

Healthy together

Care and coverage that fits your life





Care and coverage built around you



What's integrated care?

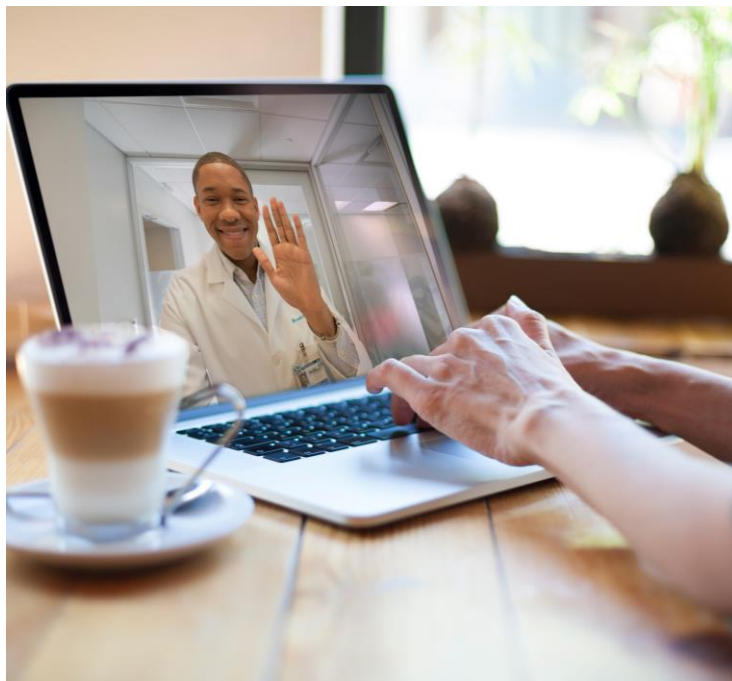
We strive for a simpler, seamless experience in which the health plan and doctors work together for you.

You get:

- Healthcare with less paperwork
- A care team that's connected to each other and you
- Many services under one roof



Your care, your way



Visit your doctor at your local facility.



Save yourself a trip to the doctor's office with a telephone appointment.*



Meet face-to-face with a doctor online.*



Schedule appointments and get 24/7 medical advice by phone.



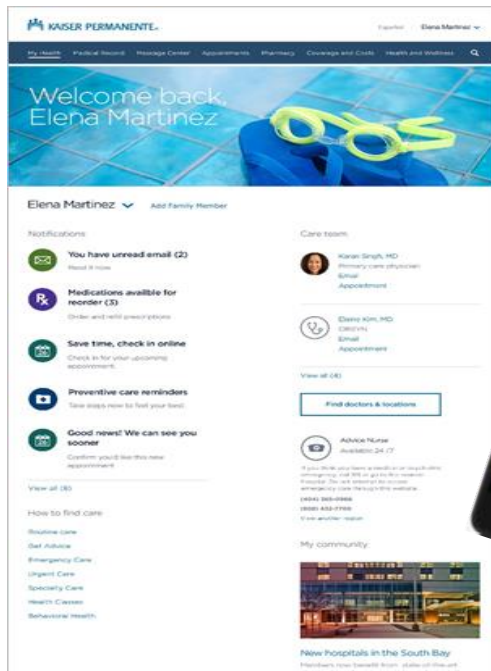
Email your doctor's office with nonurgent questions anytime.

*When appropriate and available.



Manage your care anytime, anywhere

At kp.org or with the Kaiser Permanente app, you can stay on top of your care 24/7:^{1,2}



- Schedule and cancel routine appointments
- Fill most prescriptions
- Choose your doctor and change anytime
- View most lab test results
- Email your Kaiser Permanente doctor's office with nonurgent questions
- Manage your coverage and estimate costs³
- View and pay bills
- Manage a family member's health care⁴

¹Available when you get care at Kaiser Permanente facilities.

²To use the Kaiser Permanente app, you must be a Kaiser Permanente member registered on kp.org.

³These tools are not available on the app.

⁴Online features change when children reach age 12. Teens are entitled to additional privacy protection under state laws. When your child turns 12 years old, you will still be able to manage care for your teen, with modified access to certain features.

Fairfax County's HMO Signature (Actives & Ret U65)

Yearly deductible	None
Maximum yearly out-of-pocket costs	\$3,500 individual/\$9,400 family
Covered service	You pay
Preventive care	\$0 copay
Doctor's office visit	\$10 copay (primary care); \$10 copay (specialty care)
Lab tests and radiology	\$0 copay
Outpatient surgery	\$0 copay
Hospitalization	\$0 copay
Chiropractic Services	\$15 copay
Acupuncture Services	\$15 copay
Infertility Diagnosis & Testing	50% coinsurance
Infertility Assistive Reproductive Technology	50% coinsurance \$100,000 benefit max/life, 3 procedures/life
Ambulance	\$150 copay
Emergency care	\$150 copay
Prescribed medications (30-day supply)	Kaiser Pharmacy: \$10 copay (generic medication)/\$20 copay (brand-name medication)/35 copay (specialty medication)* \$0 copay for insulin Contracted Pharmacy:\$20 copay (generic medication)/\$40 copay (brand-name medication)/55 copay (specialty medication)*

*This is a summary of some benefits and their copays and coinsurance. For specific information about your covered health plan benefits, limitations, and exclusions, including those not listed in this summary, please see your *Evidence of Coverage*.



