

## What is the **My Health LA** program?

- **My Health LA** is a **NO-COST** health care program for low-income residents of Los Angeles County who do not have health insurance.
- **My Health LA** is a program where members can get ongoing, quality health care from a team of health care providers at community clinics.
- **My Health LA** is a way for uninsured County residents to get healthy and stay healthy!

## Who is eligible for **My Health LA?**

**My Health LA** is for people:

- ✓ Who live in Los Angeles County
- ✓ Age 6 and older
- ✓ Meet income requirements (see back of fact sheet)
- ✓ Lack or not eligible for health insurance

**My Health LA** is **NOT** health insurance—  
If you have health insurance, do not drop it!

## How can I find out if I am eligible? Where I can enroll?

- Call Member Services at 1-844-744-6452 (MHLA). Member Services is open from 8:00 am to 5:00 pm Monday through Friday.
- Call your medical home clinic in advance to schedule an appointment or to enroll. Make sure the clinic is accepting new patients. It is free to apply!
- For more information, visit:  
[dhs.lacounty.gov/MHLA](https://dhs.lacounty.gov/MHLA)



## What health care can I get though **My Health LA?**

- **My Health LA** members get **FREE** basic medical care that includes:
  - ✓ Ongoing Primary Preventive Care and Health Screenings
  - ✓ Health Information and Advice
  - ✓ Specialty Care at Department of Health Services (DHS)
  - ✓ Hospital and emergency care at DHS clinics and hospitals
  - ✓ Prescription Medicines
  - ✓ Laboratory Services and Tests
  - ✓ Other Related Health Care Services
- **My Health LA** members can get care at one of 200 participating community clinics in Los Angeles County.

## What are some of the benefits of **My Health LA?**

- **My Health LA** is patient-centered care. Members will choose a Medical Home Clinic, and will receive ongoing care at that clinic throughout the year. You may only have one Medical Home clinic in the My Health LA program.
  - ✓ A **Medical Home** is a clinic where patients see a primary care doctor or a nurse who knows their patients and understands their medical history
- **My Health LA** members can choose a Community Clinic and can make their own appointments at that clinic.
- You don't have to wait until you are sick to get medical care—you can get free check-ups and preventive care at your medical home clinic
- You get an ID card to show you are a member of **My Health LA**.
- You can call the toll-free Member Services line from 8:00 am to 5:00 pm Monday through Friday. Agents can assist you in many languages.

