

Enhanced Care Management:

Free extra support through Medi-Cal health insurance plans

What is ECM?

Medi-Cal health insurance plans offer extra support called **Enhanced Care Management (ECM)** for people that face extra barriers to their health care. ECM provides **free, personalized support** to help individuals stay healthy—both in and outside of the doctor's office.

ECM services for current youth in foster care may include:

- Coordinating all medical, vision, and wellness care
- Working with foster care support systems and schools
- Providing short-term backup caregiving support

ECM services for former youth in foster care may include:

- Assisting with medical appointments and medication management
- Finding safe housing
- Getting job training

What ECM services during and after pregnancy may include:

- Coordinating medical, vision, and mental health care
- Finding an ob/gyn or a doula
- Finding a safe and stable place to live



Who may qualify?

ECM is available for those with more complex health needs. This includes current and former foster youth up to the age of 26 and people who are pregnant or were pregnant in the past 12 months and belong to a population most likely to experience maternal health inequities: Black, American Indian and Alaska Native, and/or Pacific Island individuals. Other regulatory eligibility requirements may apply.*

How can you help?

Your strong connection to the community means you're likely to engage with Medi-Cal members who have a need for extra support.

- Educate people about this **FREE** benefit through their existing Medi-Cal health insurance coverage. Share info in conversations or on your socials with our [free toolkit](#).
- Encourage people to call the phone number on the back of their Medi-Cal health insurance card to see if they qualify.
- Direct people to YourHealthYourCare.org for more info.

**Your Health
Your Care**



*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.