Specialty care

No matter what life throws your way, you can count on us. Get access to quality care from top-notch doctors across a wide range of specialties, including:



Maternity care

For family planning to first steps and beyond, visit kp.org/maternity
[Kp.org/pediatrics](https://kp.org/pediatrics)



Mental health

Our members can access mental health services with no referral needed at kp.org/mentalhealth



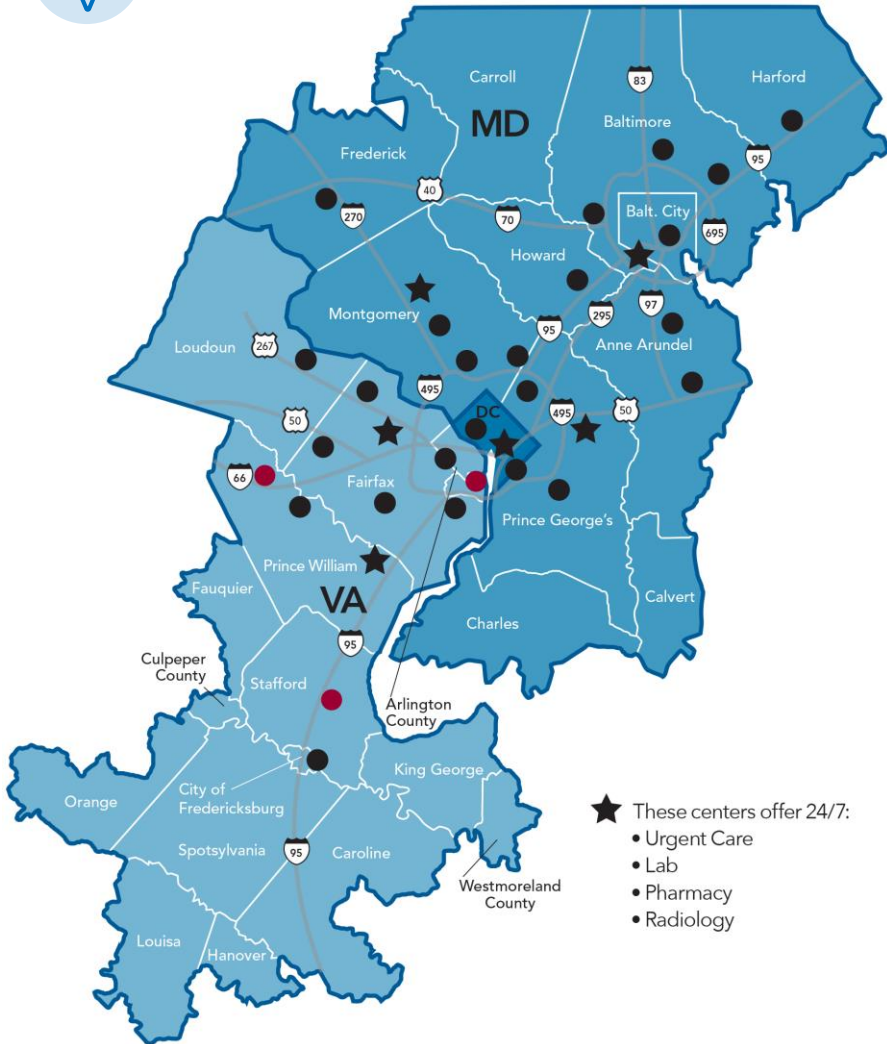
Cardiac care

Learn how we're healing hearts and saving lives with advanced cardiac care at kp.org/cardiaccare

For more on specialty care, visit thrive.kp.org/healthier-outcomes.



Mid-Atlantic Service Area



- 30 medical centers
- Plus, 3 NEW medical centers
- ★ 14 urgent care centers
6 are open 24/7

URGENT CARE CENTERS:

Open nights, weekends, and holidays (call for specific hours). With general radiology (X-ray), lab, and pharmacy services, plus on-site IV treatments.

URGENT CARE PLUS CENTERS

(Open 24/7):

Like our urgent care centers, with even more services under one roof, including advanced imaging (such as CT), observation unit, cardiac monitoring—all open around the clock

OPENING 2021

Bowie Fairwood Medical Center

OPENING 2022

Caton Hill Medical Center

OPENING 2022

Lutherville-Timonium Medical Center

- ★ These centers offer 24/7:
 - Urgent Care
 - Lab
 - Pharmacy
 - Radiology

3 New Virginia medical facilities in 2019

Alexandria Medical Ctr.



