

# Need help with your HMO (Health Plan)?

## 1. Call your Health Plan

Look for the number on your HMO membership card.  
Explain your problem and try to find a solution.

## 2. If your Health Plan couldn't help you, the HMO Help Center may be able to help you

- Answer questions
- File a complaint
- Apply for an independent review of your case by doctors outside your plan

**Call HMO Help Center**  
**1-888-HMO-2219**  
**1-877-688-9891 TDD**  
**[www.hmohelp.ca.gov](http://www.hmohelp.ca.gov)**

**Available**  
**24 hours a day**  
**7 days a week**  
**Multilingual**



A service of the California Department of Managed Health Care

Revised October 27, 2003

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