



Are You Waiting for Access to an ABA Provider in California?

California health plans are required by law to provide services to you. **It's important that California regulators hear from families so that they know how dire the situation is.**

Here's How You Can Help:

If you have private health insurance:

- File a Complaint with the California Department of Insurance
- You can print [this form](#) out and mail it in.
- You can also visit the Consumer Complaint Center online and file your complaint [here](#).

If you are complaining about Medi-Cal, you can:

- Contact the Medi-Cal Ombudsman:
 - **By Phone:** (888) 452-8609
 - **By email*:** MMCDombudsmanOffice@dhcs.ca.gov
- Whether you have private health insurance, Medi-Cal, or both, make sure to write a quick email to your California senator and representative to make them aware that this is affecting their constituents. You can find out who represents you here:

State Senate
State Assembly

Questions? Please contact advocacy@casproviders.org