily functions, body organs or body parts. Examples may include, but are not limited to:

- Active labor
- Broken bone
- Severe pain
- Chest pain
- Trouble breathing
- Severe burn
- Drug overdose
- Fainting
- Severe bleeding
- Psychiatric emergency conditions, such as severe depression or suicidal thoughts (this may be covered by county mental health plans)

Do **not** go to the ER for routine care or care that is not needed right away. You should get routine care from your PCP, who knows you best. If you are not sure if your medical



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3 | How to get care

condition is an emergency, call your PCP. You can also call the 24/7 Nurse Advice Line at 1-888-244-IEHP (4347) (TTY 1-866-577-8355 or 711).

If you need emergency care away from home, go to the nearest ER even if it is not in the IEHP network. If you go to an ER, ask them to call IEHP. You or the hospital that admitted you should call IEHP within 24 hours after you get emergency care. If you are traveling outside the United States other than to Canada or Mexico and need emergency care, IEHP will **not** cover your care.

If you need emergency transportation, call **911**. You do not need to ask your PCP or IEHP before you go to the ER.

If you need care in an out-of-network hospital after your emergency (post-stabilization care), the hospital will call IEHP.

Remember: Do not call **911** unless it is an emergency. Get emergency care only for an emergency, not for routine care or a minor illness like a cold or sore throat. If it is an emergency, call **911** or go to the nearest emergency room.

Nurse Advice Line

IEHP Nurse Advice Line can give you free medical information and advice 24 hours a day, every day of the year. Call 1-888-244-IEHP (4347) (TTY 1-866-577-8355 or 711) to:

- Talk to a nurse who will answer medical questions, give care advice, and help you decide if you should go to a provider right away
- Get help with medical conditions such as diabetes or asthma, including advice about what kind of provider may be right for your condition
- Talk to a nurse about whether you should get medical care, and how and where to get care. For example, if you are not sure if your condition is an emergency medical or mental health condition, they can help you decide if you need emergency services or urgent care. They can also tell you how and where to get that care.
- Get help on what to do if you need care and your health care provider's office is closed.

The Nurse Advice Line **cannot** help with clinic appointments or medicine refills. Call your provider's office if you need help with these.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

Advance directives

An advance health directive is a legal form. You can list on the form the health care you want in case you cannot talk or make decisions later. You can also list what care you do **not** want. You can name someone, such as a spouse, to make decisions for your health care if you cannot.

You can get an advance directive form at pharmacies, hospitals, law offices, and doctors' offices. You might have to pay for the form. You can also find and download a free form online. You can ask your family, PCP, or someone you trust to help you fill out the form.

You have the right to have your advance directive placed in your medical records. You have the right to change or cancel your advance directive at any time.

You have the right to learn about changes to advance directive laws. IEHP will tell you about changes to the state law no longer than 90 days after the change.

To learn more, you can call IEHP at IEHP Member Services at 1-800-440-IEHP (4347).

Organ and tissue donation

You can help save lives by becoming an organ or tissue donor. If you are between 15 and 18 years old, you can become a donor with the written consent of your parent or guardian. You can change your mind about being an organ donor at any time. If you want to learn more about organ or tissue donation, talk to your PCP. You can also visit the United States Department of Health and Human Services website at www.organdonor.gov.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

4. Benefits and services

What your health plan covers

This chapter explains your covered services as a member of IEHP. Your covered services are free as long as they are medically necessary and provided by an in-network provider. You must ask us for pre-approval (prior authorization) if the care is out-of-network except for certain sensitive services and emergency care. Your health plan might cover medically necessary services from an out-of-network provider, but you must ask IEHP for pre-approval (prior authorization) for this.

Medically necessary services are reasonable and necessary to protect your life, keep you from becoming seriously ill or disabled, or reduce severe pain from a diagnosed disease, illness, or injury. For members under the age of 21, Medi-Cal services include care that is medically necessary to fix or help relieve a physical or mental illness or condition. For more on your covered services, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

Members under 21 years old get extra benefits and services. To learn more, read Chapter 5, “Child and youth well care.”

Some of the basic health benefits IEHP offers are listed below. Benefits with a star (*) need pre-approval (prior authorization) from IEHP or your IPA or medical group first.



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- Acupuncture*
- Acute (short-term treatment) home health therapies and services
- Adult immunizations (shots)
- Allergy testing and injections
- Ambulance services for an emergency
- Anesthesiologist services
- Asthma prevention
- Audiology*
- Behavioral health treatments*
- Cardiac rehabilitation
- Chiropractic services*
- Chemotherapy & Radiation therapy
- Cognitive health assessments
- Community health worker services
- Dental services - limited (performed by medical professional/primary care provider (PCP) in a medical office)
- Dialysis/hemodialysis services
- Doula services
- Durable medical equipment (DME)*
- Dyadic services
- Emergency room visits
- Enteral and parenteral nutrition*
- Family planning office visits and counseling (you can go to a non-participating provider)
- Habilitative services and devices*
- Hearing aids
- Home health care*
- Hospice care*
- Inpatient medical and surgical care*
- Lab and radiology*
- Long-term home health therapies and services*
- Maternity and newborn care
- Major organ transplant*
- Occupational therapy*
- Orthotics/prostheses*
- Ostomy and urological supplies
- Outpatient hospital services
- Outpatient mental health services
- Outpatient surgery*
- Palliative care*
- PCP visits
- Pediatric services
- Physical therapy*
- Podiatry services*
- Preventive Services
- Pulmonary rehabilitation
- Rapid Whole Genome Sequencing
- Rehabilitation services and devices*
- Skilled nursing services*
- Specialist visits
- Speech therapy*
- Surgical services
- Telemedicine/Telehealth
- Transgender services*
- Urgent care
- Vision services*
- Women's health services

Definitions and descriptions of covered services are in Chapter 8, "Important numbers and words to know."



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Medically necessary services are reasonable and necessary to protect your life, keep you from becoming seriously ill or disabled, or reduce severe pain from a diagnosed disease, illness, or injury.

Medically necessary services include those services that are necessary for age-appropriate growth and development, or to attain, maintain, or regain functional capacity.

For members under 21 years of age, a service is medically necessary if it is necessary to correct or improve defects and physical and mental illnesses or conditions under the federal Early and Periodic Screening, Diagnostic and Treatment (EPSDT) benefit. This includes care that is necessary to fix or help relieve a physical or mental illness or condition or maintain the member's condition to keep it from getting worse.

Medically necessary services do not include:

- **Treatments that are untested or still being tested**
- **Services or items not generally accepted as effective**
- **Services outside the normal course and length of treatment or services that don't have clinical guidelines**
- **Services for caregiver or provider convenience**

IEHP coordinates with other programs to be sure you get all medically necessary services, even if those services are covered by another program and not IEHP.

Medically necessary services include covered services that are reasonable and necessary to:

- Protect life,
- Prevent significant illness or significant disability,
- Alleviate severe pain,
- Achieve age-appropriate growth and development, or
- Attain, maintain, and regain functional capacity



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

For members younger than 21 years old, medically necessary services include all covered services listed above plus any other necessary health care, diagnostic services, treatment, and other measures to correct or improve defects and physical and mental illnesses and conditions, the federal Early and Periodic Screening, Diagnostic and Treatment (EPSDT) benefit requires.

EPSDT provides prevention, diagnostic, and treatment services for low-income infants, children, and adolescents under age 21. EPSDT covers more services than the benefit for adults. It is designed to make sure children get early detection and care to prevent or diagnose and treat health problems. The EPSDT goal is to make sure every child gets the health care they need when they need it – the right care to the right child at the right time in the right setting.

IEHP will coordinate with other programs to make sure you get all medically necessary services, even if another program covers those services and IEHP does not. Read “Other Medi-Cal programs and services” in this chapter.

Medi-Cal benefits covered by IEHP

Outpatient (ambulatory) services

Adult immunizations

You can get adult immunizations (shots) from an in-network provider without pre-approval (prior authorization). IEHP covers shots recommended by the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), including shots you need when you travel.

You can also get some adult immunization (shots) services in a pharmacy through Medi-Cal Rx. To learn more about Medi-Cal Rx, read “Other Medi-Cal programs and services” in this chapter.

Allergy care

IEHP covers allergy testing and treatment, including allergy desensitization, hypo-sensitization, or immunotherapy.

*Anesthesiologist services**

IEHP covers anesthesia services that are medically necessary when you get outpatient



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4 | Benefits and services

care. This may include anesthesia for dental procedures when provided by an anesthesiologist who may require pre-approval (prior authorization).

Chiropractic services*

IEHP covers chiropractic services, limited to the treatment of the spine by manual manipulation. Chiropractic services are limited to a maximum of 2 services per month, or combination of 2 services per month from the following services: acupuncture, audiology, occupational therapy, and speech therapy. Limits do not apply to children under age 21. IEHP may pre-approve other services as medically necessary.

These members qualify for chiropractic services:

- Children under age 21
- Pregnant people through the end of the month that includes 60-days after the end of a pregnancy
- Residents in a skilled nursing facility, intermediate care facility, or subacute care facility
- All members when services are provided at county hospital outpatient departments, outpatient clinics, Federally Qualified Health Center (FQHCs), or Rural Health Clinics (RHCs) in the IEHP's network. Not all FQHCs, RHCs, or county hospitals offer outpatient chiropractic services.

Cognitive health assessments

IEHP covers a yearly cognitive health assessment for members 65 years old or older who do not otherwise qualify for a similar assessment as part of a yearly wellness visit under the Medicare program. A cognitive health assessment looks for signs of Alzheimer's disease or dementia.

Community health worker services

IEHP covers community health worker (CHW) services for individuals when recommended by a doctor or other licensed practitioner to prevent disease, disability, and other health conditions or their progression; prolong life; and promote physical and mental health and efficiency. Services may include:

- Health education and training, including control and prevention of chronic or infectious diseases; behavioral, perinatal, and oral health conditions; and injury prevention



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- Health promotion and coaching, including goal setting and creating action plans to address disease prevention and management

Dialysis and hemodialysis services

IEHP covers dialysis treatments. IEHP also covers hemodialysis (chronic dialysis) services if your doctor submits a request and IEHP approves it.

Medi-Cal coverage does not include:

- Comfort, convenience, or luxury equipment, supplies, and features
- Non-medical items, such as generators or accessories to make home dialysis equipment portable for travel

Doula services

IEHP covers doula services for members who are pregnant or were pregnant in the past year. Medi-Cal does not cover all doula services. Doulas are birth workers who provide health education, advocacy, and physical, emotional, and non-medical support for pregnant and postpartum persons before, during, and after childbirth, including support during miscarriage, stillbirth, and abortion.

Dyadic services

IEHP covers medically necessary dyadic behavioral health (DBH) care services for members and their caregivers. A dyad is a child and their parents or caregivers. Dyadic care serves parents or caregivers and child together. It targets family well-being to support healthy child development and mental health.

Dyadic care services include DBH well-child visits, dyadic comprehensive Community Supports services, dyadic psycho-educational services, dyadic parent or caregiver services, dyadic family training, and counseling for child development, and maternal mental health services.

Outpatient surgery*

IEHP covers outpatient surgical procedures. For some procedures, you will need to get pre-approval (prior authorization) before getting those services. Diagnostic procedures and certain outpatient medical or dental procedures are considered elective. You must get pre-approval (prior authorization).



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4 | Benefits and services

Physician services*

IEHP covers physician services that are medically necessary.

Podiatry (foot) services*

IEHP covers podiatry services as medically necessary for diagnosis and for medical, surgical, mechanical, manipulative, and electrical treatment of the human foot. This includes treatment for the ankle and for tendons connected to the foot. It also includes nonsurgical treatment of the muscles and tendons of the leg that controls the functions of the foot.

Treatment therapies*

IEHP covers different treatment therapies, including:

- Chemotherapy
- Radiation therapy

Maternity and newborn care

IEHP covers these maternity and newborn care services:

- Birthing center services
- Breast pumps and supplies
- Breastfeeding education and aids
- Care coordination
- Certified Nurse Midwife (CNM)
- Counseling
- Delivery and postpartum care
- Diagnosis of fetal genetic disorders and counseling
- Doula Services
- Licensed Midwife (LM)
- Maternal mental health services
- Newborn care
- Nutrition education
- Pregnancy-related health education
- Prenatal care
- Social and mental health assessments and referrals
- Vitamin and mineral supplements



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Exclusions

- Routine circumcision younger than 28 days is non covered.

Telehealth services

Telehealth is a way of getting services without being in the same physical location as your provider. Telehealth may involve having a live conversation with your provider by phone, video, or other means. Or telehealth may involve sharing information with your provider without a live conversation. You can get many services through telehealth.

Telehealth may not be available for all covered services. You can contact your provider to learn which services you can get through telehealth. It is important that you and your provider agree that using telehealth for a service is appropriate for you. You have the right to in-person services. You are not required to use telehealth even if your provider agrees that it is appropriate for you.

Mental health services

Outpatient mental health services

IEHP covers initial mental health assessments without needing pre-approval (prior authorization). You can get a mental health assessment at any time from a licensed mental health provider in the IEHP network without a referral.

Your PCP or mental health provider might make a referral for more mental health screening to a specialist in the IEHP network to decide the level of care you need. If your mental health screening results find you are in mild or moderate distress or have impaired mental, emotional, or behavioral functioning, IEHP can provide mental health services for you. IEHP covers mental health services such as:

- Individual and group mental health evaluation and treatment (psychotherapy)
- Psychological testing when clinically indicated to evaluate a mental health condition
- Development of cognitive skills to improve attention, memory, and problem solving
- Outpatient services for the purposes of monitoring medicine therapy
- Outpatient laboratory services
- Outpatient medicines that are not already covered under the Medi-Cal Rx Contract Drugs List (<https://medi-calrx.dhcs.ca.gov/home/>), supplies and



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4 | Benefits and services

supplements

- Psychiatric consultation
- Family therapy which involves at least 2 family members. Examples of family therapy include, but are not limited to:
 - Child-parent psychotherapy (ages 0 through 5)
 - Parent child interactive therapy (ages 2 through 12)
 - Cognitive-behavioral couple therapy (adults)

For help finding more information on mental health services provided by IEHP, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

If treatment you need for a mental health disorder is not available in the IEHP network or your PCP or mental health provider cannot give the care you need in the time listed above in “Timely access to care,” IEHP will cover and help you get out-of-network services.

If your mental health screening shows that you may have a higher level of impairment and need specialty mental health services (SMHS), your PCP or your mental health provider can refer you to the county mental health plan to get the care you need.

To learn more, read “Other Medi-Cal programs and services” on page 84 under, “Specialty mental health services.”

