FOOD AND NUTRITION

CalFresh (formerly the Food Stamp Program) is a nutrition assistance program that helps low-income families and individuals purchase nutritious, health food.
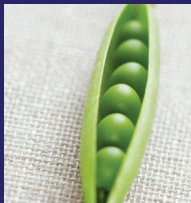
MEDICAL

Medi-Cal is California's Medicaid program. This is a public health insurance program which provides needed health care services for low-income individuals including families with children, seniors, persons with disabilities, foster care, pregnant women, and low income people with specific diseases such as tuberculosis, breast cancer or HIV/AIDS.

The County Medical Services Program (CMSP)/Path2Health provides health coverage for low-income, indigent adults in thirty-five, primarily rural California counties. Riverside County is not a CMSP participant.

CASH ASSISTANCE

The CalWORKs program gives cash aid and services to eligible needy California families. The amount of a family's monthly assistance payment depends on a number of factors, including the number of people who are eligible and the special needs of any of those family members.

C4Yourself Counties

If you live in one of the following counties, you may apply using C4Yourself.com.

Alpine	Modoc
Amador	Mono
Butte	Monterey
Calaveras	Napa
Colusa	Nevada
Del Norte	Plumas
El Dorado	Riverside
Glenn	San Benito
Humboldt	San Bernardino
Imperial	San Joaquin
Inyo	Shasta
Kern	Sierra
Kings	Siskiyou
Lake	Stanislaus
Lassen	Sutter
Madera	Tehama
Marin	Trinity
Mariposa	Tuolomne
Mendocino	Yuba
Merced	

C4Yourself®

ACCESS TO BENEFITS.
SIMPLIFIED.

C4Yourself is a website that allows you to apply for and recertify (renew) benefits and manage your case information.

Visit www.C4Yourself.com

C4Yourself.com allows you to manage your case electronically. The online options are organized into five sections.

My Things To Do

- Complete an annual recertification/redetermination for
  - CalWORKs (Cash Assistance)
  - CalFresh (Food Stamps), and
  - Medi-Cal
    (a face-to-face interview may be required)

- Update or add missing information to your application

- See prior applications you have completed

- Register your C4Yourself account with your case so you can view your case information

- Manage your profile

- Report your changes electronically

- View messages from your worker

My Messages

- View messages from your worker
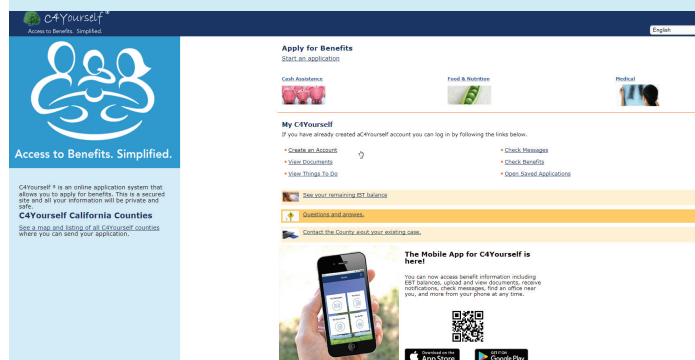
- Show current calendar month

My Applications

- Start new application

- Submit missing information

- Complete recertification/ redetermination

- View prior applications

WWW.C4yourself.com

My Forms

- Print blank forms and/or mail-in/FAX cover sheets

- Submit SAR 7 electronically

- Print forms to mail or FAX

- See any pending verifications that are due

- Access link to Register to Vote

- Upload your verifications and/or other documents electronically

My Benefits

- View your:
  - Workers information
  - Benefit amounts for all programs
  - Recertification/redetermination due month
  - SAR 7 due date

- Access a link to the California State EBT website