

# Medi-Cal for Former Foster Youth

If you are a former foster youth under the age of 26, you qualify for FREE Medi-Cal coverage, which includes health, dental, vision, mental health, and substance abuse services.

This Medi-Cal coverage is FREE for you. Once you are enrolled, you will remain enrolled as long as you continue to meet all of the following criteria:

- You lived in foster care on your 18<sup>th</sup> birthday, in any state
- You are living in California
- You are under the age of 26

This free coverage is available regardless of your income or employment status, and you can sign up ANY TIME during the year.

## If you already have Medi-Cal coverage:

- Ask your county Medi-Cal eligibility worker to make sure you are enrolled in “Medi-Cal Aid Code 4M”. Then you won’t have to do anything else.

## If you do NOT already have Medi-Cal coverage:

- If you left foster care at age 18 or older AFTER January 1, 2014, you automatically should have been enrolled in “Medi-Cal Aid Code 4M”. This didn’t always happen, but you can fix it using either of the methods below.
- If you turned 18 BEFORE January 1, 2014, but are under age 26, you can apply using either of the methods below.

You can get “Medi-Cal Aid Code 4M” coverage using either of these methods:

- Fill out this simple one-page form, and turn it in using the directions on the form, [Click Here](#).
- Apply through your county social services office. Pick your county [here](#) to get contact information.

Contact the Foster Care Ombudsman Office if you have any questions, at:  
1-877-846-1602 or [fosteryouthhelp@dss.ca.gov](mailto:fosteryouthhelp@dss.ca.gov).