

2026

Summary of Benefits

Central Health Embrace Choice Plan (HMO C-SNP)

California H5649-026-003

Serving: Placer, Sacramento, San Joaquin, Santa Clara, Solano, Stanislaus, and Yolo Counties

Effective January 1 through December 31, 2026

H5649_26_026_003_CA_SB_M
CA-H5649-26-3-SB-EN-26-S-V2



2026 Summary of Benefits

Central Health Embrace Choice Plan (HMO C-SNP) H5649-026-003

January 1, 2026 - December 31, 2026.

Central Health Medicare Plan is an HMO/HMO SNP plan with a Medicare contract. Enrollment depends on contract renewal.

The benefit information provided does not list every service that we cover or list every limitation or exclusion. To get a complete list of services we cover, please access the “Evidence of Coverage” at www.centralhealthplan.com.

To join **Central Health Embrace Choice Plan (HMO C-SNP)** you must be entitled to Medicare Part A, be enrolled in Medicare Part B, and live in our service area, and must have Diabetes, Chronic Heart Failure (CHF), or Cardiovascular disorders (limited to cardiac arrhythmias, coronary artery disease, peripheral vascular disease and chronic venous thromboembolic disorder). Our service area includes the following counties in California: Placer, Sacramento, San Joaquin, Santa Clara, Solano, Stanislaus, and Yolo Counties.

Except in emergency or urgent situations, if you use providers that are not in our network, we may not pay for these services.

For coverage and costs of Original Medicare, look in your current “**Medicare & You**” handbook. View it online at Medicare.gov or get a copy by calling 1-800-MEDICARE (1-800-633-4227) available 24 hours, 7 days a week including some federal holidays. TTY/TDD users should call 1-877-486-2048.

Have questions? Please call Central Health Medicare Plan Member Services Department at (866) 314-2427, TTY: 711, Hours are October 1 – March 31, 8 a.m. to 8 p.m. local time, 7 days a week. From April 1 – September 30, Monday – Friday, 8 a.m. to 8 p.m. local time. or visit our website at www.centralhealthplan.com.

Premium & Benefits	Central Health Embrace Choice Plan (HMO C-SNP) (26-3)	Your Cost w/ Medicare+full Medi-Cal
Monthly Plan Premium You must keep paying your Medicare Part B premium.	\$0	\$0
Part B Rebate	\$2 per month	\$2 per month
Deductible	No deductible	No deductible
Maximum Out-of-Pocket Responsibility (does not include prescription drugs)	No more than \$9,250 annually	\$0
Inpatient Hospital*	\$1,736 deductible \$0 copay per day for days 1–60 \$434 copay per day for days 61–90 \$868 copay per day for each lifetime reserve day	\$0 copay
Outpatient Hospital*‡	\$0 - 20% coinsurance	\$0 copay
Ambulatory Surgery Center*	\$0 copay	\$0 copay
Doctor Visits <ul style="list-style-type: none">• Primary care providers• Specialists*	\$0 copay \$0 - 30% coinsurance	\$0 copay \$0 copay
Preventive Care Other preventive services are available. <ul style="list-style-type: none">• Flu vaccine, diabetic screenings, etc.*	\$0 copay	\$0 copay

* Services may require authorization.

‡ Please reference Evidence of Coverage (EOC) for details on specific services.

Premium & Benefits	Central Health Embrace Choice Plan (HMO C-SNP) (26-3)	Your Cost w/ Medicare+full Medi-Cal
Emergency Care	\$115 copay	\$0 copay
Copayment waived if admitted to the hospital or readmitted to the ER within 72 hours		
Urgent Care	\$0 copay	\$0 copay
Diagnostic Services/Labs/ Imaging*		
<ul style="list-style-type: none"> Diagnostic tests and procedures Lab services Diagnostic radiology (e.g. MRIs, CAT scans) X-rays 	\$0 - 20% coinsurance \$0 copay \$0 - 20% coinsurance \$0 copay	\$0 copay \$0 copay \$0 copay \$0 copay
Hearing Services*		
<ul style="list-style-type: none"> Medicare-covered hearing exam Routine hearing exam One per year Hearing aid fittings and evaluations One per year Hearing aid 	\$0 copay \$0 copay \$0 copay \$49 copay per hearing aid for the entry model	\$0 copay \$0 copay \$0 copay Refer to Medi-Cal handbook for details about your Medi-Cal benefits.