Emergency care

Inpatient and outpatient services needed to treat a medical emergency

IEHP covers all services needed to treat a medical emergency that happens in the U.S. (including territories such as Puerto Rico, U.S. Virgin Islands, etc.). IEHP also covers emergency care that requires hospitalization in Canada or Mexico. A medical emergency is a medical condition with severe pain or serious injury. The condition is so serious that, if it does not get immediate medical attention, a prudent (reasonable) layperson (not a health care professional) could expect it to result in:

- Serious risk to your health,
- Serious harm to bodily functions,
- Serious dysfunction of any bodily organ or part, or
- Serious risk in cases of a pregnant person in active labor, meaning labor at a time when either of the following would occur:



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- There is not enough time to safely transfer you to another hospital before delivery.
- The transfer might pose a threat to your health or safety or to that of your unborn child.

If a hospital emergency room provider gives you up to a 72-hour supply of an outpatient prescription drug as part of your treatment, IEHP will cover the prescription drug as part of your covered Emergency Services. If a hospital emergency room provider gives you a prescription that you have to take to an outpatient pharmacy to be filled, Medi-Cal Rx will cover that prescription.

If a pharmacist at an outpatient pharmacy gives you an **emergency supply** of a medication, that emergency supply will be covered by Medi-Cal Rx and not IEHP. If the pharmacy needs help giving you an emergency medication supply, have them call Medi-Cal Rx at 1-800-977-2273.

Emergency transportation services

IEHP covers ambulance services to help you get to the nearest place of care in an emergency. This means your condition is serious enough that other ways of getting to a place of care could risk your health or life. No services are covered outside the U.S. except emergency care that requires you to be in the hospital in Canada or Mexico. If you get emergency ambulance services in Canada or Mexico and you are not hospitalized during that care episode, IEHP will not cover your ambulance services.

Hospice and palliative care*

IEHP covers hospice care and palliative care for children and adults, which help reduce physical, emotional, social, and spiritual discomforts. Adults ages 21 years or older may not get hospice care and palliative care services at the same time.

Hospice care

Hospice care is a benefit for terminally ill members. Hospice care requires the member to have a life expectancy of 6 months or less. It is an intervention that focuses mainly on pain and symptom management rather than on a cure to prolong life.

Hospice care includes:

- Nursing services



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4 | Benefits and services

- Physical, occupational, or speech services
- Medical social services
- Home health aide and homemaker services
- Medical supplies and appliances
- Some drugs and biological services (some may be available through Medi-Cal Rx)
- Counselling services
- Continuous nursing services on a 24-hour basis during periods of crisis and as necessary to maintain the terminally ill member at home
- Inpatient respite care for up to five consecutive days at a time in a hospital, skilled nursing facility, or hospice facility
- Short-term inpatient care for pain control or symptom management in a hospital, skilled nursing facility, or hospice facility

Palliative care

Palliative care is patient and family-centered care that improves quality of life by anticipating, preventing, and treating suffering. Palliative care does not require the member to have a life expectancy of six months or less. Palliative care may be provided at the same time as curative care.

Palliative care includes:

- Advance care planning
- Palliative care assessment and consultation
- Plan of care including all authorized palliative and curative care
- Plan of care team including, but not limited to:
 - Doctor of medicine or osteopathy
 - Physician assistant
 - Registered nurse
 - Licensed vocational nurse or nurse practitioner
 - Social worker
 - Chaplain
- Care coordination
- Pain and symptom management
- Mental health and medical social services

Adults who are age 21 or older cannot get both palliative care and hospice care at the same time. If you are getting palliative care and qualify for hospice care, you can ask to



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change to hospice care at any time.

Hospitalization*

Anesthesiologist services

IEHP covers medically necessary anesthesiologist services during covered hospital stays. An anesthesiologist is a provider who specializes in giving patients anesthesia. Anesthesia is a type of medicine used during some medical or dental procedures.

Inpatient hospital services

IEHP covers medically necessary inpatient hospital care when you are admitted to the hospital.

Rapid Whole Genome Sequencing

Rapid Whole Genome Sequencing (RWGS) is a covered benefit for any Medi-Cal member who is one year of age or younger and is getting inpatient hospital services in an intensive care unit. It includes individual sequencing, trio sequencing for a parent or parents and their baby, and ultra-rapid sequencing.

RWGS is a new way to diagnose conditions in time to affect Intensive Care Unit (ICU) care of children one year of age or younger.

Surgical services

IEHP covers medically necessary surgeries performed in a hospital.

The Postpartum Care Extension (PPCE) program

IEHP covers post-partum care for up to 12 months after the end of the pregnancy regardless of income, citizenship, or immigration status. No other action is needed.

Rehabilitative and habilitative (therapy) services and devices*

This benefit includes services and devices to help people with injuries, disabilities, or chronic conditions to gain or recover mental and physical skills.

IEHP covers rehabilitative and habilitative services described in this section if all of the following requirements are met:

- The services are medically necessary



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4 | Benefits and services

- The services are to address a health condition
- The services are to help you keep, learn, or improve skills and functioning for daily living
- You get the services at an in-network facility, unless an in-network doctor finds it medically necessary for you to get the services in another place or an in-network facility is not available to treat your health condition

IEHP covers these rehabilitative/habilitative services:

Acupuncture

IEHP covers acupuncture services to prevent, change, or relieve the perception of severe, ongoing chronic pain resulting from a generally recognized medical condition.

Outpatient acupuncture services, with or without electric stimulation of needles, are limited to 2 services per month in combination with audiology, chiropractic, occupational therapy, and speech therapy services when provided by a doctor, dentist, podiatrist, or acupuncturist. Limits do not apply to children under age 21. IEHP may pre-approve (prior authorize) more services as medically necessary.

Audiology (hearing)*

IEHP covers audiology services. Outpatient audiology is limited to 2 services per month, in combination with acupuncture, chiropractic, occupational therapy, and speech therapy services (limits do not apply to children under age 21). IEHP may pre-approve (prior authorize) more services as medically necessary.

Behavioral health treatments

IEHP covers behavioral health treatment (BHT) services for members under 21 years old through the EPSDT benefit. BHT includes services and treatment programs such as applied behavior analysis and evidence-based behavior intervention programs that develop or restore, to the maximum extent practicable, the functioning of a person under 21 years old.

BHT services teach skills using behavioral observation and reinforcement or through prompting to teach each step of a targeted behavior. BHT services are based on reliable evidence. They are not experimental. Examples of BHT services include behavioral interventions, cognitive behavioral intervention packages, comprehensive behavioral treatment, and applied behavior analysis.



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BHT services must be medically necessary, prescribed by a licensed doctor or psychologist, approved by the plan, and provided in a way that follows the approved treatment plan.

Cardiac rehabilitation

IEHP covers inpatient and outpatient cardiac rehabilitative services.

Durable medical equipment (DME)*

IEHP covers the purchase or rental of DME supplies, equipment, and other services with a prescription from a doctor, physician assistant, nurse practitioner, or clinical nurse specialist. Prescribed DME items are covered as medically necessary to preserve bodily functions essential to activities of daily living or to prevent major physical disability.

Generally, IEHP does not cover:

- Comfort, convenience, or luxury equipment, features, and supplies, except retail-grade breast pumps as described in this chapter under “Breast pumps and supplies” in “Maternity and newborn care”
- Items not intended to maintain normal activities of daily living, such as exercise equipment including devices intended to provide more support for recreational or sports activities
- Hygiene equipment, except when medically necessary for a member under age 21
- Nonmedical items such as sauna baths or elevators
- Modifications to your home or car
- Devices for testing blood or other body substances (diabetes blood glucose monitors, continuous glucose monitors, test strips, and lancets are covered by Medi-Cal Rx)
- Electronic monitors of the heart or lungs except infant apnea monitors
- Repair or replacement of equipment due to loss, theft, or misuse, except when medically necessary for a member under age 21
- Other items not generally used mainly for health care

In some cases, these items may be approved when your doctor submits a request for pre-approval (prior authorization). Once a rented item is no longer deemed medically necessary, you will be required to return the item back to the DME Provider who issued the item.



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4 | Benefits and services

Enteral and parenteral nutrition*

These methods of delivering nutrition to the body are used when a medical condition prevents you from eating food normally. Enteral nutrition formulas and parenteral nutrition products may be covered through Medi-Cal Rx, when medically necessary. IEHP also covers enteral and parenteral pumps and tubing, when medically necessary.

Hearing aids*

IEHP covers hearing aids if you are tested for hearing loss, the hearing aids are medically necessary, and you have a prescription from your doctor. Coverage is limited to the lowest cost aid that meets your medical needs. IEHP will cover one hearing aid unless an aid for each ear is needed for results much better than you can get with one aid.

Hearing aids for members under age 21:

In Riverside and San Bernardino counties, state law requires children who need hearing aid to be referred to the California Children's Services (CCS) program to decide if the child qualifies for CCS. If the child qualifies for CCS, CCS will cover the costs for medically necessary hearing aids. If the child does not qualify for CCS, we will cover medically necessary hearing aids as part of Medi-Cal coverage.

Hearing aids for members ages 21 and older.

Under Medi-Cal, we cover the following for each covered hearing aid:

- Ear molds needed for fitting
- One standard battery package
- Visits to make sure the aid is working right
- Visits for cleaning and fitting your hearing aid
- Repair of your hearing aid

Under Medi-Cal, we will cover a replacement hearing aid if:

- Your hearing loss is such that your current hearing aid is not able to correct it
- Your hearing aid is lost, stolen, or broken and cannot be fixed and it was not your fault. You must give us a note that tells us how this happened

For adults ages 21 and older, Medi-Cal does **not** include:

- Replacement hearing aid batteries



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Home health services*

IEHP covers health services given in your home when found medically necessary and prescribed by your doctor or by a physician assistant, nurse practitioner, or clinical nurse specialist.

Home health services are limited to services that Medi-Cal covers, including:

- Part-time skilled nursing care
- Part-time home health aide
- Skilled physical, occupational, and speech therapy
- Medical social services
- Medical supplies

Medical supplies, equipment, and appliances

IEHP covers medical supplies prescribed by doctors, physician assistants, nurse practitioners, and clinical nurse specialists. Some medical supplies are covered through Fee-for-Service (FFS) Medi-Cal Rx and not by IEHP. When FFS covers supplies, the provider will bill Medi-Cal.

Medi-Cal does **not** cover:

- Common household items including, but not limited to:
 - Adhesive tape (all types)
 - Rubbing alcohol
 - Cosmetics
 - Cotton balls and swabs
 - Dusting powders
 - Tissue wipes
 - Witch hazel
- Common household remedies including, but not limited to:
 - White petrolatum
 - Dry skin oils and lotions
 - Talc and talc combination products
 - Oxidizing agents such as hydrogen peroxide
 - Carbamide peroxide and sodium perborate
- Non-prescription shampoos
- Topical preparations that contain benzoic and salicylic acid ointment, salicylic acid cream, ointment or liquid, and zinc oxide paste



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4 | Benefits and services

- Other items not generally used primarily for health care, and that are regularly and primarily used by persons who do not have a specific medical need for them

Occupational therapy*

IEHP covers occupational therapy services including occupational therapy evaluation, treatment planning, treatment, instruction, and consultative services. IEHP may pre-approve (prior authorize) more services as medically necessary.

Orthotics/prostheses*

IEHP covers orthotic and prosthetic devices and services that are medically necessary and prescribed by your doctor, podiatrist, dentist, or non-physician medical provider. They include implanted hearing devices, breast prosthesis/mastectomy bras, compression burn garments, and prosthetics to restore function or replace a body part, or to support a weakened or deformed body part.

Ostomy and urological supplies*

IEHP covers ostomy bags, urinary catheters, draining bags, irrigation supplies, and adhesives. This does not include supplies that are for comfort or convenience, or luxury equipment or features.

Physical therapy*

IEHP covers medically necessary physical therapy services, including physical therapy evaluation, treatment planning, treatment, instruction, consultative services, and applying of topical medicines.

Pulmonary rehabilitation

IEHP covers pulmonary rehabilitation that is medically necessary and prescribed by a doctor.

Skilled nursing facility services*

IEHP covers skilled nursing facility services as medically necessary if you are disabled and need a high level of care. These services include room and board in a licensed facility with 24-hour per day skilled nursing care.



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Speech therapy*

IEHP covers speech therapy that is medically necessary. Speech therapy services are limited to 2 services per month, in combination with acupuncture, audiology, chiropractic, and occupational therapy services. Limits do not apply to children under age 21. IEHP may pre-approve (prior authorize) more services as medically necessary.

Transgender services*

IEHP covers transgender services (gender-affirming services) when they are medically necessary or when the services meet the rules for reconstructive surgery.

Clinical trials

IEHP covers routine patient care costs for patients accepted into clinical trials, including clinical trials for cancer, listed for the United States at <https://clinicaltrials.gov>.

Medi-Cal Rx, a Medi-Cal FFS program, covers most outpatient prescription drugs. To learn more, read “Outpatient prescription drugs” in this chapter.

Laboratory and radiology services*

IEHP covers outpatient and inpatient laboratory and X-ray services when medically necessary. Advanced imaging procedures such as CT scans, MRIs, and PET scans, are covered based on medical necessity.

Preventive and wellness services and chronic disease management

The plan covers:

- Advisory Committee for Immunization Practices recommended vaccines
- Family planning services
- American Academy of Pediatrics Bright Futures recommendations (https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf)
- Adverse childhood experiences (ACE) screening
- Asthma prevention services
- Preventive services for women recommended by the American College of Obstetricians and Gynecologists
- Help to quit smoking, also called smoking cessation services
- United States Preventive Services Task Force Grade A and B recommended preventive services



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4 | Benefits and services

Family planning services are provided to members of childbearing age to allow them to choose the number and spacing of children. These services include all methods of birth control approved by the FDA. IEHP's PCP and OB/GYN specialists are available for family planning services.

For family planning services, you may also choose a Medi-Cal doctor or clinic not connected with IEHP without having to get pre-approval (prior authorization) from IEHP. Services from an out-of-network provider not related to family planning might not be covered. To learn more, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

IEHP also covers chronic disease management programs focused on the following conditions:

- Diabetes
- Cardiovascular disease
- Asthma
- Depression

For preventive care information for youth 20 years old and younger, read Chapter 5, "Child and youth well care."