Services offered:

- Imaging
- Laboratory
- Obstetrics and gynecology
- Optometry
- Pharmacy
- Physical, occupational, and speech therapy
- Primary care (adult and pediatric)

Haymarket Medical Ctr.



Services offered:

- Imaging
- Laboratory
- Mental health and wellness
- Obstetrics and gynecology
- Optometry and optical services
- Pharmacy

Colonial Forge Medical Ctr.



Services offered:

- Imaging
- Laboratory
- Mental health and wellness
- Obstetrics and gynecology
- Optometry and optical services
- Pharmacy



Care away from home



- If you get hurt or sick while traveling, we'll help you get care. Our plans include emergency and urgent care coverage from qualified providers anywhere in the world.
- From strains to sprains, members can now visit the nearest **MinuteClinic**[®] while traveling in a state where Kaiser Permanente does not operate.**
- We can also help you before you leave town by checking to see if you need a vaccination, refilling eligible prescriptions, and more. Just call us or go online:



24/7 Away from
Home Travel Line:
951-268-3900*



kp.org/travel

*This number can be dialed inside and outside the United States. Before the phone number, dial "001" for landlines and "+1" for mobile lines if you're outside the country. Long-distance charges may apply, and we can't accept collect calls. The phone line is closed on major holidays (New Year's Day, Easter, Memorial Day, July Fourth, Labor Day, Thanksgiving, and Christmas). It closes early the day before a holiday at 10 p.m. Pacific time (PT), and it reopens the day after a holiday at 4 a.m. PT.

Traveling? You're Covered!



BEST OPTIONS FOR NON-EMERGENCY URGENT CARE AWAY FROM HOME



DOMESTIC TRAVEL (USA) WITHIN A KP SERVICE AREA/REGION*
• Nearest KP urgent care



DOMESTIC TRAVEL (USA) IN A STATE WITHOUT KP
• Nearest MinuteClinic**
• Nearest urgent care facility



INTERNATIONAL TRAVEL***
• Nearest urgent care facility
• Nearest hospital



EMERGENCY CARE AWAY FROM HOME



- Nearest hospital
- Call 911 (USA)

WHERE YOU CAN FIND KAISER PERMANENTE



 Kaiser Permanente

 MinuteClinic Locations

Healthy resources

- Wellness Coaching by Phone
- Healthy lifestyle programs
- On-site health education classes and support groups¹
- Online videos, podcasts, recipes, and more
- Reduced rates on health products and services (for example, gym memberships)
- Seasonal farmers markets²



¹Classes vary at each location and some may require a fee.

²Not available in all areas.



Reach your health goals with wellness support



Wellness Coaching by Phone

We've helped thousands of members reach their health goals. If you need a little extra support, we offer Coaching by phone at no cost.

CLASSPASS

ClassPass workouts

Get moving with fitness options that fit your schedule and lifestyle, including Pilates, dance, boxing, cardio, strength training, and yoga.

- **Reduced rates on fitness classes** — Take real-time online and in-person classes from top fitness studios
- **Online video workouts at no cost** — 4,000+ on-demand fitness classes



Get started at kp.org/exercise



Member discount programs

We offer special discounts on health-related products and services to members. Discount programs vary by region and can include:

- Acupuncture
- Chiropractic care
- Gym memberships
- Massage therapy
- And more

Feeling overwhelmed?

Tap into the power of self-care.

Adult members can download 2 popular apps at kp.org/selfcareapps

These apps can help you build resilience, set goals, and take meaningful steps toward becoming healthier and happier. Choose the areas you want to focus on – including managing depression, reducing stress, improving sleep, and more.



myStrength

myStrength offers personalized programs with interactive activities, daily health trackers to monitor and maintain your progress, in-the-moment coping tools, and more. It's designed to help you set goals and work towards them in ways that work for you – by making positive changes that support your mental, emotional, and overall well-being.



Calm

Calm is an app for daily use that uses meditation and mindfulness to help lower stress, reduce anxiety, and improve sleep quality. With guided meditations, programs taught by world-renowned experts, sleep stories narrated by celebrities, mindful movement videos, and more, Calm offers something for everyone.



Questions for Kaiser Permanente!

Stay connected to good health



facebook.com/kpthrive



youtube.com/kaiserpermanenteorg



[@kpthrive](https://twitter.com/kpthrive), [@kpshare](https://twitter.com/kpshare), [@kptotalhealth](https://twitter.com/kptotalhealth), [@kpmidatlantic](https://twitter.com/kpmidatlantic)



KAISER PERMANENTE®