

Pregnant now or were pregnant in the last 12 months?

You may qualify for free support through your Medi-Cal health insurance.

What is Enhanced Care Management?

Pregnancy comes with a lot of health visits, and that can be hard to handle on your own. Enhanced Care Management, or ECM, is a free benefit that gives you a personal care manager to support you right from the beginning.

They can help you find doctors, set up rides to appointments, manage medications, and more.

What ECM can help with:

- Medical, vision, and mental health care
- Getting a doula
- Finding safe, stable housing
- Creating a personalized plan for health goals
- **And many more free services!**



Who may qualify?

You may qualify for ECM or other additional support if you:

- Have a Medi-Cal health insurance plan;
- Are pregnant or were pregnant in the last 12 months; and
- Face extra barriers that make it difficult to take care of your health

Other criteria may apply.*

What happens next?

If you qualify, you'll be connected to a care manager to get started and schedule your first 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. Don't wait to get the care you need.

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

What if I'm not ready to call?

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



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*Eligibility requirements vary. Current referrals require enrollment in a Medi-Cal managed care plan. Some ECM eligibility requirements include: Pregnant and postpartum individuals within a statewide population of focus. These populations are Black, American Indian and Alaska Native, and/or Pacific Islander individuals. 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 living in the community and at risk for long-term care institutionalization; and adults and youth who are transitioning from incarceration. 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.