Diabetes Prevention Program

The Diabetes Prevention Program (DPP) is an evidence-based lifestyle change program. This 12-month program is focused on lifestyle changes. It is designed to prevent or delay the onset of Type 2 diabetes in persons diagnosed with prediabetes. Members who meet criteria might qualify for a second year. The program provides education and group support. Techniques include, but are not limited to:

- Providing a peer coach
- Teaching self-monitoring and problem solving
- Providing encouragement and feedback
- Providing informational materials to support goals
- Tracking routine weigh-ins to help accomplish goals

Members must meet certain rules to join DPP. Call IEHP to learn if you qualify for the program.



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Reconstructive services*

IEHP covers surgery to correct or repair abnormal structures of the body to improve or create a normal appearance to the extent possible. Abnormal structures of the body are those caused by congenital defects, developmental abnormalities, trauma, infection, tumors, diseases, or treatment of disease that resulted in loss of a body structure, such as a mastectomy. Some limits and exceptions may apply.

Substance use disorder screening services

IEHP covers:

- Alcohol and Drug Screening, Assessment, Brief Interventions, and Referral to Treatment (SABIRT)

For treatment coverage through the county, read “Substance use disorder treatment services” below in this chapter.

Vision benefits

IEHP covers:

- Routine eye exam once every 24 months; more frequent eye exams are covered if medically necessary for members, such as those with diabetes
- Eyeglasses (frames and lenses) once every 24 months with a valid prescription
- Replacement eyeglasses within 24 months if your prescription changes or your eyeglasses are lost, stolen, or broken and cannot be fixed, and it was not your fault. You must give us a note that tells us how your eyeglasses were lost, stolen, or broken.
- Low vision devices for those with vision impairment that is not correctable by standard glasses, contact lenses, medicine, or surgery that interferes with a person’s ability to perform everyday activities (such as age-related macular degeneration)
- Medically necessary contact lenses. Contact lens testing and contact lenses may be covered if the use of eyeglasses is not possible due to eye disease or condition (such as missing an ear). Medical conditions that qualify for special contact lenses include, but are not limited to, aniridia, aphakia, and keratoconus
- Eyeglasses for pregnant women through postpartum or residents of skilled nursing facilities



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4 | Benefits and services

- Diabetes retinal exam (DRE) once per calendar year for Members diagnosed with diabetes

Limitations

- Single vision lenses only.
- Members under 18 automatically get polycarbonate lenses.
- Contacts in lieu of glasses only if medically necessary.
- Radial keratotomy, LASIK surgery, and other low-vision aids

Transportation benefits for situations that are not emergencies

You can get medical transportation if you have medical needs that do not allow you to use a car, bus, or taxi to your appointments. You can get medical transportation for covered services and Medi-Cal covered pharmacy appointments. You can request medical transportation by asking your doctor, dentist, podiatrist, or mental health or substance use disorder provider for it. Your provider will decide the correct type of transportation to meet your needs.

If they find that you need medical transportation, they will prescribe it by filling out a form and submitting it to IEHP. Once approved, the approval is good for up to 12 months, depending on the medical need. Once approved, you can get as many rides as you need. Your doctor will need to reassess your medical need for medical transportation and re-approve it every 12 months.

Medical transportation is an ambulance, litter van, wheelchair van, or air transport. IEHP allows the lowest cost medical transportation for your medical needs when you need a ride to your appointment. That means, for example, if you can physically or medically be transported by a wheelchair van, IEHP will not pay for an ambulance. You are only entitled to air transport if your medical condition makes any form of ground transportation impossible.

You will get medical transportation if:

- It is physically or medically needed, with a written authorization by a doctor or other provider because you are not able to physically or medically able to use a bus, taxi, car, or van to get to your appointment
- You need help from the driver to and from your home, vehicle, or place of treatment due to a physical or mental disability

To ask for medical transportation that your doctor has prescribed for non-urgent



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

(routine) appointments, call IEHP at 1-800-440-IEHP (4347) TTY 1-800-718-4347 or 711) **or** Call The Car at 1-855-673-3195 at least **5 business days** (Monday-Friday) before your appointment. For urgent appointments, call as soon as possible. Have your member ID card ready when you call.

Limits of medical transportation

IEHP provides the lowest cost medical transportation that meets your medical needs to the closest provider from your home where an appointment is available. You cannot get medical transportation if Medi-Cal does not cover the service you are getting, or it is not a Medi-Cal-covered pharmacy appointment. There is a list of covered services in this Member Handbook.

If Medi-Cal covers the appointment type but not through the health plan, IEHP will not cover the medical transportation but can help you schedule your transportation with Medi-Cal. Transportation is not covered outside of the network or service area unless pre-authorized by IEHP. To learn more or to ask for medical transportation, call IEHP at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711) or Call The Car at 1-855-673-3195.

Cost to member

There is no cost when IEHP arranges transportation.

How to get non-medical transportation

Your benefits include getting a ride to your appointments when the appointment is for a Medi-Cal covered service and you do not have any access to transportation. You can get a ride, at no cost to you, when you have tried all other ways to get transportation and are:

- Traveling to and from an appointment for a Medi-Cal service authorized by your provider, or
- Picking up prescriptions and medical supplies

IEHP allows you to use a car, taxi, bus, or other public or private way of getting to your medical appointment for Medi-Cal-covered services. IEHP will cover the lowest cost of non-medical transportation type that meets your needs. Sometimes, IEHP can reimburse you (pay you back) for rides in a private vehicle that you arrange. IEHP must approve this before you get the ride.

You must tell us why you cannot get a ride any other way, such as by bus. You can call,



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4 | Benefits and services

email, or tell us in person. If you have access to transportation or can drive yourself to the appointment, IEHP will not reimburse you. This benefit is only for members who do not have access to transportation.

For mileage reimbursement, you must submit copies of the driver's:

- Driver's license,
- Vehicle registration, and
- Proof of car insurance

To request a ride for services that have been authorized, call IEHP at 1-800-440-IEHP (4347) (TTY 1-800-718-4347) or Call The Car at 1-855-673-3195 at least **5 business days** (Monday-Friday) before your appointment. Or call as soon as you can when you have an urgent appointment. Have your member ID card ready when you call.

Note: American Indians may also contact their local Indian Health Clinic to request non-medical transportation.

Limits of non-medical transportation

IEHP provides the lowest cost non-medical transportation that meets your needs to the closest provider from your home where an appointment is available. Members cannot drive themselves or be reimbursed directly for non-medical transportation. To learn more, call IEHP at 1-800-440-IEHP (4347) (TTY 1-800-718-4347) or Call The Car at 1-855-673-3195.

Non-medical transportation does not apply if:

- An ambulance, litter van, wheelchair van, or other form of medical transportation is medically needed to get to a Medi-Cal covered service
- You need help from the driver to and from the residence, vehicle, or place of treatment due to a physical or medical condition
- You are in a wheelchair and are unable to move in and out of the vehicle without help from the driver
- Medi-Cal does not cover the service

Cost to member

There is no cost when IEHP arranges non-medical transportation.



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Travel expenses

In some cases, if you have to travel for doctor's appointments that are not available near your home, IEHP can cover travel expenses such as meals, hotel stays, and other related expenses such as parking, tolls, etc. They may also be covered for someone who is traveling with you to help you with your appointment or someone who is donating an organ to you for an organ transplant. You need to request pre-approval (prior authorization) for these services by contacting IEHP at 1-800-440-IEHP (4347) (TTY 1-800-718-4347) or Call The Car at 1-855-673-3195.

Other IEHP covered benefits and programs

Health surveys to help our Care Management Team identify your health and wellness needs

The Health Information Form (HIF) enclosed in your welcome packet is a survey to help our Care Team of nurses and social workers find areas that you may need help with to support your health and wellness goals.

For our Members who are Seniors or Persons with Disabilities, you will be asked to fill out a Health Risk Assessment (HRA) survey either over the phone or by mail. The HRA is a way for our Care Team (nurses and social workers) to address your problems and concerns.

Foster care children enrolled in the IEHP Open Access Program

When can I start getting care?

You will get your IEHP Member ID Card in the mail. Your IEHP Member ID card will say Open Access. This means that members assigned to Open Access may go to any Primary Care Doctor in the Open Access network. To find a Primary Care Doctor, go to www.iehp.org or call the IEHP Open Access Team at 1-800-706-4347.

Changing your Doctor

Although we suggest that you stay with a Doctor who is a good match with your family or guardian, Open Access members may change Primary Care Doctors when needed. Members in Open Access may see any Primary Care Doctor in the Open Access network without having to change your Primary Care Doctor with IEHP.



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4 | Benefits and services

Long-term care services and supports

IEHP covers, for members who qualify, long-term care services and supports in the following types of long-term care facilities or homes:

- Skilled nursing facility services as approved by IEHP
- Subacute care facility services (including adult and pediatric) as approved by IEHP
- Intermediate care facility services IEHP approves, including:
 - Intermediate care facility/developmentally disabled (ICF/DD),
 - Intermediate care facility/developmentally disabled-habilitative (ICF/DD-H), and
 - Intermediate care facility/developmentally disabled-nursing (ICF/DD-N)

If you qualify for long-term care services, IEHP will make sure you are placed in a health care facility or home that gives the level of care most appropriate to your medical needs.

If you have questions about long-term care services, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

Basic care management

Getting care from many different providers or in different health systems is challenging. IEHP wants to make sure members get all medically necessary services, prescription medicines, and behavioral health services. IEHP can help coordinate and manage your health needs, at no cost to you. This help is available even when another program covers the services.

It can be hard to figure out how to meet your health care needs after you leave the hospital or if you get care in different systems. Here are some ways IEHP can help members:

- If you have trouble getting a follow-up appointment or medicines after you are discharged from the hospital, IEHP can help you.
- If you need help getting to an in-person appointment, IEHP can help you get free transportation.

If you have questions or concerns about your health or the health of your child, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

Complex Care Management (CCM)

Members with more complex health needs may qualify for extra services focused on care coordination. IEHP offers Complex Care Management (CCM) services to members who are sick or have a serious illness, IEHP will work with you and your Doctor to make sure you get the care you need. The IEHP Behavioral Health and Care Management Team (BHCMT) can help you if you have a serious illness, like heart disease, lung disease, kidney disease, AIDS, Hepatitis C, spinal injury, or other chronic problems. The IEHP BHCMT can help you manage your condition and medicines, coordinate your care by working with your doctors, and can help you get any needed medical equipment. An Interdisciplinary Care Team (ICT) can also help you with your personal plan of care. An ICT consists of your PCP, Nurse care manager, Behavioral Health care manager (when needed), and others who support your health care needs.

There are several ways that you can be referred into IEHP's Complex Care Management program such as:

- A Medical Management Referral (example: A nurse from IEHP's Nurse Advice Line thinks you would benefit from the program),
- A Discharge Planner Referral (example: If you are being discharged from a hospital and have many complicated needs),
- A Member or Caregiver Referral (example: You can call IEHP to ask for a Complex Care Manager's help),
- A Practitioner Referral (example: Your doctor can make a referral on your behalf).

Members who are enrolled in CCM and Enhanced Care Management (read below) have an Assigned Care Manager at IEHP who can help not only basic care management described above, but also an expanded set of transitional care supports that are available if you are discharged from a hospital, skilled nursing facility, psychiatric hospital, or residential treatment.

To check eligibility and to opt in to the CCM Program, you will need to complete a health survey to assess your needs. This survey will help to determine if you are eligible for the program. If you are eligible for the program and wish to opt in, you will be automatically enrolled. If you are not eligible for the CCM program but want more information on other Care Management Services available, please contact Member Services at 1-800-440-4347. After enrollment into the CCM program, you will be assigned a Primary Case Manager. The Case Manager will contact you at least once every 30 days to discuss



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4 | Benefits and services

your health goals. They will also assist you with a plan to meet those goals. To get started, call IEHP Member Services at 1-800-440-IEHP (4347), Monday–Friday, 7am–7pm, and Saturday– Sunday, 8am–5pm. TTY users should call 1-800-718-4347.

Once enrolled you may opt out of the program at any time. To opt out contact IEHP Member Services at 1-800-440-4347 and let them know you no longer wish to be involved with the program.

Enhanced Care Management (ECM)

IEHP covers ECM services for members with highly complex care, medical, and social needs. ECM offers extra services to help you get the care you need to stay healthy, such as coordinating your services from different doctors and other health care providers. ECM also helps coordinate primary and preventive care, acute care, behavioral health, developmental, oral health, community-based long-term services and supports (LTSS), and referrals to community resources.

To determine eligibility, Members will need to complete a screening. ECM may be available for IEHP members who:

- Have homelessness with complex health or behavioral health needs
- Have frequent hospital admissions, short-term skilled nursing facility stays or emergency room visits
- Have a serious mental illness or substance use disorder with complex social needs
- Are at risk for long-term care
- Are nursing facility residents who want to transition to the community
- Are transitioning from incarceration who have complex health or behavioral health needs, substance use disorder, brain injury, HIV, or pregnancy
- Are children/youth with complex physical, behavioral, or developmental health needs, or are transitioning from incarceration

If you are eligible for ECM, you may opt in or out at any time. If you are not eligible for ECM but want more information on other Care Management Services available, please contact IEHP Member Services at 1-800-440-IEHP (4347)..

Covered ECM services

If you qualify for ECM, you will have your own care team with a Lead Care Manager. This person will talk to you and your doctors, specialists, pharmacists, case managers, social services providers, and others. They make sure everyone works together to get



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you the care you need. A Lead Care Manager can also help you find and apply for other services in your community. ECM includes:

- Outreach and engagement
- Comprehensive assessment and care management
- Enhanced coordination of care
- Health promotion
- Comprehensive transitional care
- Member and family support services
- Coordination and referral to community and social supports

To find out if ECM might be right for you, talk to your IEHP representative or health care provider.

Cost to member

There is no cost to the member for ECM services.

Community Supports

You may get supports under your Individualized Care Plan. Community Supports are medically appropriate and cost-effective alternative services or settings to those covered under the Medi-Cal State Plan. These services are optional for members who meet the criteria to receive. If you qualify, these services might help you live more independently. They do not replace benefits you already get under Medi-Cal. Community Supports may include help finding or keeping housing, medically tailored meals, or other help for you or your caregiver such as:

- **Recuperative Care** – Also referred to as medical respite care, is short-term residential care for individuals who no longer require hospitalization, but still need to heal from an injury or illness.
- **Short-Term Post Hospitalization** – Provides Members who do not have a residence and who have high medical or behavioral health needs with the opportunity to continue their medical/psychiatric/substance use disorder recovery immediately after exiting an inpatient hospital.
- **Housing Transition Navigation** – Developing an individualized housing support plan based upon the housing assessment for Members that are homeless as defined by HUD and have serious chronic conditions
- **Housing Deposits** – Housing Deposits assist with identifying, coordinating,



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4 | Benefits and services

securing, or funding one-time services for Members that are homeless as defined by HUD and have serious chronic conditions

- Housing Tenancy and Sustaining – Providing early identification and intervention for behaviors that may jeopardize housing.
- Asthma Remediation – Supports Members to take actions around the home to mitigate environmental exposures that could trigger asthma symptoms and remediations designed to avoid asthma-related hospitalizations.
- Medically Tailored Meals – Meals help individuals with malnutrition and poor nutrition achieve their nutrition goals and to avoid hospital readmission. Cannot be used solely for food insecurity.
- Home Modifications – Physical adaptations to a home that are necessary to ensure health, welfare, and safety. To help individual function with greater independence.
- Sobering Centers – Sobering centers provide these individuals, primarily those who are homeless or those with unstable living situations, with a safe, supportive environment to become sober.

