



HEALTH CARE WITHOUT COMPROMISE

Switch to Kaiser Permanente, the region's leading health system¹

Great extras with your plan

- Wellness coaching, programs, and classes at no additional cost
- Online lifestyle programs for healthy living at kp.org/healthylifestyles
- Fitness and exercise deals to help you stay active
- **Self-care apps** available at no extra cost^{2,3}

Plan highlights for 2024

- No deductibles and \$0 to low copays
- **NEW:** myStrength Complete with teletherapy for \$0 copay⁴
- \$0 Maternity care and delivery
- Expanded urgent and emergency care—coast to coast
- \$0 video visits⁵ and 24/7 medical advice nationwide
- **NEW:** Veterans health care specialty

 Experience Kaiser Permanente for yourself at kpvr.org/midatlantic.

Not a member yet?

Call a pre-enrollment specialist today at **800-324-9208** (TTY **711**),
Monday through Friday, 10 a.m. to 9 p.m. (ET)

Compare your plan to Kaiser Permanente's plan

Your plan is the top-rated health plan in the region.⁶

Benefits and services	Kaiser Permanente	Your current plan	Your cost savings
Annual deductible	\$0		
Outpatient services (per visit or procedure)			
Preventive care	\$0		
Primary care office visit	\$10/\$0 for children up to age 5		
Specialty care office visit	\$10		
Prescription drugs (up to a 30-day supply at plan medical center pharmacies, or up to a 90-day supply for 2 copays—mail order) ^{7,8}			
Generic	\$10		
Preferred brand	\$20		
Non-preferred brand	\$35		
Hospital and facility (there is no charge after the office visit, outpatient, or inpatient hospital copayment is made)			
Outpatient surgery	\$10		
Inpatient hospital care (per admission)	\$0		
Maternity			
Routine prenatal care visit, first postpartum visit	\$0		
Delivery (per admission)	\$0		
Emergency and Urgent Care (per visit or trip)			
Emergency care as an outpatient at a hospital	\$150		
Urgent Care at a Kaiser Permanente facility	\$10		
Ambulance	\$150 per service ⁹		
Most lab tests/X-rays	\$0		

This is a summary of the features of the Kaiser Permanente plan. For more information, read your Kaiser Permanente Summary of Benefits and Coverage (SBC). All benefits are subject to the definitions, limitations, and exclusions set forth in the *Evidence of Coverage (EOC)*.

¹In the survey *Best Health Insurance Companies of 2023* by [Insure.com](#), Kaiser Permanente as a national enterprise is rated #1 overall among 60+ insurance carriers. In the NCQA Commercial Health Plan Ratings 2022, our commercial plan is rated 5 out of 5, the highest rating in the nation. The 2022 Commission on Cancer, a program of the American College of Surgeons, granted Three-Year Accreditation with Commendation to the Kaiser Permanente cancer care program. The Mid-Atlantic Permanente Medical Group is the largest multispecialty medical group in the Washington, DC, and Baltimore areas and exclusively treats Kaiser Permanente members. Permanente doctors are recognized as Top Doctors in *Arlington Magazine* (2023), *Bethesda magazine* (2023), *Northern Virginia Magazine* (2023), *Washingtonian* magazine (2022), and *Baltimore* magazine (2022). According to NCQA's Quality Compass[®] 2022, we're rated 5 out of 5 in 29 measures, including: controlling blood pressure (heart disease), blood pressure control (140/90) (diabetes), glucose control, colorectal cancer screening, breast cancer screening, cervical cancer screening, childhood immunizations, prenatal check-ups, and postpartum care. Quality Compass is a registered trademark of the NCQA.

²Only available to Kaiser Permanente members age 18 and older.

³These services are not covered under your health plan benefits and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. These services may be discontinued at any time without notice.

⁴myStrength Complete by Teladoc Health is available to members 13 and older who do not have a Maryland Medicaid health plan. Some of these services may not be covered under your health plan benefits and may not be subject to the terms set forth in your *Evidence of Coverage* or other plan documents. These services may be discontinued at any time without notice. myStrength[®] is a wholly owned subsidiary of Livongo Health, Inc. Psychiatry is not included in the myStrength Complete membership.

⁵When appropriate and available. If you travel out of state, phone appointments and video visits may not be available due to state laws that may prevent doctors and health care providers from providing care across state lines. Laws differ by state.

⁶In the NCQA Commercial Health Plan Ratings 2023, our commercial plan is rated 5 out of 5, the highest rating in the region.

⁷Some medications are not eligible for Mail Order Pharmacy. Mail Order Pharmacy can deliver to addresses in MD, VA, DC, and certain locations outside the service area.

⁸Plan providers determine the drug that is medically necessary. If you request another drug, you pay prices charged to members for non-covered drugs.

⁹You pay the deductible, then cost sharing.