

If you're under 26 and were in foster care, you may qualify for FREE support through your Medi-Cal health insurance plan.

Life after foster care can be really hard, but you don't have to do it alone. **Enhanced Care Management**, or ECM, connects you with a personal care manager to support you every step of the way.

What is ECM?

ECM is totally **free** and made to fit **your needs**. Your care manager can help coordinate all your health care, including finding doctors, scheduling appointments, finding transportation to visits, and more. They can also help with everyday needs to keep you healthy.

What ECM can help with:

- Medical, vision, and mental health care
- Mental health support
- Job training
- Finding a safe place to live
- Connecting to helpful resources
- **And many more free services!**

Who may qualify?

You may qualify for ECM if you:

- Have a Medi-Cal health insurance plan
 - Were in foster care on your 18th birthday or later
 - Are currently under age 26
- Other criteria may apply.*

If you're approved for ECM, you'll be connected to a care manager to schedule services. It usually takes about 10-14 business days after you call to be fully set up.

How can you find out if you qualify?

Call the number on the back of your Medi-Cal health insurance card and ask about Enhanced Care Management. They'll ask a few questions and explain your next steps.

What to have ready when you call:

1. Your Medi-Cal health insurance card
2. A list of your current doctors or other providers
3. A list of concerns that may prevent you from getting the care you need

Not ready to call?

Visit YourHealthYourCare.org for more info about ECM and answers to common questions.

Your Health
Your Care



*Eligibility requirements vary per program and need. Current referrals require enrollment in a Medi-Cal managed care plan. Some ECM requirements include: Adults and families experiencing homelessness. Adults, youth, and children who are at risk for avoidable hospital or emergency department care. Adults, youth, and children with serious mental health and/or substance use disorder needs. Adults and youth who are transitioning from incarceration. Children and youth enrolled in California Children's Services (CCS) or CCS Whole Child Model with additional needs beyond their CCS condition(s). Children and youth involved in child welfare (foster care). Others may be ineligible. Members may not be enrolled in ECM and any of the following programs at the same time: Complex Care Management (CCM); California Community Transitions (CCT); 1915 (c) Home and Community-Based Services Waiver (HCBS), including Medi-Cal Waiver Program (HIV/AIDS), Home and Community-Based Alternatives (HCBA), Assisted Living Waiver (ALW), Home and Community-Based Services Waiver for the Developmentally Disabled (HCBS-DD), Self-Determination Program (ICF-DD), Community Health Worker (CHW) services.