* Services may require authorization.

Premium & Benefits	Central Health Embrace Choice Plan (HMO C-SNP) (26-3)	Your Cost w/ Medicare+full Medi-Cal
Dental Services†* <ul style="list-style-type: none"> Medicare-covered dental services Preventive dental <ul style="list-style-type: none"> Oral exams X-rays Cleanings Fluoride treatment 	\$0 copay \$0 copay \$0 copay \$0 copay \$0 copay \$0 copay	\$0 copay Refer to Medi-Cal handbook for details about your Medi-Cal benefits.
Comprehensive Dental* <ul style="list-style-type: none"> Restorative Services Endodontics Periodontics Prosthodontics removable Prosthetics Implant Services Prosthodontics fixed Oral and Maxillofacial Surgery Orthodontics Adjunctive General Services 	\$0 copay \$0 copay	 Refer to Medi-Cal handbook for details about your Medi-Cal benefits.
Annual Dental Maximum	\$1,600 for preventive and comprehensive dental services each year	 Refer to Medi-Cal handbook for details about your Medi-Cal benefits.
Vision Services*† <ul style="list-style-type: none"> Medicare-covered eye exams Medicare-covered eyewear Routine eye exam One per year Eyewear allowance 	\$0 copay \$0 copay \$0 copay Up to \$300 per year	\$0 copay \$0 copay Refer to Medi-Cal handbook for details about your Medi-Cal benefits.
Mental Health Services* <ul style="list-style-type: none"> Outpatient individual therapy Outpatient group therapy 	\$0 copay \$0 copay	\$0 copay \$0 copay
Skilled Nursing Facility (SNF)*	\$0 copay per day for days 1–20 \$217 copay per day for days 21–100	\$0 copay
Physical Therapy*	\$0 copay	\$0 copay

† Limitations may apply. See your EOC for details.

* Services may require authorization.

Premium & Benefits	Central Health Embrace Choice Plan (HMO C-SNP) (26-3)	Your Cost w/ Medicare+full Medi-Cal
Ambulance (Ground)*	20% coinsurance per ride	\$0 copay
Ambulance (Air)*	20% coinsurance	\$0 copay
Transportation*	\$0 for 12 one-way trips to plan approved locations (up to 50 mile limit)	Refer to Medi-Cal handbook for details about your Medi-Cal benefits.
Medicare Part B Drugs* <ul style="list-style-type: none"> • Chemotherapy drugs • Other Part B drugs • Part B insulin drugs 	20% coinsurance unless capped by Inflation Reduction Act (IRA) rules 20% coinsurance unless capped by Inflation Reduction Act (IRA) rules You pay a 20% coinsurance unless capped by Inflation Reduction Act Rules. Your Part B insulin cost share will not exceed \$35 for a one-month supply of any insulin on our formulary.	\$0 copay \$0 copay \$0 copay

* Services may require authorization.

Outpatient Prescription Drugs

Central Health Embrace Choice Plan (HMO C-SNP) (26-3)

Part D Deductible (Tiers 2-5)	\$615	
	Retail Rx 31-day supply	Mail Order 100-day supply
Part D Insulins Tier 3 – Preferred Brand	\$35 copay	\$105 copay
Initial Coverage You are in the Initial Coverage Phase until your year-to-date “out-of-pocket costs” (your payments) reach a total of \$2,100		
Tier 1 – Preferred Generic	\$0 copay	\$0 copay
Tier 2 – Generic	15% of the cost	15% of the cost
Tier 3 – Preferred Brand	15% of the cost	15% of the cost
Tier 4 – Non-Preferred Brand	30% of the cost	30% of the cost
Tier 5 – Specialty Tier	25% of the cost	Not available
Tier 6 – Select Care	\$0 copay	\$0 copay
Catastrophic Coverage You are in this stage after your year-to-date “out-of-pocket costs” (your payments) reach a total of \$2,100.	During this stage, the plan will pay for the full cost of your covered Part D drugs. Once you are in the Catastrophic Coverage Stage, you will stay in this payment stage until the end of the calendar year (through December 31, 2026).	
Cost-Sharing may change depending on the pharmacy you choose and when you enter a new phase of the Part D benefit.		