Limitation: Available only in Riverside County.

- Community Transition /Nursing Facility Transition to a Home – Transition to a Home helps individuals to live in the community and avoid further institutionalization.
- Nursing Facility Transition/Diversion to Assisted Living Facilities, such as Residential Care-Nursing Facility Transition/Diversion services assist individuals to live in the community and/or avoid institutionalization when possible.
- Day Habilitation – Daily living and personal skills development.
- Personal Care and Homemaker – Services provided for individuals who need non-medical assistance with Activities of Daily Living (ADLs) and without such assistance would require institutionalization
- Respite – Services are provided to qualified caregivers of Members who require intermittent temporary supervision on a short-term basis, when the only alternative for the Member is institutionalization.

Please note that certain Community Supports services have restrictions on frequency and/or maximum cost of services. If you need help or want to find out what Community Supports might be available for you, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). Or call your health care provider.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

Major organ transplant

Transplants for children under age 21

In Riverside and San Bernardino counties, state law requires children who need transplants to be referred to the California Children’s Services (CCS) program to decide if the child qualifies for CCS. If the child qualifies for CCS, CCS will cover the costs for the transplant and related services.

If the child does not qualify for CCS, IEHP will refer the child to a qualified transplant center for evaluation. If the transplant center confirms that the transplant would be needed and safe, IEHP will cover the transplant and related services.

Transplants for adults ages 21 and older

If your doctor decides you may need a major organ transplant, IEHP will refer you to a qualified transplant center for an evaluation. If the transplant center confirms a transplant is needed and safe for your medical condition, IEHP will cover the transplant and other related services.

The major organ transplants IEHP covers include, but are not limited to:

- Bone marrow
- Heart
- Heart/lung
- Kidney
- Kidney/pancreas
- Liver
- Liver/small bowel
- Lung
- Pancreas
- Small bowel

Street medicine programs

Members experiencing homelessness may receive covered services from Street Medicine Providers within IEHP’s provider network. A Street Medicine Provider is a licensed primary care physician or primary care non-physician in-network. Members experiencing homelessness may be able to select a IEHP Street Medicine Provider to be their Primary Care Provider (PCP), if the Street Medicine Provider meets PCP eligibility criteria and agrees to be the member’s PCP. For more information on IEHP’s street medicine program, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).



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Other Medi-Cal programs and services

Other services you can get through Fee-for-Service (FFS) Medi-Cal or other Medi-Cal programs

IEHP does not cover some services, but you can still get them through FFS Medi-Cal or other Medi-Cal programs. IEHP will coordinate with other programs to make sure you get all medically necessary services, including those covered by another program and not IEHP. This section lists some of these services. To learn more, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

Outpatient prescription drugs

Prescription drugs covered by Medi-Cal Rx

Prescription drugs given by a pharmacy are covered by Medi-Cal Rx, which is a Medi-Cal FFS program. IEHP might cover some drugs a provider gives in an office or clinic. If your provider prescribes drugs given in the doctor's office, infusion center, or by a home infusion provider, these are considered physician-administered drugs.

If a non-pharmacy based medical health care professional administers a drug, it is covered under the medical benefit. Your provider can prescribe you drugs on the Medi-Cal Rx Contract Drugs List.

Sometimes, you need a drug not on the Contract Drugs List. These drugs need approval before you can fill the prescription at the pharmacy. Medi-Cal Rx will review and decide these requests within 24 hours.

- A pharmacist at your outpatient pharmacy may give you a 14-day emergency supply if they think you need it. Medi-Cal Rx will pay for the emergency medicine an outpatient pharmacy gives.
- Medi-Cal Rx may say no to a non-emergency request. If they do, they will send you a letter to tell you why. They will tell you what your choices are. To learn more, read "Complaints" in Chapter 6.

To find out if a drug is on the Contract Drugs List or to get a copy of the Contract Drugs List, call Medi-Cal Rx at 1-800-977-2273 (TTY 1-800-977-2273) and press 7 or 711.

Or go to the Medi-Cal Rx website at <https://medi-calrx.dhcs.ca.gov/home/>.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

Pharmacies

If you are filling or refilling a prescription, you must get your prescribed drugs from a pharmacy that works with Medi-Cal Rx. You can find a list of pharmacies that work with Medi-Cal Rx in the Medi-Cal Rx Pharmacy Directory at:

<https://medi-calrx.dhcs.ca.gov/home/>

You can also find a pharmacy near you or a pharmacy that can mail your prescription to you by calling Medi-Cal Rx at 1-800-977-2273 (TTY 1-800-977-2273) and press 7 or 711.

Once you choose a pharmacy, take your prescription to the pharmacy. Your provider can also send it to the pharmacy for you. Give the pharmacy your prescription with your Medi-Cal Benefits Identification Card (BIC). Make sure the pharmacy knows about all medicines you are taking and any allergies you have. If you have any questions about your prescription, ask the pharmacist.

Members can also get transportation services from IEHP to get to pharmacies. To learn more about transportation services, read “Transportation benefits for situations that are not emergencies” in Chapter 4 of this handbook.

Specialty mental health services

Some mental health services are provided by county mental health plans instead of IEHP. These include specialty mental health services (SMHS) for Medi-Cal members who meet rules for SMHS. SMHS may include these outpatient, residential, and inpatient services:

Outpatient services:

- Mental health services covered for members under 21 years old
- Medication support services
- Day treatment intensive services
- Day rehabilitation services
- Crisis intervention services
- Crisis stabilization services
- Targeted case management
- Therapeutic behavioral services covered for members under 21 years old
- Intensive care coordination (ICC)
- Intensive home-based services (IHBS) covered for members under 21 years old
- Therapeutic foster care (TFC) covered for members under 21 years old
- Peer Support Services (PSS) (optional)



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4 | Benefits and services

Residential services:

- Adult residential treatment services
- Crisis residential treatment services

Inpatient services:

- Psychiatric inpatient hospital services
- Psychiatric health facility services

To learn more about specialty mental health services the county mental health plan provides, you can call your local Riverside County Department of Mental Health and San Bernardino County Department of Behavioral Health.

In Riverside County:

Department of Mental Health
Central Access Team: 1-800-499-3008

In San Bernardino County:

Department of Behavioral Health
Access Unit: 1-888-743-1478

Substance use disorder treatment services

IEHP encourages members who want help with alcohol use or other substance use to get care. Services for substance use are available from general care providers such as primary care, inpatient hospitals, and emergency departments and from specialty substance use service providers. County Behavioral Health Plans often provide specialty services.

To learn more about treatment options for substance use disorders, call your local Riverside County Department of Mental Health or San Bernardino County Department of Behavioral Health.

In Riverside County:

Riverside County Residents Substance Use
Community Access:
1-800-499-3008

In San Bernardino County:

San Bernardino County Residents
Substance Abuse Referral Service:
1-800-968-2636.

IEHP members can have an assessment to match them to the services that best fit their health needs and preferences. When medically necessary, available services include outpatient treatment, residential treatment, and medicines for substance use disorders (also called Medication Assisted Treatment (MAT)) such as buprenorphine, methadone, and naltrexone.



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The county provides substance use disorder services to Medi-Cal members who qualify for these services. Members who are identified for substance use disorder treatment services are referred to their county department for treatment.

IEHP will provide or arrange for MAT to be given in primary care, inpatient hospital, emergency department, and other medical settings.

Dental services

The Medi-Cal Dental FFS Program is the same as FFS Medi-Cal for your dental services. Before you get dental services, you must show your BIC to the dental provider. Make sure the provider takes FFS Dental and you are not part of a managed care plan that covers dental services.

Medi-Cal covers a broad range of dental services through the Medi-Cal Dental Program, including:

- Diagnostic and preventive dental services such as examinations, X-rays, and teeth cleanings
- Emergency services for pain control
- Tooth extractions
- Fillings
- Root canal treatments
- (anterior/posterior)
- Crowns (prefabricated/laboratory)
- Scaling and root planing
- Complete and partial dentures
- Orthodontics for children who qualify
- Topical fluoride

If you have questions or want to learn more about dental services, call the Medi-Cal Dental Program at 1-800-322-6384 (TTY 1-800-735-2922 or 711). You can also go to the Medi-Cal Dental Program website at <https://www.dental.dhcs.ca.gov> or <https://smilecalifornia.org/>.

California Children's Services (CCS)

CCS is a Medi-Cal program that treats children under 21 years of age with certain health conditions, diseases, or chronic health problems and who meet the CCS program rules. If IEHP or your PCP believes your child has a CCS-eligible condition, they will be referred to the CCS county program to check if they qualify.

County CCS program staff will decide if your child qualifies for CCS services. IEHP does not decide CCS eligibility. If your child qualifies to get this type of care, CCS providers will treat him or her for the CCS-eligible condition. IEHP will continue to cover



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4 | Benefits and services

the types of service that do not have to do with the CCS condition such as physicals, vaccines, and well-child checkups.

IEHP does not cover services that the CCS program covers. For CCS to cover these services, CCS must approve the provider, services, and equipment.

CCS does not cover all health conditions. CCS covers most health conditions that physically disable or need treatment with medicines, surgery, or rehabilitation (rehab). Examples of CCS-eligible conditions include but are not limited to:

- Congenital heart disease
- Cancers
- Tumors
- Hemophilia
- Sickle cell anemia
- Thyroid problems
- Diabetes
- Serious chronic kidney problems
- Liver disease
- Intestinal disease
- Cleft lip/palate
- Spina bifida
- Hearing loss
- Cataracts
- Cerebral palsy
- Seizures under certain circumstances
- Rheumatoid arthritis
- Muscular dystrophy
- AIDS
- Severe head, brain, or spinal cord injuries
- Severe burns
- Severely crooked teeth

Medi-Cal pays for CCS services. If your child does not qualify for CCS program services, they will keep getting medically necessary care from IEHP.

To learn more about CCS, go to <https://www.dhcs.ca.gov/services/ccs>. Or call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

1915(c) waiver Home and Community-Based Services (HCBS)

California's six Medi-Cal 1915(c) waivers allow the state to provide services to persons who would otherwise need care in a nursing facility or hospital in the community-based setting of their choice. Medi-Cal has an agreement with the Federal Government that allows waiver services to be offered in a private home or in a homelike community setting. The services offered under the waivers must not cost more than the alternative institutional level of care. HCBS Waiver recipients must qualify for full-scope Medi-Cal. The six Medi-Cal 1915(c) waivers are:

- California Assisted Living Waiver (ALW)



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

- California Self-Determination Program (SDP) Waiver for Individuals with Developmental Disabilities
- HCBS Waiver for Californians with Developmental Disabilities (HCBS-DD)
- Home and Community-Based Alternatives (HCBA) Waiver
- Medi-Cal Waiver Program (MCWP), formerly called the Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome (HIV/AIDS) Waiver
- Multipurpose Senior Services Program (MSSP)

To learn more about the Medi-Cal Waivers, go to <https://www.dhcs.ca.gov/services/Pages/HCBSWaiver.aspx>. Or call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

If you qualify for a waiver program, your IEHP Doctor will refer you and help you get these services.

In-Home Supportive Services (IHSS)

The In-Home Supportive Services (IHSS) program provides in-home personal care assistance to qualified aged, blind, and disabled persons as an alternative to out-of-home care. It enables recipients to stay safely in their own homes.

To learn more about IHSS available in your county, go to <https://www.cdss.ca.gov/inforesources/ihss>. Or call your local county social services agency.

Services you cannot get through IEHP or Medi-Cal

IEHP and Medi-Cal will not cover some services. Services IEHP or Medi-Cal do not cover include, but are not limited to:

- In vitro fertilization (IVF), including but not limited to infertility studies or procedures to diagnose or treat infertility
- Fertility preservation
- Experimental services
- Foot care: Routine foot care, including toenail trimming and callus and/or corn paring or excision unless you have diabetes.
- Home modifications except as stated in the Medi-Cal Provider Manual. Alterations or improvements to real property, such as a non-portable wheelchair



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4 | Benefits and services

ramp, are not Medi-Cal benefits, except when authorized for home dialysis services

- Vehicle modifications
- Cosmetic Procedures and treatment:
 - Cosmetic surgery: Surgery or other cosmetic services that are performed to alter or reshape normal structures of the body in order to improve appearance.
 - Cosmetic drugs: Drugs or medications for cosmetic purposes that are not medically necessary and appropriate for the Members condition.
 - Cosmetic laser treatments for cosmetic purposes of skin lightening, dermabrasion, or tattoo removal that are not medically necessary.
 - Hearing aids loaners during repair periods.
- Mental health services for relational problems: This includes counseling for couples or families for conditions listed as relational problems, as defined by the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSMV).
- Personal items: Personal comfort items or items and services for convenience, such as television, private rooms, health club memberships and/or similar items.
- Private duty nursing not approved by IEHP.
- Prosthetics and orthotics that are:
 - Not physician-prescribed
 - Non-standard or not custom fitted
 - Not approved by IEHP
- Corrective shoes, shoe inserts, arch supports (except for therapeutic footwear for diabetics), corsets, elastic stockings, and garter belts
- More than one device that serves the same purpose for the same part of the body are not covered by IEHP, except through early and periodic screening, diagnostic and treatment (EPSDT) services.
- Therapies and medical equipment excluded from the Federal coverage or carved out by Fee-for-Service Medi-Cal (for example: erectile dysfunction medical equipment and medication)
- Women, Infant and Children (WIC) Supplemental Food Program –
Your IEHP Doctor will look at the nutritional needs of pregnant, breast-feeding and postpartum women, as well as infants and children. Eligible Members will be referred to the local WIC program. WIC gives food vouchers and education on nutrition. Your doctor will record, plan, and check up on patients sent to the local WIC program.



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- Or any other items detailed by the Medi-Cal Provider Manual.

