

**LATEST HEADLINES**

# Guest Commentary | Key Medi-Cal enrollment changes on horizon. Here's what to know

By **SANTA CRUZ SENTINEL**

PUBLISHED: November 29, 2025 at 5:00 PM PST

---

**By Monica Martinez and Felipe Hernandez**

Recent state and federal changes are bringing important updates to Medi-Cal, which provides health care coverage for 31% of Santa Cruz County residents, more than 80,000 people. Some of these changes are coming soon, and it is important that we act now as a community.

First, if you are an undocumented adult who is not yet enrolled in Medi-Cal, you must apply before Jan. 1, 2026, to keep full benefits after that date. This includes medical, behavioral health and dental coverage. As long as you stay enrolled, your benefits will continue. If you do not enroll by Jan. 1, 2026, you will only receive emergency and pregnancy-related care. Coverage for children will stay the same

---

Second, all Medi-Cal members, especially adults, should schedule dental visits now and finish any needed work before changes take effect. Starting July 1, 2026, undocumented adults will lose full dental benefits, though emergency dental care will still be covered. Appointments can take months to schedule, so we urge everyone to make a dental checkup as soon as possible.



It is important that we help as many people as possible keep their health care coverage. When more people are insured, hospitals and clinics have fewer unpaid medical bills. When those costs go down, premiums and rates for other patients stay more stable. A healthier, better insured community also helps keep our local health system strong for everyone who relies on it. Supporting access to care is part of building a community where all residents can stay healthy and thrive.

We understand that some residents may worry about sharing information with the government. These concerns are real. Each person and family must balance those concerns with their need for health care and their right to stay healthy.

For undocumented residents who do not yet have Medi-Cal, we encourage you to apply now. Call 888-421-8080 for free, confidential help with enrollment and questions.

All Medi-Cal members should review their coverage and make dental appointments soon, especially adults who may lose dental benefits. If you

For local help with health care, food, housing or other services, visit the county's resource page at [santacruzcountyca.gov/sanctuary](https://santacruzcountyca.gov/sanctuary) (or [santacruzcountyca.gov/santuario](https://santacruzcountyca.gov/santuario) for Spanish speakers). For help finding a Medi-Cal Dental provider, visit [smilecalifornia.org/find-a-dentist](https://smilecalifornia.org/find-a-dentist) or call 1-800-322-6384.

Together, we can help as many residents as possible get covered and stay covered. The health of our entire community depends on it.

*Monica Martinez is a county supervisor representing the Fifth District and the former CEO of Encompass Community Services, a local safety net provider. Felipe Hernandez is a county supervisor representing the Fourth District, which covers much of South County and where residents would be disproportionately impacted by Medi-Cal enrollment.*