Extra Benefits	Central Health Embrace Choice Plan (HMO C-SNP) (26-3)
24/7 Telehealth	\$0 - \$30 copay or \$0 - 30% coinsurance depending on the type of service you receive
Acupuncture* <ul style="list-style-type: none"> • Medicare-covered acupuncture • Routine acupuncture 	\$0 copay \$0 copay Up to 30 visits every year combined with Routine Chiropractic services.
Chiropractic Services* <ul style="list-style-type: none"> • Medicare-covered chiropractic care • Routine chiropractic care 	\$0 copay \$0 copay Up to 30 visits every year combined with Routine Acupuncture services.
Durable Medical Equipment (DME)*	20% coinsurance
Pre-funded Debit Card You will have one card to use at retail locations for all of your individual benefits listed below: <ul style="list-style-type: none"> • Over-The-Counter (OTC) Items, including OTC Hearing Aids 	Up to \$100 every 3 months Unused allowance does not carry over to the next quarter.
Gym Membership*	\$0 copay
Healthy Foods Allowance‡* This is a special supplemental benefit for the chronically ill (SSBCI). In order to access this benefit, you must be diagnosed with a qualifying chronic condition and meet criteria outlined in Chapter 4 of the Evidence of Coverage.	Up to \$30 each month for healthy foods for members with a qualifying chronic condition
Herbal Catalog	Products in the catalog are covered through your over-the-counter (OTC) allowance. You can only order these items through a plan approved vendor, but not at a retail location. For more information, please call Member Services.

* Services may require authorization.

‡ Please reference Evidence of Coverage (EOC) for details on specific services.

Extra Benefits	Central Health Embrace Choice Plan (HMO C-SNP) (26-3)
Meals for members with a qualifying chronic condition*‡	<p>You pay \$0 for 14 meals each month for 1 year (168 total meals).</p> <p>This benefit is available only to members diagnosed with a qualifying chronic condition. Please see your Evidence of Coverage (EOC) for more details on the qualifying chronic conditions and how to access this benefit.</p>
In-Home Meal Program (for members post-discharge or homebound)*‡	<p>You pay a \$0 copay per meal through the in-home meal program.</p> <p>You get 2 meals a day for 14 days immediately following surgery or inpatient hospitalization, or if you are ordered to isolate at home for 14 days by a healthcare provider due to a COVID-19 diagnosis or exposure.</p> <p>This benefit is available up to 2 times per calendar year (56 total meals).</p>
Opioid Treatment*	\$0 copay
Outpatient Substance Abuse*	<p>20% coinsurance for group therapy visits</p> <p>20% coinsurance for individual therapy visits</p>
Personal Emergency Response System (PERS)*	\$0 copay
Worldwide Emergency Care <ul style="list-style-type: none"> • Urgent Care • Emergency Room • Emergency Transportation 	<p>\$110 copay</p> <p>Coverage up to \$50,000</p>

* Services may require authorization.

‡ Please reference Evidence of Coverage (EOC) for details on specific services.

Non-Discrimination Notice – Section 1557



Central Health Plan

Discrimination is against the law. Central Health Plan follows State and Federal civil rights laws. Central Health Plan does not unlawfully discriminate, exclude people, or treat them differently because of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation.