This is not a complete list. Services that are not listed as a covered benefit and are not covered by Medi-Cal are not covered by IEHP. These excluded services include those published in the California Department of Health Care Services' TAR (Treatment Authorization Request) and Non-Benefit List (<https://mcweb.apps.prd.cammis.medi-cal.ca.gov/pubsdoco/publications/masters-mtp/part2/tarandnon.pdf>).

IEHP may cover a non-covered service if it is medically necessary. Your provider must submit a pre-approval (prior authorization) request to your assigned IPA or medical group with the reasons the non-covered benefit is medically needed.

To learn more call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

Evaluation of new and existing technologies

IEHP is always looking for ways to take better care of our Members. That is why IEHP has a process to review new technology and new uses of existing technology for medical or behavioral procedures, drugs, and devices for any added benefits.

Our Medical Directors identify new medical or behavioral procedures, treatment, drugs, and devices on a regular basis. They present research data to the IEHP Utilization Management (UM) Subcommittee or IEHP Pharmacy & Therapeutics (P&T) Subcommittee, where Doctors review the technology and suggest whether it can be added as a new benefit. If approved by the Utilization Management (UM) Subcommittee or Pharmacy & Therapeutics (P&T) Subcommittee, the new technology is then presented to the Quality Management & Health Equity Transformation Committee for final approval. Once approved by the Quality Management & Health Equity Transformation Committee, IEHP will add the new technology as a covered benefit for our Members. To learn more about this review of new technology, please call IEHP Member Services at 1-800-440-IEHP (4347).



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

5. Child and youth well care

Child and youth members under 21 years old can get special health services as soon as they are enrolled. This makes sure they get the right preventive, dental, and mental health care, including developmental and specialty services. This chapter explains these services.

Pediatric services (Children under age 21)

Members under 21 years old are covered for needed care. The list below includes medically necessary services to treat or care for any defects and physical or mental diagnoses. Covered services include, but are not limited to:

- Well-child visits and teen check-ups (important visits children need)
- Immunizations (shots)
- Behavioral health assessment and treatment
- Mental health evaluation and treatment, including individual, group, and family psychotherapy (specialty mental health services are covered by the county)
- Adverse childhood experiences (ACE) screening
- Lab tests, including blood lead poisoning screening
- Health and preventive education
- Vision services
- Dental services (covered under Medi-Cal Dental)
- Hearing services (covered by California Children's Services (CCS) for children who qualify. IEHP will cover services for children who do not qualify for CCS).

These services are called Early and Periodic Screening, Diagnostic and Treatment (EPSDT) services. EPSDT services that are recommended by pediatricians' Bright Futures guidelines to help you, or your child stay healthy are covered at no cost to you. To read these guidelines, go to

https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf.



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Well-child health check-ups and preventive care

Preventive care includes regular health check-ups, screenings to help your doctor find problems early, and counseling services to detect illnesses, diseases, or medical conditions before they cause problems. Regular check-ups help you or your child's doctor look for any problems. Problems can include medical, dental, vision, hearing, mental health, and any substance (alcohol or drug) use disorders. IEHP covers check-ups to screen for problems (including blood lead level assessment) any time there is a need for them, even if it is not during your or your child's regular check-up.

Preventive care also includes shots you or your child need. IEHP must make sure all enrolled children are up to date with all the shots they need when they have their visits with their doctor. Preventive care services and screenings are available at no cost and without pre-approval (prior authorization).

Your child should get check-ups at these ages:

- 2-4 days after birth
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 30 months
- Once a year from 3 to 20 years old

Well-child health check-ups include:

- A complete history and head-to-toe physical exam
- Age-appropriate shots (California follows the American Academy of Pediatrics Bright Futures schedule:
https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf)
- Lab tests, including blood lead poisoning screening
- Health education
- Vision and hearing screening
- Oral health screening
- Behavioral health assessment

If the doctor finds a problem with your or your child's physical or mental health during a check-up or screening, you or your child might need to get medical care. IEHP will cover that care at no cost to you, including:



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5 | Child and youth well care

- Doctor, nurse practitioner, and hospital care
- Shots to keep you healthy
- Physical, speech/language, and occupational therapies
- Home health services, including medical equipment, supplies, and appliances
- Treatment for vision problems, including eyeglasses
- Treatment for hearing problems, including hearing aids when they are not covered by CCS
- Behavioral Health Treatment for health conditions such as autism spectrum disorders, and other developmental disabilities
- Case management and health education
- Reconstructive surgery, which is surgery to correct or repair abnormal structures of the body caused by congenital defects, developmental abnormalities, trauma, infection, tumors, or disease to improve function or create a normal appearance

Blood lead poisoning screening

All children enrolled in IEHP should get blood lead poisoning screening at 12 and 24 months of age or between 36 and 72 months of age if they were not tested earlier. Children should also be screened whenever the doctor believes a life change has put the child at risk.

Help getting child and youth well care services

IEHP will help members under 21 years old and their families get the services they need. A IEHP care coordinator can:

- Tell you about available services
- Help find in-network providers or out-of-network providers, when needed
- Help make appointments
- Arrange medical transportation so children can get to their appointments
- Help coordinate care for services available through Fee-for-Service (FFS) Medi-Cal, such as:
 - Treatment and rehabilitative services for mental health and substance use disorders
 - Treatment for dental issues, including orthodontics



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

Other services you can get through Fee-for-Service (FFS) Medi-Cal or other programs

Dental check-ups

Keep your baby's gums clean by gently wiping the gums with a washcloth every day. At about four to six months, "teething" will begin as the baby teeth start to come in. You should make an appointment for your child's first dental visit as soon as their first tooth comes in or by their first birthday, whichever comes first.

These Medi-Cal dental services are free or low-cost services for:

Babies aged 1 to 4

- Baby's first dental visit
- Baby's first dental exam
- Dental exams (every 6 months, and sometimes more)
- X-rays
- Teeth cleaning (every 6 months, and sometimes more)
- Fluoride varnish (every 6 months, and sometimes more)
- Fillings
- Extractions (tooth removal)
- Emergency dental services
- *Sedation (if medically necessary)

Kids aged 5-12

- Dental exams (every 6 months, and sometimes more)
- X-rays
- Fluoride varnish (every 6 months, and sometimes more)
- Teeth cleaning (every 6 months, and sometimes more)
- Molar sealants
- Fillings
- Root canals
- Extractions (tooth removal)
- Emergency dental services
- *Sedation (if medically necessary)

Youth aged 13-20

- Dental exams (every 6 months, and sometimes more)
- X-rays
- Fluoride varnish (every 6 months, and sometimes more)
- Teeth cleaning (every 6 months, and sometimes more)
- Orthodontics (braces) for those who qualify
- Fillings



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5 | Child and youth well care

- Crowns
- Root canals
- Extractions (tooth removal)
- Emergency dental services
- *Sedation (if medically necessary)

*Providers should consider sedation and general anesthesia when they determine and document a reason local anesthesia is not medically appropriate, and the dental treatment is pre-approved or does not need pre-approval (prior authorization).

These are some of the reasons local anesthesia cannot be used and sedation or general anesthesia might be used instead:

- Physical, behavioral, developmental, or emotional condition that blocks the patient from responding to the provider's attempts to perform treatment
- Major restorative or surgical procedures
- Uncooperative child
- Acute infection at an injection site
- Failure of a local anesthetic to control pain

If you have questions or want to learn more about dental services, call the Medi-Cal Dental Program at 1-800-322-6384 (TTY 1-800-735-2922 or 711). Or go to <https://smilecalifornia.org/>.

Additional preventive education referral services

If you are worried that your child is not participating and learning well at school, talk to your child's doctor, teachers, or administrators at the school. In addition to your medical benefits covered by IEHP, there are services the school must provide to help your child learn and not fall behind. Services that can be provided to help your child learn include:

- Speech and language services
- Psychological services
- Physical therapy
- Occupational therapy
- Assistive technology
- Social Work services
- Counseling services
- School nurse services
- Transportation to and from school

The California Department of Education provides and pays for these services. Together with your child's doctors and teachers, you can make a custom plan that will best help your child.



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6. Reporting and solving problems

There are two ways to report and solve problems:

- Use a **complaint (grievance)** when you have a problem or are unhappy with IEHP or a provider or with the health care or treatment you got from a provider.
- Use an **appeal** when you don't agree with IEHP's decision to change your services or to not cover them.

You have the right to file grievances and appeals with IEHP to tell us about your problem. This does not take away any of your legal rights and remedies. We will not discriminate or retaliate against you for filing a complaint with us or reporting issues. Telling us about your problem will help us improve care for all members.

You may contact IEHP first to let us know about your problem. Call us between 7am–7pm, Monday–Friday and 8am–5pm, Saturday–Sunday at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). Tell us about your problem. This will not take away any of your legal rights. We will also not discriminate or retaliate against you for complaining about us. Letting us know about your problem will help us improve care for all members.

If your grievance or appeal is still not resolved after 30 days, or you are unhappy with the result, you can call the California Department of Managed Health Care (DMHC). Ask them to review your complaint or conduct an Independent Medical Review (IMR). If your matter is urgent, such as those involving a serious threat to your health, you may call DMHC right away without first filing a grievance or appeal with IEHP. You can call DMHC for free at 1-888-466-2219 (TTY 1-877-688-9891 or 711). Or go to: <https://www.dmhc.ca.gov>.

The California Department of Health Care Services (DHCS) Medi-Cal Managed Care Ombudsman can also help. They can help if you have problems joining, changing, or leaving a health plan. They can also help if you moved and are having trouble getting your Medi-Cal transferred to your new county. You can call the Ombudsman Monday through Friday, 8 a.m. to 5 p.m. at 1-888-452-8609. The call is free.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

6 | Reporting and solving problems

You can also file a grievance with your county eligibility office about your Medi-Cal eligibility. If you are not sure who you can file your grievance with, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

To report incorrect information about your health insurance, call Medi-Cal Monday through Friday, 8 a.m. to 5 p.m. at 1-800-541-5555.

Complaints

A complaint (grievance) is when you have a problem or are unhappy with the services you are getting from IEHP or a provider. There is no time limit to file a complaint. You can file a complaint with IEHP at any time by phone, in writing, or online. Your authorized representative or provider can also file a complaint for you with your permission.

- **By phone:** Call IEHP at IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711) between 7am–7pm, Monday–Friday and 8am–5pm, Saturday–Sunday. Give your health plan ID number, your name, and the reason for your complaint.
- **By mail:** Call IEHP at IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711) and ask to have a form sent to you. When you get the form, fill it out. Be sure to include your name, health plan ID number, and the reason for your complaint. Tell us what happened and how we can help you.

Mail the form to:

IEHP

ATTN: Grievance and Appeals Department

P.O. Box 1800

Rancho Cucamonga, CA 91729-1800

Your doctor's office will have complaint forms.

- **Online:** Go to the IEHP website at www.iehp.org.

If you need help filing your complaint, we can help you. We can give you no-cost language services. Call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

Within 5 calendar days of getting your complaint, we will send you a letter telling you we



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got it. Within 30 days, we will send you another letter that tells you how we resolved your problem. If you call IEHP about a grievance that is not about health care coverage, medical necessity, or experimental or investigational treatment, and your grievance is resolved by the end of the next business day, you may not get a letter.

If you have an urgent matter involving a serious health concern, we will start an expedited (fast) review. We will give you a decision within 72 hours. To ask for an expedited review, call us at IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

Within 72 hours of getting your complaint, we will decide how we will handle your complaint and whether we will expedite it. If we find that we will not expedite your complaint, we will tell you that we will resolve your complaint within 30 days. You may contact DMHC directly for any reason, including if you believe your concern qualifies for expedited review, or IEHP does not respond to you within the 72-hour period.

Complaints related to Medi-Cal Rx pharmacy benefits are not subject to the IEHP grievance process or eligible for Independent Medical Review. Members can submit complaints about Medi-Cal Rx pharmacy benefits by calling 1-800-977-2273 (TTY 1-800-977-2273) and press 7 or 711. Or go to <https://medi-calrx.dhcs.ca.gov/home/>.

Complaints related to pharmacy benefits not subject to Medi-Cal Rx may be eligible for an Independent Medical Review. DMHC's toll-free telephone number is 1-888-466-2219 (TTY 1-877-688-9891). You can find the Independent Medical Review/Complaint form and instructions online at the DMHC's website: <https://www.dmhc.ca.gov/>.

Appeals

An appeal is different from a complaint. An appeal is a request for us to review and change a decision we made about your services. If we sent you a Notice of Action (NOA) letter telling you that we are denying, delaying, changing, or ending a service, and you do not agree with our decision, you can ask us for an appeal. Your authorized representative or provider can also ask us for an appeal for you with your written permission.

You must ask for an appeal within 60 days from the date on the NOA you got from us. If we decided to reduce, suspend, or stop a service you are getting now, you can continue getting that services while you wait for your appeal to be decided. This is called Aid Paid Pending. To get Aid Paid Pending, you must ask us for an appeal within 10 days from



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6 | Reporting and solving problems

the date on the NOA or before the date we said your services will stop, whichever is later. When you request an appeal under these circumstances, the services will continue.

You can file an appeal by phone, in writing or online:

- **By phone:** Call IEHP at IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711) between 7am–7pm, Monday–Friday and 8am–5pm, Saturday–Sunday. Give your name, health plan ID number and the service you are appealing.
- **By mail:** Call IEHP at IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711) and ask to have a form sent to you. When you get the form, fill it out. Be sure to include your name, health plan ID number and the service you are appealing.

Mail the form to:

IEHP

ATTN: Grievance and Appeals Department

P.O. Box 1800

Rancho Cucamonga, CA 91729-1800

Your doctor's office will have appeal forms available.

- **Online:** Visit the IEHP website. Go to www.iehp.org.

If you need help asking for an appeal or with Aid Paid Pending, we can help you. We can give you no-cost language services. Call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

Within 5 days of getting your appeal, we will send you a letter telling you we got it. Within 30 days, we will tell you our appeal decision and send you a Notice of Appeal Resolution (NAR) letter. If we do not give you our appeal decision within 30 days, you can request a State Hearing from the California Department of Social Services (CDSS) and an Independent Medical Review (IMR) with DMHC. But if you ask for a State Hearing first, and the hearing has already happened, you cannot ask for an IMR with DMHC. In this case, the State Hearing has final say.

If you or your doctor wants us to make a fast decision because the time it takes to decide your appeal would put your life, health, or ability to function in danger, you can ask for an expedited (fast) review. To ask for an expedited review, call IEHP Member



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Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). We will decide within 72 hours of receiving your appeal.