## Around the Web

REVCONTENT



## **If You're Over 65, Try This Instead of Gutter Cleaning (It's Genius)**

LeafFilter Partner

## **Knee Pain Isn't From Aging. Meet The Real Enemy of Weak, Aching Knees**

RejuvaKnee

## **Neuropathy is Not From Low Vitamin B. Meet The Real Enemy of Neuropathy**

FootRenew

Holistic MD Journal



### **Christmas 2025 Must-Have: Top Tree Trends Forest Animals - Grab Yours Now!**

Glosrity



### **Crystalize Your Pet in a Stunning, Custom 3D Crystal Keepsake!**

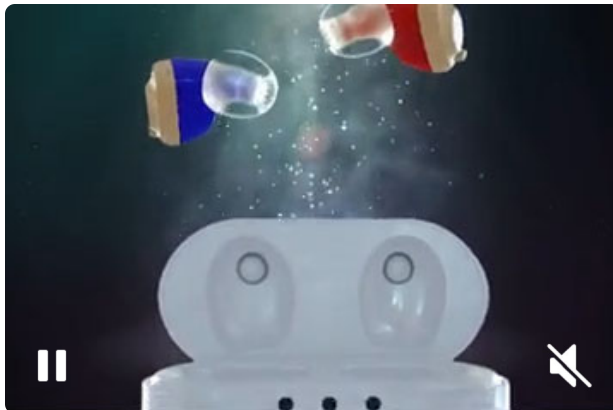
ArtPix 3D

## Fighting Neuropathy? This New Device is Leaving Doctors Amazed!

RejuvaFlow

## 23 Ridiculously Cool Gadgets You'll Want to Buy Immediately

Trending Gadget



## These Are The Rolls-Royce of Hearing Aids (And Under \$100)

Oricle Hearing



## Little Known Ways to Celebrate Your Loved Ones for Xmas

ArtPix 3D

## Neurologists: 1/2 Cup Each Morning Relieves Neuropathy Quickly! (Try It)

Health Headlines

## **Why Fans and Whiskey Lovers Are Racing To Own The Commemorative Whisky Bottle**

Glosrity

## **Get Your Paws on These Animal Socks!**

peoasis

## **Health: People Over 40 Are Snapping Un a New \$59 Smartwatch**

---



## **Here's The Estimated Cost of a 1-day Walk-in Shower Upgrade**

HomeBuddy

## **Keanu Reeves' Santa Cruz Home Sparks Big Online Reactions**

Deep News Online

## **Why This Cordless Lamp Became The Year's Most-Loved Gift**

Casekis

## **Goodrx's Guide to Medication Formularies**

GoodRx

## **35 Years of Craftsmanship, One Last Sale**

Carla's Jewelry

---

## **Drive Safely at Night With These Headlight Glasses**

Peoasis

## **Md: Nerve Pain (Neuropathy) After 50 Comes Down to 1 Thing**

NeuropathyGuide

## **1 Simple Hack to Cut Your Electric Bill (Try Tonight)**

GadgetCyno

## **This 5-in-1 Lamp is a Bedroom Game- Changer [Learn More]**

Peoasis

## **Take a Look Inside Keanu Reeves's Mansion in Santa Cruz**

powerplaygames

---

## **Here Are 29 of The Coolest Gifts for This 2025**

Yifare

## **Medication for Managing Blood Pressure**

GoodRx

## Never Put Mustard in Your Fridge, Here's Why

LifeHack Guru



## Stunning Sea Glass Sunset Mug - Perfect Gift! California

Ribili

## U.S. Cardiologist Warns Aging Seniors About Blueberries for Breakfast

GundryMD

---

## **Seniors Born 1939-1969 Receive 11 Benefits This Month If They Ask**

Super Saving Online

## **If You Have More Than \$1,000 In Your Checking Account, Make These 6 Moves**

The Penny Hoarder

## **One Piece Kills All Parasites in Your Body!**

Xitox

## **Natural Way to Regrow Hair on a Bald Head**

HaloGrow

## **Boat Missing for 20 Years Reappears: What Fishermen Found Inside!**

Buzzday

---



## **This Strange Backyard Gadget Has Engineers Confused — Watch Now**

Energy Systems

## **A Man Picked Up a Kitten on The Street, but This is What Grew Up!**

Buzzday

## **Greta Thunberg's House Shocks The Whole World, The Proof In Pics**

Ohi Blog

## **21-Day Challenge for Anyone with \$5K+ in Card Debt**

The Penny Hoarder

## **She is Married to the Most Handsome Man on Earth**

Health Triton

---

## **Heartfelt Moment As Wolf Enters Hospital – Nurse's Emotional Response**

Buzzday

## **After 11 Hours of Digging, The Elephant Surprised Everyone**

Buzzday

## **Do You Take B12 to Fight Neuropathy? Try This Instead**

HealthyHiveNow

## **Is Your Cat Showing Its Tummy? Here's What It Really Means!**

Buzzday

## **What Does It Mean When Someone Puts a Plastic Bottle on Your Tire**

Buzzday

---

## **Tinnitus? Do This When The Ringing Won't Stop**

WellnessGaze Tinnitus

## **Bone on Bone Joints? Try This 15 Second Solution**

Healthier Living Tips

## **Why Nails Become Ridged: a Vital Sign**

Buzzday

## **First Time in Decades: Canal Drained, Hidden Object Found**

Buzzday

## **Eye-Opening Revelation About "Trash" Items**

Buzzday

---

**2025 > November > 29**