Central Health Plan provides:

- Free aids and services in a timely manner to people with disabilities to help them communicate better, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services in a timely manner to people whose primary language is not English, such as:
 - Qualified interpreters
 - Written information in other languages

If you need these services, contact Central Health Plan between 8:00 a.m. to 8:00 p.m. by calling 1-866-314-2427. If you cannot hear or speak well, please call 711. Upon request, this document can be made available to you in braille, large print, audiocassette, or electronic form. To obtain a copy in one of these alternative formats, please call or write to:

Central Health Plan
Civil Rights Coordinator
200 Oceangate, Suite 100
Long Beach, CA 90802

By phone: 1-866-606-3889. If you cannot hear or speak well, please call 711.

HOW TO FILE A GRIEVANCE

If you believe that Central Health Plan has failed to provide these services or unlawfully discriminated in another way on the basis of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation, you can file a grievance with Central Health Plan's Civil Rights Coordinator. You can file a grievance by phone, in writing, in person, or electronically:

- **By phone:** Contact Central Health Plan's Civil Rights Coordinator between 8:30 a.m. to 5:30 p.m. by calling 1-866-606-3889. Or, if you cannot hear or speak well, please call 711.
- **In writing:** Fill out a complaint form or write a letter and send it to:
Central Health Plan
Civil Rights Coordinator
200 Oceangate, Suite 100
Long Beach, CA 90802

- In person: Visit your doctor's office or Central Health Plan and say you want to file a grievance.
- Electronically: Send an email to Civil.Rights@MolinaHealthcare.com. You can also visit Central Health Plan's website at MolinaHealthcare.Alertline.com.

OFFICE OF CIVIL RIGHTS – CALIFORNIA DEPARTMENT OF HEALTH CARE SERVICES

You can also file a civil rights complaint with the California Department of Health Care Services, Office of Civil Rights by phone, in writing, or electronically:

- **By phone:** Call 916-440-7370. If you cannot speak or hear well, please call 711 (Telecommunications Relay Service).
- **In writing:** Fill out a complaint form or send a letter to:
Deputy Director, Office of Civil Rights
Department of Health Care Services
Office of Civil Rights
P.O. Box 997413
Sacramento, CA 95899-7413

Complaint forms are available at DHCS.ca.gov/Pages/Language_Access.aspx.

- **Electronically:** Send an email to CivilRights@dhcs.ca.gov.

OFFICE OF CIVIL RIGHTS – U.S DEPARTMENT OF HEALTH AND HUMAN SERVICES

If you believe you have been discriminated against on the basis of race, color, national origin, age, disability, or sex, you can file a civil rights complaint (grievance) with the U.S. Department of Health and Human Services, Office for Civil Rights, by phone, in writing, or electronically:

- **By phone:** Call 1-800-368-1019. If you cannot speak or hear well, please call TTY/TDD: 1-800-537-7697.
- **In writing:** Fill out a complaint form or send a letter to:
U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

Complaint forms are available at HHS.gov/ocr/office/file/index.html.

- **Electronically:** Visit the Office for Civil Rights Complaint Portal at OCRportal.hhs.gov/ocr/portal/lobby.jsf.

Notice of Availability of Language Assistance Services and Auxiliary Aids and Services

English

ATTENTION: If you need help in your language call 1-866-314-2427(TTY: 711). Aids and services for people with disabilities, like documents in braille and large print, are also available. Call 1-866-314-2427(TTY: 711). These services are free of charge.

العربية (Arabic)

يرجى الانتباه، إذا احتجت إلى المساعدة بلغتك، فاتصل بـ 1-866-314-2427، (وبالنسبة لمستخدمي الهاتف النصي TTY: يمكنهم الاتصال على 711). توفر أيضاً المساعدات والخدمات للأشخاص ذوي الإعاقة، مثل المستندات المكتوبة بطريقة برييل والخط الكبير، اتصل بـ 1-866-314-2427 (وبالنسبة لمستخدمي الهاتف النصي TTY: يمكنهم الاتصال على 711). هذه الخدمات مجانية.

