

# Healthy together

Care and coverage that fits your life



Earn up to \$150 in healthy rewards<sup>1</sup>  
Get care anywhere you go  
Check out our new locations

# Welcome to care that fits your life

## Your doctor, your choice

Choose your doctor based on what's important to you. Go to **kp.org/searchdoctors** for details about education, specialties, languages spoken, and more. You can also change doctors at any time.

## Convenient cost estimates

Get an idea of what you'll pay before you come in for care. For a personalized estimate based on your plan details, visit **kp.org/costestimates**.

## More care options

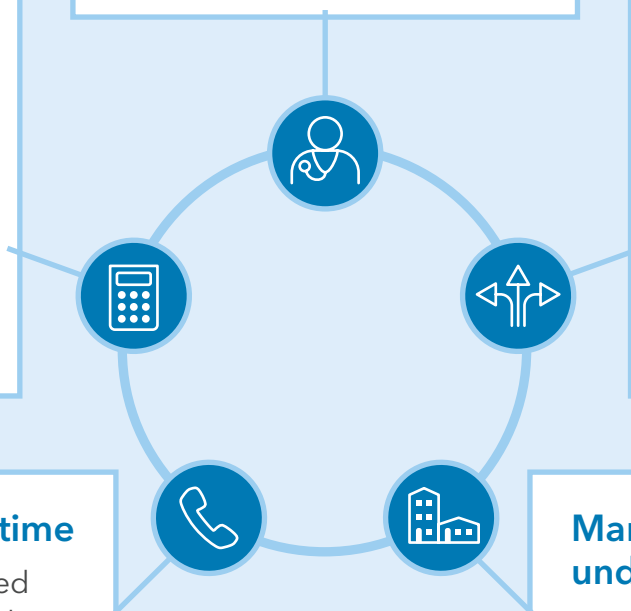
How you get care is up to you. Choose a phone or video appointment,<sup>2</sup> email your doctor's office with nonurgent questions, or come see us in person.<sup>3</sup>

## Right care, right time

Get the care you need when you need it with routine, specialty, urgent, and emergency care. If you're ever unsure where to go, call us for 24/7 care advice by phone.

## Many services under one roof

Do more in less time. In most of our facilities, you can see your doctor, get a lab test, and pick up prescriptions – all in a single trip.



# Experience the Kaiser Permanente difference

To be healthy, you need quality care that's simple, personalized, and hassle-free. At Kaiser Permanente, care and coverage come together – so you get everything you need to stay on top of your health in one easy-to-use package.

## Let's get started

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# A stress-free path to switch plans

There's a lot to do when changing health plans. That's why we created a single destination that takes the hassle out of joining Kaiser Permanente, and makes it easy to get started once you do.

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See just how easy it is to get started as a member at [kp.org/easyswitch](https://kp.org/easyswitch).

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## Let us help you find the right doctor

Finding a new doctor can feel stressful. But our online doctor profiles let you browse the many excellent doctors and convenient locations in your area, even before you enroll. So you can join knowing you've found a doctor who fits your needs. You're also free to change at any time, for any reason.

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## Transition your care seamlessly

Easily move prescriptions so your treatment is uninterrupted. And find a location that's close to your home, work, or school. Many services are often under one roof, making it easy to see your doctor, fill prescriptions, and get the care you need – all in one trip.

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## Get care on your schedule

Need to schedule an appointment? Have a nonurgent question you'd like to email to your doctor's office? After you enroll, register for an online account at [kp.org](https://kp.org) or get our mobile app. Then join the millions of members who easily manage their health online – whenever, wherever.

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## Feel the healthy change – every step of the way

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Have questions about joining Kaiser Permanente? We're here to help. Call **1-855-315-1009** (TTY **711**), Monday through Friday, 7 a.m. to 5 p.m. **Open Season hours:** Monday through Friday, 6 a.m. to 7 p.m.



# Quality care with you at the center

Our physician-led care teams work together to keep you healthy by delivering high-quality, personalized care.



## Great care from great doctors

Our doctors come from top medical schools, and many of them teach at world-renowned universities. No matter which personal doctor you choose, you'll be in highly skilled, experienced hands – and your health is their main concern.

As your biggest health advocate, your doctor will coordinate your care journey, and you'll work closely together to make decisions about your health.



## Better care with a connected team

Your doctor, nurses, and other specialists all work together to keep you healthy. They're connected to each other, and to you, through your electronic health record. So they know important things about you and your health – like when you're due for a screening and what medications you're taking. That way, you get personalized care that's right for you.



## Personalized care for all members

Care at Kaiser Permanente isn't one-size-fits-all. We believe your story, background, and values are as important as your health history. To help deliver care that's sensitive to all cultures, ethnicities, and lifestyles, we:

- Strive to hire doctors and staff who speak more than one language
- Offer telephone interpretation services in more than 150 languages
- Train our care teams on how to connect with and care for people of all backgrounds

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Through our culturally responsive care programs, we've improved health outcomes among diverse populations for conditions like high blood pressure, diabetes, and colon cancer.<sup>4</sup>

# Great care, great results

From preventive screenings that keep you healthy to world-class care if you get sick, we've got you covered.

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## Preventive care to keep you healthy

Preventive care is key to how we practice medicine. It can help you avoid some health issues and catch others before they become serious.

Your electronic health record plays a vital role. It tracks your preventive care services and sends automatic reminders when you're due for your next screening. We'll let you know when to come in so you're free to focus on living your life.