What to do if you do not agree with an appeal decision

If you requested an appeal and got a NAR letter telling you we did not change our decision, or you never got a NAR letter and it has been past 30 days, you can:

- Ask for a **State Hearing** from the California Department of Social Services (CDSS), and a judge will review your case. CDSS' toll-free telephone number is 1-800-743-8525(TTY1-800-952-8349). You can also ask for a State Hearing online at <https://www.cdss.ca.gov>.
- File an Independent Medical Review/Complaint form with the Department of Managed Health Care (DMHC) to have IEHP's decision reviewed. Or ask for an **Independent Medical Review (IMR)** from DMHC. If your complaint qualifies for DMHC's Independent Medical Review (IMR) process, an outside doctor who is not part of IEHP will review your case and make a decision that IEHP must follow.
DMHC's toll-free telephone number is 1-888-466-2219 (TTY 1-877-688-9891). You can find the Independent Medical Review/Complaint form and instructions online at the DMHC's website: <https://www.dmhc.ca.gov>.

You will not have to pay for a State Hearing or an IMR.

You are entitled to both a State Hearing and an IMR. But if you ask for a State Hearing first and the hearing has already happened, you cannot ask for an IMR. In this case, the State Hearing has the final say.

The sections below have more information on how to ask for a State Hearing and an IMR.

Complaints and appeals related to Medi-Cal Rx pharmacy benefits are not handled by IEHP. You can submit complaints and appeals about Medi-Cal Rx pharmacy benefits by calling 1-800-977-2273 (TTY 1-800-977-2273) and press 7 or 711. Complaints and appeals related to pharmacy benefits not subject to Medi-Cal Rx may be eligible for an Independent Medical Review (IMR).

If you do not agree with a decision related to your Medi-Cal Rx pharmacy benefit, you may ask for a State Hearing. You cannot ask DMHC for an IMR for Medi-Cal Rx pharmacy benefit decisions.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

Complaints and Independent Medical Reviews (IMR) with the Department of Managed Health Care (DMHC)

An IMR is when an outside doctor who is not related to your health plan reviews your case. If you want an IMR, you must first file an appeal with IEHP. If you do not hear from your health plan within 30 calendar days, or if you are unhappy with your health plan's decision, then you may request an IMR. You must ask for an IMR within 6 months from the date on the notice telling you of the appeal decision, but you only have 120 days to request a State Hearing so if you want an IMR and a State hearing file your complaint as soon as you can. Remember, if you ask for a State Hearing first, and the hearing has already happened, you cannot ask for an IMR. In this case, the State Hearing has the final say.

You may be able to get an IMR right away without first filing an appeal with IEHP. This is in cases where your health concern is urgent, such as those involving a serious threat to your health.

If your complaint to DMHC does not qualify for an IMR, DMHC will still review your complaint to make sure IEHP made the correct decision when you appealed its denial of services.

The California Department of Managed Health Care is responsible for regulating health care service plans. If you have a grievance against your health plan, you should first telephone your health plan at **IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711)** and use your health plan's grievance process before contacting the department. Utilizing this grievance procedure does not prohibit any potential legal rights or remedies that may be available to you. If you need help with a grievance involving an emergency, a grievance that has not been satisfactorily resolved by your health plan, or a grievance that has remained unresolved for more than 30 days, you may call the department for assistance. You may also be eligible for an Independent Medical Review (IMR). If you are eligible for IMR, the IMR process will provide an impartial review of medical decisions made by a health plan related to the medical necessity of a proposed service or treatment, coverage decisions for treatments that are experimental or investigational in nature, and payment disputes for emergency or urgent medical services. The department also has a toll-free telephone number (**1-888-466-2219**) and a TDD line (**1-877-688-9891**) for the hearing and speech impaired. The department's internet website **www.dmhc.ca.gov/** has complaint forms, IMR application forms and instructions online.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

State Hearings

A State Hearing is a meeting with IEHP and a judge from the CDSS. The judge will help to resolve your problem or tell you that we made the correct decision. You have the right to ask for a State Hearing if you already asked for an appeal with us and you are still not happy with our decision, or if you did not get a decision on your appeal after 30 days.

You must ask for a State Hearing within 120 days from the date on our NAR letter. If we gave you Aid Paid Pending during your appeal and you want it to continue until there is a decision on your State Hearing, you must ask for a State Hearing within 10 days of our NAR letter or before the date we said your services will stop, whichever is later.

If you need help making sure Aid Paid Pending will continue until there is a final decision on your State Hearing, contact IEHP between between 7am–7pm, Monday–Friday and 8am–5pm, Saturday–Sunday by calling 1-800-440-IEHP (4347). If you cannot hear or speak well, call 1-800-718-4347 or 711. Your authorized representative or provider can ask for a State Hearing for you with your written permission.

Sometimes you can ask for a State Hearing without completing our appeal process.

For example, if we did not notify you correctly or on time about your services, you can request a State Hearing without having to complete our appeal process. This is called Deemed Exhaustion. Here are some examples of Deemed Exhaustion:

- We did not make a NOA or NAR letter available to you in your preferred language
- We made a mistake that affects any of your rights
- We did not give you a NOA letter
- We did not give you a NAR letter
- We made a mistake in our NAR letter
- We did not decide your appeal within 30 days. We decided your case was urgent but did not respond to your appeal within 72 hours

You can ask for a State Hearing in these ways:

- **Online:** Request a hearing online at www.CDSS.CA.GOV
- **Fax:** Fill out the form that came with your appeals resolution notice and Fax it to the State Hearings Division at 1-833-281-0905
- **By phone:** Call the State Hearings Division at 1-800-743-8525 (TTY 1-800-952-8349 or 711)



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

6 | Reporting and solving problems

- **By mail:** Fill out the form provided with your appeals resolution notice and send it to:

California Department of Social Services
State Hearings Division
P.O. Box 944243, MS 09-17-442
Sacramento, CA 94244-2430

If you need help asking for a State Hearing, we can help you. We can give you no-cost language services. Call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

At the hearing, you will give your side. We will give our side. It could take up to 90 days for the judge to decide your case. IEHP must follow what the judge decides.

If you want CDSS to make a fast decision because the time it takes to have a State Hearing would put your life, health, or ability to function fully in danger, you, your authorized representative, or your provider can contact CDSS and ask for an expedited (fast) State Hearing. CDSS must make a decision no later than 3 business days after it gets your complete case file from IEHP.

Fraud, waste, and abuse

If you suspect that a provider or a person who gets Medi-Cal has committed fraud, waste, or abuse, it is your responsibility to report it by calling the confidential toll-free number 1-800-822-6222 or submitting a complaint online at <https://www.dhcs.ca.gov/>.

Provider fraud, waste, and abuse includes:

- Falsifying medical records
- Prescribing more medicine than is medically necessary
- Giving more health care services than medically necessary
- Billing for services that were not given
- Billing for professional services when the professional did not perform the service
- Offering free or discounted items and services to members to influence which provider is selected by the member
- Changing member's primary care provider without the knowledge of the member

Fraud, waste, and abuse by a person who gets benefits includes, but is not limited to:

- Lending, selling, or giving a health plan ID card or Medi-Cal Benefits



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

Identification Card (BIC) to someone else

- Getting similar or the same treatments or medicines from more than one provider
- Going to an emergency room when it is not an emergency
- Using someone else's Social Security number or health plan ID number
- Taking medical and non-medical transportation rides for non-healthcare related services, for services not covered by Medi-Cal, or when you do not have a medical appointment or prescriptions to pick up

To report fraud, waste, and abuse, write down the name, address, and ID number of the person who committed the fraud, waste, or abuse. Give as much information as you can about the person, such as the phone number or the specialty if it is a provider. Give the dates of the events and a summary of exactly what happened.

Send your report to:

Email: Compliance@IEHP.org

Mail: Compliance Officer

P.O. Box 1800

Rancho Cucamonga, CA 91729-1800

Compliance Hotline: (866) 355-9038

Fax: (909) 477-8536



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

7. Rights and responsibilities

As a member of IEHP, you have certain rights and responsibilities. This chapter explains these rights and responsibilities. This chapter also includes legal notices that you have a right to as a member of IEHP.

Your rights

These are your rights as a member of IEHP:

- To be treated with respect and dignity, giving due consideration to your right to privacy and the need to maintain confidentiality of your medical information
- To be provided with information about the health plan and its services, including covered services, practitioners, and member rights and responsibilities
- To get fully translated written member information in your preferred language, including all grievance and appeals notices
- To make recommendations about IEHP's member rights and responsibilities policy
- To be able to choose a primary care provider within IEHP's network
- To have timely access to network providers
- To participate in decision making with providers regarding your own health care, including the right to refuse treatment
- To voice grievances, either verbally or in writing, about the organization or the care you got
- To know the medical reason for IEHP's decision to deny, delay, terminate or change a request for medical care
- To get care coordination
- To ask for an appeal of decisions to deny, defer or limit services or benefits
- To get no-cost interpreting and translation services for your language
- To get free legal help at your local legal aid office or other groups
- To formulate advance directives



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

- To ask for a State Hearing if a service or benefit is denied and you have already filed an appeal with IEHP and are still not happy with the decision, or if you did not get a decision on your appeal after 30 days, including information on the circumstances under which an expedited hearing is possible
- To access minor consent services
- To get no-cost written member information in other formats (such as braille, large-size print, audio, and accessible electronic formats) upon request and in a timely fashion appropriate for the format being requested and in accordance with Welfare and Institutions (W&I) Code section 14182 (b)(12)
- To be free from any form of restraint or seclusion used as a means of coercion, discipline, convenience, or retaliation
- To truthfully discuss information on available treatment options and alternatives, presented in a manner appropriate to your condition and ability to understand, regardless of cost or coverage
- To have access to and get a copy of your medical records, and request that they be amended or corrected, as specified in 45 Code of Federal Regulations (CFR) sections 164.524 and 164.526
- Freedom to exercise these rights without adversely affecting how you are treated by IEHP, your providers or the state
- To have access to family planning services, Freestanding Birth Centers, Federally Qualified Health Centers, Indian Health Clinics, midwifery services, Rural Health Centers, sexually transmitted infection services, and emergency services outside IEHP's network pursuant to the federal law
- If you have been receiving care from a health care provider, you may have a right to keep your provider for a designated time period. Please contact IEHP Member Services, and if you have further questions, you are encouraged to contact the **Department of Managed Health Care**, which protects HMO consumers, by telephone at its toll-free number, **1-888-466-2219**, or at a TTY number for the hearing impaired at **1-877-688-9891**, or online at www.dmhc.ca.gov. An **HMO (Health Maintenance Organization)** provides medical care to its members for a fixed payment, no matter how much care a member needs. The HMO must also provide most of the medical care required by single members or families. Required care is spelled out in the contract between the plan and its members.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

Your responsibilities

IEHP members have these responsibilities:

- Be familiar with and ask questions about your health plan coverage. If you have a question about your coverage, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347).
- Follow the advice and care procedures provided by your Doctor, IEHP, and the program. If you have a question about these procedures, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347).
- Request interpreter services at least five (5) working days before a scheduled appointment.
- Call your Doctor or Pharmacy at least three (3) days before you run out of medicine.
- Cooperate with your Doctor and staff and treat them with respect. This includes being on time for your visits or calling your Doctor if you need to cancel or reschedule an appointment.
- Understand that your Doctor's office may have limited seating for patients and caregivers only.
- Give accurate information to IEHP, your Doctor, and any other Provider. This helps you receive better care.
- Understand your health needs and be a part of your health care decisions. Ask your Doctor questions if you do not understand and participate in developing treatment goals.
- Work with your Doctor to make plans for your health care.
- Follow the plans and instructions for care that you have agreed on with your Doctor.
- Notify IEHP and your Doctor if you want to stop the plans and instruction you have agreed on or want to stop participating in health management programs.
- Immunize your children by age 2 years and always keep your children's immunizations up to date.
- Call your Doctor when you need routine or urgent health care.
- Care for your own health. Live a healthy lifestyle, exercise, eat a good diet, and don't smoke.
- Avoid knowingly spreading disease to others.
- Use IEHP's grievance process to file a complaint. Call IEHP Member Services at



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

1-800-440-IEHP (4347) (TTY 1-800-718-4347) to file a complaint.

- Report any wrongdoing or fraud to IEHP by calling the Compliance Hotline at 1-866-355-9038 or the proper authorities.
- Understand that there are risks in receiving health care and limits to what can be done for you medically.
- Understand that it is a Health Care Provider's duty to be efficient and fair in caring for you as well as other patients.

Notice of non-discrimination

Discrimination is against the law. IEHP follows state and federal civil rights laws. IEHP 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.

IEHP 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, and other formats)
- No-cost 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 IEHP between 7am–7pm, Monday–Friday and 8am–5pm, Saturday–Sunday by calling 1-800-440-IEHP (4347). Or, if you cannot hear or speak well, call 1-800-718-4347 or 711 to use the California Relay Service.

How to file a grievance

If you believe that IEHP has failed to provide these services or unlawfully discriminated in another way based on 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



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

7 | Rights and responsibilities

grievance with IEHP's Civil Rights Coordinator. You can file a grievance in writing, in person, or electronically:

- **By phone:** Contact IEHP's Civil Rights Coordinator between 7am–7pm, Monday–Friday and 8am–5pm, Saturday–Sunday by calling 1-800-440-IEHP (4347). Or, if you cannot hear or speak well, call 1-800-718-4347 or 711 to use the California Relay Service.
- **In writing:** Fill out a complaint form or write a letter and send it to:
IEHP's Civil Rights Coordinator
10801 6th Street
Rancho Cucamonga, CA 91730-5977
- **In person:** Visit your doctor's office or IEHP and say you want to file a grievance.
- **Electronically:** Visit IEHP's website at www.iehp.org.

Office of Civil Rights – California Department of Health Care Services

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 1-916-440-7370. If you cannot speak or hear well, call 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
https://www.dhcs.ca.gov/Pages/Language_Access.aspx.
- **Electronically:** Send an email to CivilRights@dhcs.ca.gov.

Office of 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:



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

- **By phone:** Call 1-800-368-1019. If you cannot speak or hear well, call TTY 1-800-537-7697 or 711 to use the California Relay Service.
- **In writing:** Fill out a complaint form or send a letter to:
U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

Complaint forms are available at <https://www.hhs.gov/ocr/complaints/index.html>.
- **Electronically:** Visit the Office for Civil Rights Complaint Portal at <https://ocrportal.hhs.gov/ocr/cp>.

Ways to get involved as a member

IEHP wants to hear from you. Each quarter, IEHP has meetings to talk about what is working well and how IEHP can improve. Members are invited to attend. Come to a meeting!