Հայերեն (Armenian)

ՈՒԾԱԴՐՈՒԹՅՈՒՆ. Կրե ձեզ հարկավոր է աջակցություն ձեր լեզվով, ապա զանգահարեք 1-866-314-2427 (TTY՝ 711) հեռախոսահամարով: Հաշմանդամություն ունեցող անձանց համար գործումեն նաև օժանդակ միջոցներ ու ծառայություններ, օրինակ՝ Բրայլի գրատիպով ու խոշորատար տպատառով տրամադրվող նյութեր: Տվյալ դեպքում զանգահարեք 1-866-314-2427 (TTY՝ 711) հեռախոսահամարով: Ծառայությունները գործում են անվճար:

ខ្មែរ (Cambodian)

ចំណាំ៖ បើអ្នកត្រូវការជំនួយជាការបស់អ្នក ស្ម័គ្រសព្វទៅលេខ 1-866-314-2427(TTY: 711)។ ជំនួយ និងសេវាអ្នកអ្នកស្របច្បាប់ជនពិការ ដូចជាការសរស់នៅជាអក្សរអិលីដស្របច្បាប់ជនពិការតែងតម្លៃ កំណត់រកចាប់នូវការ ទូរសព្វមកលេខ 1-866-314-2427(TTY: 711)។ សេវាអ្នកអ្នកទាំងនេះមិនគីឡូនីយ។

简体中文 (Chinese)

请注意：如果您需要以您的语言提供帮助，请致电 1-866-314-2427(TTY: 711)。另外还提供针对残疾人士的辅助工具和服务，例如盲文文件和大字体文件。请致电 1-866-314-2427(TTY: 711)。这些服务均免费提供。

فارسی (Farsi)

توجه: اگر می خواهید به زبان خود راهنمایی دریافت کنید، با (711) TTY: 1-866-314-2427 تماس بگیرید. کمکها و خدمات مخصوص افراد دارای معلولیت، مانند نسخه هایی به خط بریل و چاپ درشت، نیز موجود است. با (711) TTY: 1-866-314-2427 تماس بگیرید. این خدمات رایگان ارائه می شوند.

Notice of Availability/Taglines – Section 1557 Central Health Plan

हिंदी (Hindi)

ध्यान दें: अगर आपको अपनी भाषा में सहायता की आवश्यकता है तो 1-866-314-2427(TTY: 711) पर कॉल करें। अशक्तता वाले लोगों के लिए सहायता और सेवाएं, जैसे ब्रेल और बड़े प्रिंट में भी दस्तावेज़ उपलब्ध हैं। 1-866-314-2427(TTY: 711) पर कॉल करें। ये सेवाएं निशुल्क हैं।

Hmoob (Hmong)

CEEB TOOM: Yog koj xav tau kev pab txhais koj hom lus hu rau 1-866-314-2427 (TTY: 711). Tsis tas li ntawd, kuj tseem muaj cov kev pab txhawb thiab kev pab cuam rau cov neeg xiam oob qhab, xws li cov ntawv su thiab luam tawm ua tus ntawv loj. Hu rau 1-866-314-2427(TTY: 711). Cov kev pab cuam no yog pab dawb xwb.

日本語 (Japanese)

注記：日本語での対応が必要な場合は 1-866-314-2427(TTY: 711) までお電話ください。点字の資料や文字の拡大表示など、障がいをお持ちの方のためのサービスもご用意しております。 1-866-314-2427(TTY: 711)までお電話ください。これらのサービスは無料です。

한국어 (Korean)

알림: 귀하의 언어로 도움을 받고 싶으시면 1-866-314-2427(TTY: 711)번으로 전화하십시오. 점자나 큰 활자로 된 문서와 같이 장애가 있는 분들을 위한 지원 및 서비스도 이용하실 수 있습니다. 1-866-314-2427(TTY: 711)번으로 전화하십시오. 이러한 서비스는 무료로 제공됩니다.

ລາວ (Laotian)

ປະກາດ: ທີ່ທ່ານຕົ້ນຕ່າງໆການຄວາມຈ່ວຍເຫຼືອເປັນພາສາຂອງທ່ານໃຫ້ໄທຫາເປີ 1-866-314-2427(TTY: 711). ນອກນີ້ລັງມືຄວາມຈ່ວຍເຫຼືອ ພະຍະ ການປໍ່ວິການສໍານັບຄົນທີ່ການ ອັນ: ເອກະນານທີ່ເປັນອັກສອນນຸ່ມພະນັກງານໃຫ້ໄທຫາເປີ 1-866-314-2427(TTY: 711). ການປໍ່ວິການທີ່ນີ້ແມ່ນຝົດ.

