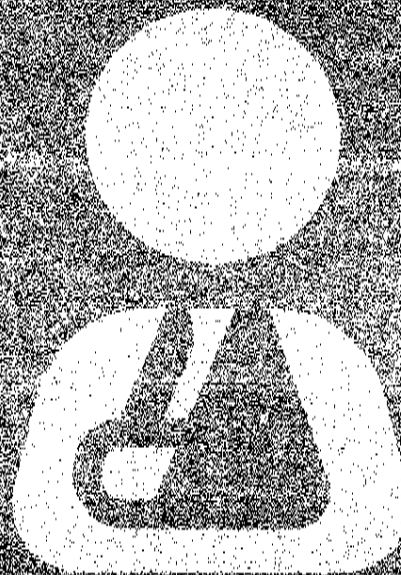


1-800-927-4357

www.insurance.ca.gov



Health Insurance



California Department of Insurance



Provider—A health professional or organization that provides health care services, such as a doctor, physical therapist, hospital, lab, or clinic. A preferred provider is a provider in your plan's network.

Tiered network—A kind of network with several cost levels. You pay different amounts to see providers in different tiers.

UCR (usual, customary, and reasonable)—The amount that providers in an area usually charge for the same or similar service. The allowed amount may be based on the UCR amount.

Find More Information

For information about the Department of Insurance, see page 34.

California Department of Managed Health Care

Help Center

Information and assistance for members of HMOs and some other health plans.

www.dmhc.ca.gov

1-888-466-2219

California Office of the Patient Advocate (OPA)

Information on health insurance and provider quality.

www.opa.ca.gov

HICAP (Health Insurance Counseling and Advocacy Program)

Free counseling and information on Medicare, throughout California.

www.aging.ca.gov/hicap

1-800-434-0222

Medicare

Information and assistance with Medicare. This is the official federal Medicare website.

www.medicare.gov

1-800-MEDICARE

U.S. Department of Labor, Employee Benefits Security Administration (DOL-EBSA)

Information on COBRA and on some kinds of self-funded plans.

www.dol.gov/ebsa

1-866-444-3272