Public Policy Participation Committee (PPPC) and Person with Disabilities Workgroup (PDW)

IEHP has a group called Public Policy Participation Committee (PPPC) and the Person with Disabilities Workgroup (PDW). This group is made up of both new and existing IEHP Members or their representatives. You can join this group if you would like. The group talks about how to improve IEHP policies and is responsible for:

- IEHP's Cultural and Linguistic (C&L) services program,
- Learning materials for Members,
- Member Services, and
- Other items our Members find of value

If you would like to be a part of this group, call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711).

Monthly Governing Board Meetings

IEHP is a public entity, not-for-profit health plan. Our monthly meetings with the Governing Board are open to the public. Go to www.iehp.org for Governing Board monthly meeting



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

7 | Rights and responsibilities

dates and locations. You can also call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711) for this information.

Notice of privacy practices

A statement describing IEHP policies and procedures for preserving the confidentiality of medical records is available and will be given to you upon request.

If you are of the age and capacity to consent to sensitive services, you are not required to get any other member's authorization to get sensitive services or to submit a claim for sensitive services. You can read more about sensitive services in the "Sensitive care" section of this handbook.

You can ask IEHP to send communications about sensitive services to another mailing address, email address, or telephone number that you choose. This is called a "request for confidential communications." If you request confidential communications, IEHP will not give information on your sensitive care services to anyone else without your written permission. If you do not give a mailing address, email address, or telephone number, IEHP will send communications in your name to the address or telephone number on file.

IEHP will honor your requests to get confidential communications in the form and format you asked for. Or we will make sure your communications are easy to put in the form and format you asked for. We will send them to the place you choose. Your request for confidential communications lasts until you cancel it or submit new request for confidential communications.

IEHP's statement of its policies and procedures for protecting your medical information (called a "Notice of privacy Practices") is included below:

IEHP will keep your medical information confidential. This includes any medical records, computer data, reports, or records about you or your health care. You have the right to keep your medical information and records confidential, unless you say differently. You also have the right to review, request corrections to, and receive a copy of your medical records from your Doctor or healthcare provider. Contact IEHP member services at 1-800-440-IEHP (4347) for help.

Some of the things IEHP does to keep your information private:

- IEHP Doctors and their staff are required to treat your medical records and personal information with care and privacy.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

- Whenever your medical records need to be released for any reason, you will be contacted for your permission. You can say “who” may receive your records.
- IEHP will not reveal any medical information to anyone other than the Member, the Member’s legal guardian, or someone the Member has appointed. If you have appointed someone to represent you, that person should have your written permission to act on your behalf. If there is a situation where your health may be in danger, IEHP will get reasonable verification of your permission. For information on how to appoint a representative, including a foster parent, please contact IEHP member services at 1-800-440-IEHP (4347) or complete the “Appointment of Representative” form found on the IEHP website at www.iehp.org.
- If an appointed representative calls IEHP member services, he or she will be asked for information confirming Member identity before any questions can be answered. This includes the IEHP Member ID number, Member Social Security Number, date of birth, and address.
- IEHP will only release Member and eligibility information to our contracted Providers after that Provider has given positive identification.
- IEHP will not reveal confidential Member’s information except for Member treatment, payments, or health care operations. Every precaution is taken so that information transmitted is handled in a confidential manner. Transfer of such information is allowable under current regulations.
- IEHP will not disclose confidential information that is not used for treatment, payment, or health care operations without your full approval.
- IEHP will keep your confidential information private within IEHP because only certain employees are permitted to have access to your confidential information.
- You have the right to access your confidential medical information. IEHP will provide you with access and an accounting of disclosures upon request. You also have the right to amend your confidential medical information and request restrictions on the use and disclosure of your confidential medical information.
- IEHP takes its commitment to confidentiality seriously and has policies in place at IEHP that protect your confidential information secure from oral, written, or electronic disclosure or access.
- You have the right to report any incident that you believe results in an unauthorized disclosure of confidential information. You should report the incident to IEHP by calling the Compliance Hotline at 1-866-355-9038.
- Please refer to your Notice of Privacy Practices for further information regarding IEHP’s Privacy Practices, or call IEHP member services at 1-800-440-IEHP



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

(4347) for a copy of the Notice of Privacy Practices or visit IEHP's website at www.iehp.org located on the bottom of the homepage.

Changes to Notice of Privacy Practices

We have the right to change these Privacy Practices, to comply with changes required by law. We will notify you of any changes.

Notice about laws

Many laws apply to this Member Handbook. These laws may affect your rights and responsibilities even if the laws are not included or explained in this handbook. The main laws that apply to this handbook are state and federal laws about the Medi-Cal program. Other federal and state laws may apply too.

Notice about Medi-Cal as a payer of last resort, other health coverage, and tort recovery

The Medi-Cal program follows state and federal laws and regulations relating to the legal liability of third parties for health care services to members. IEHP will take all reasonable measures to ensure that the Medi-Cal program is the payer of last resort.

Medi-Cal members may have other health coverage (OHC), also referred to as private health insurance. As a condition of Medi-Cal eligibility, you must apply for or retain any available OHC when there is no cost to you.

Federal and state laws require Medi-Cal members to report OHC and any changes to an existing OHC. You may have to repay DHCS for any benefits paid by mistake if you don't report OHC quickly. Submit your OHC online at <http://dhcs.ca.gov/OHC>.

If you do not have access to the internet, you can report OHC to IEHP. Or call 1-800-541-5555 (TTY 1-800-430-7077 or 711) inside California, or 1-916-636-1980 (outside California).

The California Department of Health Care Services (DHCS) has the right and responsibility to collect for covered Medi-Cal services for which Medi-Cal is not the first payer. For example, if you are injured in a car accident or at work, auto or workers' compensation insurance may have to pay first, or reimburse Medi-Cal.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

If you are injured, and another party is liable for your injury, you or your legal representative must notify DHCS within 30 days of filing a legal action or a claim. Submit your notification online:

- Personal Injury Program at <https://dhcs.ca.gov/PI>
- Workers' Compensation Recovery Program at <https://dhcs.ca.gov/WC>

To learn more, visit <https://dhcs.ca.gov/tplrd> or call 1-916-445-9891.

Notice about estate recovery

The Medi-Cal program must seek repayment from probated estates of certain deceased members for Medi-Cal benefits received on or after their 55th birthday. Repayment includes Fee-for-Service (FFS) and managed care premiums or capitation payments for nursing facility services, home and community-based services, and related hospital and prescription drug services received when the member was an inpatient in a nursing facility or was receiving home and community-based services. Repayment cannot exceed the value of a member's probated estate.

To learn more, go to the DHCS estate recovery website at <https://dhcs.ca.gov/er> or call 1-916-650-0590.

Notice of Action

IEHP will send you a Notice of Action (NOA) letter any time IEHP denies, delays, terminates, or modifies a request for health care services. If you disagree with IEHP's decision, you can always file an appeal with IEHP. Go to the Appeals section above for important information on filing your appeal. When IEHP sends you a NOA it will tell you all the rights you have if you disagree with a decision we made.

Contents in notices

If IEHP bases denials, delays, terminations, or changes in whole or in part on medical necessity, your NOA must contain the following:

- A statement of the action IEHP intends to take
- A clear and concise explanation of the reasons for IEHP's decision
- How IEHP decided, including the rules IEHP used



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

7 | Rights and responsibilities

- The medical reasons for the decision. IEHP must clearly state how the member's condition does not meet the rules or guidelines.

Translations

IEHP is required to fully translate and provide written member information in common preferred languages, including all grievance and appeals notices.

The fully translated notice must include the medical reason for IEHP's decision to deny, delay, change, reduce, suspend, or stop a request for health care services.

If your preferred language is not available, the IEHP is required to offer verbal help in your preferred language so that you can understand the information you get.

Communicating with you

We may use Personally Identifiable Information (PII) to communicate with you or your designee about benefits, services, selecting its communications with you, including the Telephone Consumer Protection Act (TCPA). PII is any information that can be used to identify you or your designee, such as your address or phone number. We may communicate with you through letters, newsletters, pamphlets, and as follows:

- **Phone Calls.** If you or your guardian/designee have provided us with a phone number where we can reach you, including your cell phone number, then IEHP or our contracted organizations (IPAs, Pharmacies, etc.), on our behalf, may call you, including by using an automatic telephone dialing system/or an artificial voice ("Robo Call") in accordance with applicable laws. Your cell phone carrier may charge you for receiving calls. If you are unsure, please contact your cell phone carrier for this information. If you don't want to be contacted by phone, please let the caller know, or contact IEHP Member Services to be placed on our Do Not Call List.
- **Texting You.** If you or your guardian/designee have provided IEHP with your cell phone number, we or our contracted partners (IPAs, Pharmacies, etc.) may text you for certain purposes, such as reminders, treatment options, services, and premium payment reminders or confirmations, in accordance with applicable laws. Your cell phone carrier may charge you for receiving texts. If you are unsure if you will be charged, please contact your cell phone carrier. If at any time you don't want to receive text messages, please follow the unsubscribe instructions in the message, and reply "STOP" to stop receiving such messages.



Call IEHP member services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347). IEHP is here Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. The call is free. Or call the California Relay Line at 711. Visit online at www.iehp.org.

- **Emails.** If you or your guardian/designee have given IEHP your email address, we may e-mail you for limited purposes, e.g. educational materials about enrollment, membership, or providers. If you agree, we may also email you reminders and/or confirmation of payments. If you read your emails on your cell phone, your cell phone carrier may charge you. Please contact your cell phone carrier if you are not sure. You acknowledge and agree that if you use an unencrypted email address and/or computer, or access your emails through a mobile device, or share an email, or computer, or mobile cell phone, then there is a risk that your PHI could be read by a third party and you accept the risks of such and waive any protections you may have under any laws. If at any time you don't want to receive email messages, please follow the "Unsubscribe" instructions at the bottom of the message to stop receiving email communications.

How We May Use and Share Information about You

Your information may only be used or shared by us for treatment, payment and health care operations. Some information we may use and share is:

- Your name,
- Address,
- Personal facts,
- Medical care given to you,
- The cost of your medical care, and
- Your medical history, and
- Other information such as race/ethnicity, language, gender identity and sexual orientation.

Some actions we take when we act as your health plan include:

- Checking whether you are covered by Medi-Cal,
- Approving, giving, and paying for services,
- Investigating or prosecuting cases (like fraud),
- Checking the quality of care you receive,
- Making sure you get all the care you need.

Some examples of why we would share your information with others involved include:

- **For treatment:** You may need medical treatment that needs to be approved ahead of time (prior authorization). We will share information with health care



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7 | Rights and responsibilities

providers, hospitals, and others in order to get you the care you need.

- **For payment:** We use your PHI to pay for health care claims sent to us for your medical care. When we do this, we share information with the health care providers, clinics, and others who bill us and we may forward bills to other health plans or organizations for payment. For further information regarding IEHP's Privacy Practices call IEHP Member Services at 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711). Or visit our website at www.iehp.org.
- **For health care operations:** We may use information in your health record to check the quality of the health care you receive. We may also use this information in audits, programs to stop fraud and abuse, care planning and general administration.
- **For business associates:** We may use or disclose your PHI to an outside company that assists IEHP in operating our health system.

The following is a description of other possible ways in which we might (and are permitted to) use and/or disclose your protected health information:

- We may give out medical information to a health oversight agency for activities authorized by law. These oversight activities may include audits, investigations, inspections and licensure or disciplinary actions. These activities are necessary for the government to monitor the health care system, government programs, and compliance with civil rights laws.
- You or your physician, hospital, and other health care providers may not agree if we decide not to pay for your care. We may use your health information to review these decisions.
- We may share your health information with groups that check how our health plan is providing services.
- We may share information with persons involved in your health care, or with your personal representative.
- We must share your health information with the federal government when it is
- checking on how we are meeting privacy rules.
- We may share your health information with organizations that obtain, bank or transplant organs or tissue donations.
- We may share your health information about a worker's compensation illness or injury following written request by your employer, worker's compensation insurer, or their representatives.
- We may use and share your health information for certain kinds of research.



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8. Important numbers and words to know

Important phone numbers

- IEHP member services 1-800-440-IEHP (4347) (TTY 1-800-718-4347 or 711)
 - Medi-Cal Rx at 1-800-977-2273 (TTY 1-800-977-2273) and press 7 or 711
 - 24-Hour Nurse Advice Line: 1-888-244-IEHP (4347) (TTY 1-866-577-8355 or 711)
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Words to know

Active labor: The time period when a woman is in the three stages of giving birth and cannot be safely transferred to another hospital before delivery or a transfer may harm the health and safety of the woman or unborn child.

Acute: A short, sudden medical condition that requires fast medical attention.

American Indian: Individual who meets the definition of “Indian” under federal law at 42 CFR section 438.14, which defines a person as an “Indian” if the person meets any of the following:

- Is a member of a federally recognized Indian tribe,
 - Lives in an urban center and meets one or more of the following:
 - Is a member of a tribe, band, or other organized group of Indians, including those tribes, bands or groups terminated since 1940 and those recognized now or in the future by the state in which they reside, or who is a descendant in the first or second degree of any such member, or
 - Is an Eskimo or Aleut or other Alaska Native, or
 - Is considered by the Secretary of the Interior to be an Indian for any purpose, or
-



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8 | Important numbers and words to know

- Is determined to be an Indian under regulations issued by the Secretary of the Interior, or
 - Is considered by the Secretary of the Interior to be an Indian for any purpose, or
 - Is considered by the Secretary of Health and Human Services to be an Indian for purposes of eligibility for Indian health care services, including as a California Indian, Eskimo, Aleut, or other Alaska Native

Appeal: A member's request for IEHP to review and change a decision made about coverage for a requested service.

Benefits: Health care services and drugs covered under this health plan.

California Children's Services (CCS): A Medi-Cal program that provides services for children up to age 21 with certain health conditions, diseases, or chronic health problems.

Case manager: Registered nurses or social workers who can help you understand major health problems and arrange care with your providers.

Certified Nurse Midwife (CNM): A person licensed as a registered nurse and certified as a nurse midwife by the California Board of Registered Nursing. A certified nurse midwife is allowed to attend cases of normal childbirth.

Chiropractor: A provider who treats the spine by means of manual manipulation.

Chronic condition: A disease or other medical problem that cannot be completely cured or that gets worse over time or that must be treated so you do not get worse.

Clinic: A facility that members can select as a primary care provider (PCP). It can be either a Federally Qualified Health Center (FQHC), community clinic, Rural Health Clinic (RHC), Indian Health Care Provider (IHCP), or other primary care facility.

