

What is Long-Term Services and Supports (LTSS)?

Anthem Blue Cross Cal MediConnect Plan
(Medicare-Medicaid Plan)

Santa Clara County, CA



LTSS includes services that help people at home and in their community. It provides help to people with daily life activities, such as:

- Bathing
- Eating
- Dressing
- And much more.

At Anthem Blue Cross Cal MediConnect Plan (Medicare-Medicaid Plan), we have information on services that you may qualify for and that can help you.

LTSS is made up of:

- In-Home Supportive Services (IHSS)
- Multipurpose Senior Services Program (MSSP)
- Community-Based Adult Services (CBAS)
- Long-Term Care (LTC) nursing facility services

In-Home Supportive Services (IHSS)

IHSS is for people who cannot stay in their homes without help. Members can get help with:

- Cleaning, cooking, grocery shopping and laundry
- Personal care
- Transportation

Members must:

- Be a U.S. citizen or have legal status
- Be a California resident
- Be at least 65 years old, blind or living with a disability
- Live at home
- Meet certain rules with Supplemental Security Income (SSI)/State Supplementary Payment (SSP)

For more information about IHSS or to apply call **1-408-792-1600**.

Multipurpose Senior Services Program (MSSP)

MSSP provides support to help people stay at home. It can connect them to community services that include:

- Medical care
- Emergency Response System
- Respite care
- Transportation
- Home safety changes or minor repairs
- Legal help
- Home-delivered meals
- Housing help

Members must:

- Be at least 65 years old
- Get Medi-Cal benefits with no share of cost
- Be at risk of being placed in an LTC facility

Community-Based Adult Services (CBAS)

CBAS offers help with daily activities and nursing care in a day program.

Services include:

- Transportation
- Hot meals and snacks
- Physical, Speech and Occupational Therapy
- Group activities
- Nursing services

Members must:

- Be 18 years or older
- Have physical, mental or memory issues

You can get these services at any California state-approved CBAS center.

Long-Term Care (LTC) nursing facility services

A Medi-Cal-certified LTC nursing facility provides personal health care services such as:

- 24-hour medical care
- Help with medical appointments
- Lung and breathing care
- Help with prescriptions
- Social activities

Members must:

- Be 21 years old or older
- Have a physical or mental condition
- Need help with one or more daily living activities

To be admitted into an LTC nursing facility your provider must agree it is medically necessary.

To learn more about LTSS programs and services, call **1-855-817-5785** (TTY: **711**), Monday through Friday from 8 a.m. to 8 p.m. This call is free. Or visit **duals.anthem.com**.



Anthem Blue Cross Cal MediConnect Plan (Medicare-Medicaid Plan) does not discriminate, exclude people, or treat them differently on the basis of race, color, national origin, sex, age or disability in its health programs and activities.

We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at **1-855-817-5785** (TTY: **711**) Monday through Friday from 8 a.m. to 8 p.m. Someone who speaks English can help you. This is a free service.

ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia de idiomas. Llame al **1-855-817-5785** (TTY: **711**), de lunes a viernes, de 8:00 a. m. a 8:00 p. m. La llamada es gratuita. Spanish

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-855-817-5785** (TTY: **711**)，週一至週五上午8：00-晚上8：00。通話免費。 Chinese

Anthem Blue Cross Cal MediConnect Plan (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees.

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For information on Anthem Blue Cross Cal MediConnect Plan (Medicare-Medicaid Plan) and other Cal MediConnect options for your health care, call the Department of Health Care Services at **1-800-430-4263** (TTY: **1-800-735-2922**), or visit **www.healthcareoptions.dhcs.ca.gov**.