



**Medi-Cal Member Handbook/Evidence of Coverage
2014/2015**

CHANGES START: January 1, 2014

This sheet describes the changes to your L.A. Care Health Plan Medi-Cal Member Handbook/Evidence of Coverage. **They may affect the way you get care and where you can call for help. The changes are noted by underline (section added) and ~~strike-out~~ (section removed) text.** Please read these changes. Keep this sheet with your Member Handbook/Evidence of Coverage.

If you have any questions, please call the L.A. Care Health Plan Member Services Department at **1-888-839-9909**, 24 hours a day, 7 days a week.

Section: What is covered: What kinds of health care can I get from L.A. Care?

Outpatient Mental Health Services

Outpatient mental health services are now a benefit covered by L.A. Care Health Plan. You can call L.A. Care Health Plan or ask your Primary Care Provider (PCP) for the name of a plan mental health provider. These services are for the treatment of mild to moderate mental health conditions, which include*:

- Individual and group mental health testing and treatment (psychotherapy);
- Psychological testing to evaluate a mental health condition;
- Outpatient services that include lab work, drugs, and supplies;
- Outpatient services to monitor drug therapy; and
- Psychiatric consultation.

You can still get specialty mental health services from county mental health plans.

Not Covered:

- Mental health services for relational problems are not covered. This includes counseling for couples or families for conditions listed as relational problems*.

** As defined by the Diagnostic and Statistical Manual of Mental Disorders Fourth Edition, Text Revision (DSM IV)*

Section: What is covered: What kinds of health care can I get from L.A. Care?

Substance Use Disorder Preventive Services

Description:

Alcohol misuse screening services are now a benefit covered by L.A. Care Health Plan for all members ages 18 and older. These services for alcohol misuse cover*:

Covered Services:

- One expanded screening for risky alcohol use per year
- Three 15-minute brief intervention sessions to address risky alcohol use per year

Not Covered

- LA Care Health Plan does not cover services for major alcohol problems, but you may be referred to the County Alcohol and Drug Program.

** Screening, Brief Intervention, and Referral to Treatment (SBIRT)*