Community-based adult services (CBAS): Outpatient, facility-based services for skilled nursing care, social services, therapies, personal care, family and caregiver training and support, nutrition services, transportation, and other services for members who qualify.

Complaint: A member's verbal or written expression of dissatisfaction about a service covered by Medi-Cal, IEHP, a county mental health plan, or a Medi-Cal provider. A complaint is the same as a grievance.

Continuity of care: The ability of a plan member to keep getting Medi-Cal services



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from their existing out-of-network provider for up to 12 months if the provider and IEHP agree.

Contract Drugs List (CDL): The approved drug list for Medi-Cal Rx from which your provider may order covered drugs you need.

Coordination of Benefits (COB): The process of determining which insurance coverage (Medi-Cal, Medicare, commercial insurance, or other) has primary treatment and payment responsibilities for members with more than one type of health insurance coverage.

Copayment (co-pay): A payment you make, generally at the time of service, in addition to the insurer's payment.

Coverage (covered services): Medi-Cal services for which IEHP is responsible for payment. Covered services are subject to the terms, conditions, limitations, and exclusions of the Medi-Cal contract and as listed in this Evidence of Coverage (EOC) and any amendments.

DHCS: The California Department of Health Care Services. This is the state office that oversees the Medi-Cal program.

Disenroll: To stop using this health plan because you no longer qualify or change to a new health plan. You must sign a form that says you no longer want to use this health plan or call HCO and disenroll by phone.

DMHC: The California Department of Managed Health Care. This is the state office that oversees managed care health plans.

Durable medical equipment (DME): Equipment that is medically necessary and ordered by your doctor or other provider. IEHP decides whether to rent or buy DME. Rental costs must not be more than the cost to buy.

Early and periodic screening, diagnostic, and treatment (EPSDT): EPSDT services are a benefit for Medi-Cal members under the age of 21 to help keep them healthy. Members must get the right health check-ups for their age and appropriate screenings to find health problems and treat illnesses early as well as any treatment to take care of or help the conditions that might be found in the check-ups.

Emergency medical condition: A medical or mental condition with such severe symptoms, such as active labor (go to definition above) or severe pain, that someone with a prudent layperson's knowledge of health and medicine could reasonably believe



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8 | Important numbers and words to know

that not getting immediate medical care could:

- Place your health or the health of your unborn baby in serious danger
- Cause impairment to a bodily function
- Cause a body part or organ to not work right

Emergency care: An exam performed by a doctor or staff under direction of a doctor, as allowed by law, to find out if an emergency medical condition exists. Medically necessary services needed to make you clinically stable within the capabilities of the facility.

Emergency medical transportation: Transportation in an ambulance or emergency vehicle to an emergency room to get emergency medical care.

Enrollee: A person who is a member of a health plan and gets services through the plan.

Established patient: A patient who has an existing relationship with a provider and has gone to that provider within a specified amount of time established by the health plan.

Excluded services: Services that are not covered by the California Medi-Cal Program.

Experimental treatment: Drugs, equipment, procedures, or services that are in a testing phase with laboratory or animal studies before testing in humans. Experimental services are not undergoing a clinical investigation.

Family planning services: Services to prevent or delay pregnancy.

Federally Qualified Health Center (FQHC): A health center in an area that does not have many health care providers. You can get primary and preventive care at an FQHC.

Fee-for-Service (FFS) Medi-Cal: Sometimes your Medi-Cal plan does not cover services, but you can still get them through Medi-Cal FFS, such as many pharmacy services through Medi-Cal Rx.

Follow-up care: Regular doctor care to check a patient's progress after a hospitalization or during a course of treatment.

Fraud: An intentional act to deceive or misrepresent by a person who knows the deception could result in some unauthorized benefit for the person or someone else.

Freestanding Birth Centers (FBCs): Health facilities where childbirth is planned to occur away from the pregnant woman's residence that are licensed or otherwise approved by the state to provide prenatal labor and delivery or postpartum care and other ambulatory services that are included in the plan. These facilities are not hospitals.



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Grievance: A member's verbal or written expression of dissatisfaction about IEHP, a provider, the quality of care, or the services provided. A complaint filed with IEHP about a network provider is an example of a grievance.

Habilitation services and devices: Health care services that help you keep, learn, or improve skills and functioning for daily living.

Health Care Options (HCO): The program that can enroll or disenroll you from the health plan.

Health care providers: Doctors and specialists such as surgeons, doctors who treat cancer, or doctors who treat special parts of the body, and who work with IEHP or are in the IEHP network. IEHP network providers must have a license to practice in California and give you a service IEHP covers.

You usually need a referral from your PCP to go to a specialist. Your PCP must get pre-approval from IEHP before you get care from the specialist.

You do **not** need a referral from your PCP for some types of service, such as family planning, emergency care, OB/GYN care, or sensitive services.

Health insurance: Insurance coverage that pays for medical and surgical expenses by repaying the insured for expenses from illness or injury or paying the care provider directly.

Home health care: Skilled nursing care and other services given at home.

Home health care providers: Providers who give you skilled nursing care and other services at home.

Hospice: Care to reduce physical, emotional, social, and spiritual discomforts for a member with a terminal illness. Hospice care is available when the member has a life expectancy of 6 months or less.

Hospital: A place where you get inpatient and outpatient care from doctors and nurses.

Hospital outpatient care: Medical or surgical care performed at a hospital without admission as an inpatient.

Hospitalization: Admission to a hospital for treatment as an inpatient.

Indian Health Care Providers (IHCP): A health care program operated by the Indian Health Service (IHS), an Indian Tribe, Tribal Health Program, Tribal Organization or Urban Indian Organization (UIO) as those terms are defined in Section 4 of the Indian



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8 | Important numbers and words to know

Health Care Improvement Act (25 U.S.C. section 1603).

Inpatient care: When you have to stay the night in a hospital or other place for the medical care you need.

Intermediate care facility or home: Care provided in a long-term care facility or home that provides 24-hour residential services. Types of intermediate care facilities or homes include intermediate care facility/developmentally disabled (ICF/DD), intermediate care facility/developmentally disabled-habilitative (ICF/DD-H), and intermediate care facility/developmentally disabled-nursing (ICF/DD-N).

Investigational treatment: A treatment drug, biological product or device that has successfully completed phase one of a clinical investigation approved by the FDA but that has not been approved for general use by the FDA and remains under investigation in an FDA approved clinical investigation.

Long-term care: Care in a facility for longer than the month of admission plus one month.

Managed care plan: A Medi-Cal plan that uses only certain doctors, specialists, clinics, pharmacies, and hospitals for Medi-Cal recipients enrolled in that plan. IEHP is a managed care plan.

Medi-Cal Rx: An FFS Medi-Cal pharmacy benefit service known as “Medi-Cal Rx” that provides pharmacy benefits and services, including prescription drugs and some medical supplies to all Medi-Cal beneficiaries.

Medical home: A model of care that will provide better health care quality, improve self-management by members of their own care, and reduce avoidable costs over time.

Medical transportation: Transportation when you cannot get to a covered medical appointment or to pick up prescriptions by car, bus, train, or taxi and your provider prescribes it for you. IEHP pays for the lowest cost transportation for your medical needs when you need a ride to your appointment.

Medically necessary (or medical necessity): Medically necessary services are important services that are reasonable and protect life. The care is needed to keep patients from getting seriously ill or disabled. This care reduces severe pain by treating the disease, illness, or injury. For members under the age of 21, Medi-Cal medically necessary services include care that is needed to fix or help a physical or mental illness or condition, including substance use disorders, as set forth in Section 1396d(r) of Title



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42 of the United States Code.

Medicare: The federal health insurance program for people 65 years of age or older, certain younger people with disabilities, and people with end-stage renal disease (permanent kidney failure that requires dialysis or a transplant, sometimes called ESRD).

Member: Any eligible Medi-Cal member enrolled with IEHP who is entitled to get covered services.

Mental health services provider: Licensed persons who provide mental health and behavioral health services to patients.

Midwifery services: Prenatal, intrapartum, and postpartum care, including family planning care for the mother and immediate care for the newborn, provided by certified nurse midwives (CNM) and licensed midwives (LM).

Network: A group of doctors, clinics, hospitals, and other providers contracted with IEHP to provide care.

Network provider (or in-network provider): Go to “Participating provider.”

Non-covered service: A service that IEHP does not cover.

Non-medical transportation: Transportation when traveling to and from an appointment for a Medi-Cal covered service authorized by your provider and when picking up prescriptions and medical supplies.

Non-participating provider: A provider not in the IEHP network.

Other health coverage (OHC): Other health coverage (OHC) refers to private health insurance and service payers other than Medi-Cal. Services may include medical, dental, vision, pharmacy, or Medicare supplemental plans (Part C & D).

Orthotic device: A device used as a support or brace attached outside the body to support or correct a badly injured or diseased body part that is medically necessary for the medical recovery of the member.

Out-of-area services: Services while a member is anywhere outside of the service area.

Out-of-network provider: A provider who is not part of the IEHP network.

Outpatient care: When you do not have to stay the night in a hospital or other place for the medical care you need.



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8 | Important numbers and words to know

Outpatient mental health services: Outpatient services for members with mild to moderate mental health conditions including:

- Individual or group mental health evaluation and treatment (psychotherapy)
- Psychological testing when clinically indicated to evaluate a mental health condition
- Outpatient services for the purposes of monitoring medication therapy
- Psychiatric consultation
- Outpatient laboratory, supplies, and supplements

Palliative care: Care to reduce physical, emotional, social, and spiritual discomforts for a member with a serious illness. Palliative care does not require the member to have a life expectancy of 6 months or less.

Participating hospital: A licensed hospital that has a contract with IEHP to provide services to members at the time a member gets care. The covered services that some participating hospitals might offer to members are limited by IEHP's utilization review and quality assurance policies or IEHP's contract with the hospital.

Participating provider (or participating doctor): A doctor, hospital, or other licensed health care professional or licensed health facility, including sub-acute facilities that have a contract with IEHP to offer covered services to members at the time a member gets care.

Physician services: Services given by a person licensed under state law to practice medicine or osteopathy, not including services offered by doctors while you are admitted in a hospital that are charged in the hospital bill.

Plan: Go to "Managed care plan."

Post-stabilization services: Covered services related to an emergency medical condition that are provided after a member is stabilized to keep the member stabilized. Post-stabilization care services are covered and paid for. Out-of-network hospitals might need pre-approval (prior authorization).

Pre-approval (prior authorization): The process by which you or your provider must request approval from IEHP for certain services to make sure IEHP will cover them. A referral is not an approval. A pre-approval is the same as prior authorization.

Prescription drug coverage: Coverage for medications prescribed by a provider.

Prescription drugs: A drug that legally requires an order from a licensed provider to be



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dispensed, unlike over the counter (“OTC”) drugs that do not require a prescription.

Primary care: Go to “Routine care.”

Primary care provider (PCP): The licensed provider you have for most of your health care. Your PCP helps you get the care you need.

Your PCP can be a:

- General practitioner
- Internist
- Pediatrician
- Family practitioner
- OB/GYN
- Indian Health Care Provider (IHCP)
- Federally Qualified Health Center (FQHC)
- Rural Health Clinic (RHC)
- Nurse practitioner
- Physician assistant
- Clinic

Prior authorization (pre-approval): The process by which you or your provider must request approval from IEHP for certain services to ensure IEHP will cover them. A referral is not an approval. A prior authorization is the same as pre-approval.

Prosthetic device: An artificial device attached to the body to replace a missing body part.

Personally Identifiable Information (PII): Any information that can be used to identify you or your designee, such as your address or phone number.

Provider Directory: A list of providers in the IEHP network.

Psychiatric emergency medical condition: A mental disorder in which the symptoms are serious or severe enough to cause an immediate danger to yourself or others or you are immediately unable to provide for or use food, shelter, or clothing due to the mental disorder.

Public health services: Health services targeted at the whole population. These include, among others, health situation analysis, health surveillance, health promotion, prevention services, infectious disease control, environmental protection and sanitation, disaster preparedness and response, and occupational health.



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8 | Important numbers and words to know

Qualified provider: Doctor qualified in the area of practice appropriate to treat your condition.

Reconstructive surgery: Surgery to correct or repair abnormal structures of the body to improve function or create a normal appearance to the extent possible. Abnormal structures of the body are those caused by a congenital defect, developmental abnormalities, trauma, infection, tumors, or disease.

Referral: When your PCP says you can get care from another provider. Some covered care services require a referral and pre-approval (prior authorization).

Rehabilitative and habilitative therapy services and devices: Services and devices to help people with injuries, disabilities, or chronic conditions to gain or recover mental and physical skills.

Routine care: Medically necessary services and preventive care, well-child visits, or care such as routine follow-up care. The goal of routine care is to prevent health problems.

Rural Health Clinic (RHC): A health center in an area that does not have many health care providers. You can get primary and preventive care at an RHC.

Sensitive services: Services related to mental or behavioral health, sexual and reproductive health, family planning, sexually transmitted infections (STIs), HIV/AIDS, sexual assault and abortions, substance use disorder, gender affirming care, and intimate partner violence.

Serious illness: A disease or condition that must be treated and could result in death.

Service area: The geographic area IEHP serves. This includes the counties of Riverside and San Bernardino.

Skilled nursing care: Covered services provided by licensed nurses, technicians or therapists during a stay in a skilled nursing facility or in a member's home.

Skilled nursing facility: A place that gives 24-hour-a-day nursing care that only trained health professionals can give.

Specialist (or specialty doctor): A doctor who treats certain types of health care problems. For example, an orthopedic surgeon treats broken bones; an allergist treats allergies; and a cardiologist treats heart problems. In most cases, you will need a referral from your PCP to go to a specialist.



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Specialty mental health services: Services for members who have mental health services needs that are higher than a mild to moderate level of impairment.

Subacute care facility (adult or pediatric): A long-term care facility that provides comprehensive care for medically fragile persons that need special services, such as inhalation therapy, tracheotomy care, intravenous tube feeding, and complex wound management care.

Terminal illness: A medical condition that cannot be reversed and will most likely cause death within one year or less if the disease follows its natural course.

Tort recovery: When benefits are provided or will be provided to a Medi-Cal member because of an injury for which another party is liable, DHCS recovers the reasonable value of benefits provided to the member for that injury.

Triage (or screening): The evaluation of your health by a doctor or nurse who is trained to screen for the purpose of determining the urgency of your need for care.

Urgent care (or urgent services): Services provided to treat a non-emergency illness, injury or condition that requires medical care. You can get urgent care from an out-of-network provider, if in-network providers are temporarily not available or accessible.



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Inland Empire Health Plan

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