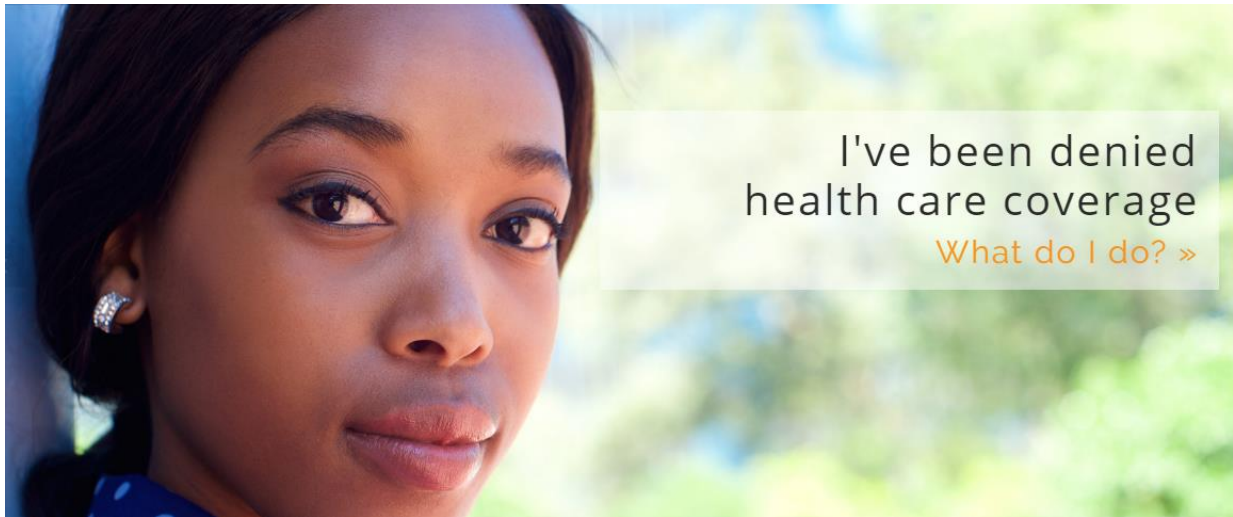


## MyPatientRights.org helps your constituents get the care they need



My Patient Rights is a simple resource for Californians who experienced denials, delays, high out-of-pocket costs, out-of-network charges and other barriers to quality, affordable health care from their health plans.

We make it easier for patients to reach the right state government agency to obtain information quickly, file a complaint if necessary, and get the answers they need.

We help people –

1. Notify their health plan to file a complaint
2. File a grievance with the appropriate state regulatory agency (DMHC or DOI)

Visit [www.mypatientrights.org](http://www.mypatientrights.org) for links to complaint forms of California's top health plans and state regulators.

**If you would like further information about MyPatientRights.org for your constituents, we can provide you with a toolkit containing a website widget, sample social media content, sample newsletter content and more. Email [mypatientrights@gmail.com](mailto:mypatientrights@gmail.com) to request this information.**

Follow MPR on social media at [www.facebook.com/MyPatientRights](http://www.facebook.com/MyPatientRights) and on Twitter [@MyHealthRights](https://twitter.com/MyHealthRights)

**“When you’ve got a complaint about health care, where are you gonna go? The MyPatientRights.org site is one starting point.”**

**– Sacramento Bee  
March, 2016**