Mien

LONGC HNYOUV JANGX LONGX OC: Beiv taux meih qiemx longc mienh tengx faan benx meih nyei waac nor douc waac daaih lorx taux 1-866-314-2427(TTY: 711). Liouh lorx jauv-louc tengx aengx caux nzie gong bun taux ninh mbuo wuaaic fangx mienh, beiv taux longc benx nzangc-pokc bun hluo mbiutc aengx caux aamz mborqv benx domh sou se mbenc nzoih bun longc. Douc waac daaih lorx 1-866-314-2427(TTY: 711). Naaiv deix nzie weih gong-bou jauv-louc se benx wang-henh tengx mv zuqc cuotv nyaanh oc.

ਪੰਜਾਬੀ (Punjabi)

ਪਿਆਨ ਦਿਓ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ 1-866-314-2427(TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ। ਅਪਾਹਜ ਲੋਕਾਂ ਲਈ ਸਹਾਇਤਾ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬ੍ਰੇਲ ਅਤੇ ਮੋਟੀ ਛਪਾਈ ਵਿੱਚ ਦਸਤਾਵੇਜ਼, ਵੀ ਉਪਲਬਧ ਹਨ। 1-866-314-2427(TTY: 711)'ਤੇ ਕਾਲ ਕਰੋ। ਇਹ ਸੇਵਾਵਾਂ ਮੁਫ਼ਤ ਹਨ।

Notice of Availability/Taglines – Section 1557 Central Health Plan

Русский (Russian)

ВНИМАНИЕ! Если вам нужна помощь на вашем родном языке, звоните по номеру 1-866-314-2427(TTY: 711). Также предоставляются средства и услуги для людей с ограниченными возможностями, например документы крупным шрифтом или шрифтом Брайля. Звоните по номеру 1-866-314-2427(TTY: 711). Такие услуги = бесплатны.

Español (Spanish)

ATENCIÓN: si necesita ayuda en su idioma, llame al 1-866-314-2427(TTY: 711). También ofrecemos asistencia y servicios para personas con discapacidades, como documentos en braille y con letras grandes. Llame al 1-866-314-2427(TTY: 711). Estos servicios son gratuitos.

Tagalog (Filipino)

ATENSIYON: Kung kailangan mo ng tulong sa iyong wika, tumawag sa 1-866-314-2427(TTY: 711). Mayroon ding mga tulong at serbisyo para sa mga taong may kapansanan, tulad ng mga dokumento sa braille at malaking print. Tumawag sa 1-866-314-2427(TTY: 711). Libre ang mga serbisyong ito.

ภาษาไทย (Thai)

โปรดทราบ: หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ กรุณาโทรศัพท์ไปที่หมายเลข 1-866-314-2427(TTY: 711) นอกจากนี้ ยังพร้อมให้ความช่วยเหลือและบริการต่าง ๆ สำหรับบุคคลที่มีความพิการ เช่น เอกสารต่าง ๆ ที่เป็นอักษรเบรลล์และเอกสารที่พิมพ์ด้วยตัวอักษรขนาดใหญ่ กรุณาโทรศัพท์ไปที่หมายเลข 1-866-314-2427(TTY: 711) ไม่มีค่าใช้จ่ายสำหรับบริการเหล่านี้

Українська (Ukrainian)

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CHÚ Ý: Nếu quý vị cần trợ giúp bằng ngôn ngữ của mình, vui lòng gọi số 1-866-314-2427 (TTY: 711). Chúng tôi cũng hỗ trợ và cung cấp các dịch vụ dành cho người khuyết tật, như tài liệu bằng chữ nổi Braille và chữ khổ lớn (chữ hoa). Vui lòng gọi số 1-866-314-2427 (TTY: 711). Các dịch vụ này đều miễn phí.

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