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## Specialty care when you need it

We're also here for you if you get sick or need specialty care. With one of the largest multispecialty medical groups in the country, we can conveniently connect you with the right specialist. And you don't need referrals for certain specialties, like obstetrics-gynecology, psychiatry, and drug dependency services.

From high-quality maternity care to treatment for cancer, heart problems, and more, you get great doctors, the latest technology, and evidence-based care – all combined to help you recover quickly.

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## Support for ongoing conditions

If you have a condition like diabetes or heart disease, you're automatically enrolled in a disease management program for personal coaching and support. With a well-rounded approach backed by proven best practices and advanced technology, we'll help you get the care you need to continue living life to the fullest.

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## A leader in clinical quality

In 2017, Kaiser Permanente led the nation in 25 effectiveness-of-care measures, including prevention and screening, cardiovascular care, and comprehensive diabetes care.<sup>5</sup>

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Hear care stories from real Kaiser Permanente members at [kp.org/carestories](https://kp.org/carestories).



# Healthy resources

Good health goes beyond the doctor's office. Explore all the convenient resources available to members and choose the ones that fit your life.

## Get the most out of your health plan



### Online wellness tools

Visit [kp.org/healthyliving](https://kp.org/healthyliving) for wellness information, health calculators, fitness videos, podcasts, and recipes from world-class chefs.



### Healthy rewards

Take simple steps to improve your well-being and earn up to \$150 per household to pay for qualified medical expenses.<sup>1</sup> FEHB subscribers and their enrolled spouses (18 and over) are eligible for the following rewards:

- \$50 for taking the Total Health Assessment, an online questionnaire that gives you a wellness action plan
- \$25 for completing a healthy lifestyle program, an online class to help you reach your health goals

Go to [kp.org/feds](https://kp.org/feds) to learn more and get started.



### Health classes

Sign up for health classes and support groups at many of our facilities. See what's available near you at [kp.org/classes](https://kp.org/classes) – some may require a fee.



### Personal wellness coaching

Get help reaching your health goals. Work one-on-one with a wellness coach by phone at no cost. Find out more at [kp.org/wellnesscoach](https://kp.org/wellnesscoach).



### Special rates for members

Enjoy reduced rates on products and services that can help you stay healthy – like gym memberships, massage therapy, and more. Explore your options at [kp.org/choosehealthy](https://kp.org/choosehealthy).



### Help to quit smoking

Let us help you succeed in quitting. You pay nothing for classes, telephone coaching, online programs, and prescriptions, including prescribed over-the-counter tobacco-cessation drugs. Ask your doctor about your treatment options.

# Your care, your way

Get care where, when, and how you want it. With more options to choose from, it's easier to stay on top of your health.

## Choose how you get care



### In person

Visit your doctor for routine care, preventive services, care when you're not feeling well, and more. You may also be able to schedule same-day appointments.



### Phone

Have a condition that doesn't require an in-person exam? Save yourself a trip to the office by scheduling a call with a Kaiser Permanente doctor.<sup>2,3</sup>



### Video

Want a convenient, secure way to see a doctor wherever you are? Meet face-to-face online.<sup>2,3</sup> Call us or email your doctor's office to see if video visits are available to you.

## Other ways to get care in the moment



### 24/7 care and advice by phone

Call us for advice when you need it most. We'll help you find out what care is right for you, schedule appointments, and more.



### Email

Message your doctor's office anytime with nonurgent health questions.<sup>3</sup> You'll get a response usually within 2 business days.



### Online

Manage your health, find nearby locations, and take advantage of health guides and other resources. You can also download the Kaiser Permanente app to keep up with your care on the go.<sup>6</sup>



## Care for a range of needs

Get the right care for any situation. Have an urgent care need?  
Want health advice after hours? Support is just a call or a click away.

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### Quality care, when and where you need it

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#### Emergency care

If you ever need emergency care, you're covered. You can always get care at any Kaiser Permanente or non-Kaiser Permanente hospital emergency department.<sup>7</sup>

#### Urgent care

Many facilities offer services for nonemergency, urgent medical needs that require immediate attention – open 7 days a week.<sup>8</sup>

#### Travel care

As a Kaiser Permanente FEHB member, your benefits go farther than your home service area. Wherever you go, you're covered for:

- Emergency room and urgent care visits – anywhere in the world
- Care at any Kaiser Permanente location in another region
- Coverage for certain outpatient follow-up care and outpatient care outside of Kaiser Permanente service areas through the FEHB travel benefit

To learn more, call our 24/7 Away from Home Travel Line at **951-268-3900<sup>9</sup>** or visit **[kp.org/travel](https://kp.org/travel)**.

# Quality care starts with quality doctors



# Featured benefits

<p><b>2019 benefit changes – what’s new?</b></p>	<p>Key benefit changes to High, Standard, and Basic Options include:</p> <ul style="list-style-type: none"> <li>• Reduced the deductible from \$200 per person (up to \$400 per family) to \$100 per person (up to \$200 per family) (Standard Option)</li> <li>• Reduced the laboratory cost sharing for preventive screenings for diabetes after pregnancy to no charge (Standard and Basic Options)</li> <li>• Reduced cost sharing to no charge for enteral pumps and tracheostomy tubes with associated supplies</li> <li>• Added a coinsurance maximum of \$50 for generic and \$100 for brand-name sexual dysfunction drugs</li> <li>• Reduced cost sharing from 50% to no charge for sexual dysfunction devices</li> <li>• Changed copays for applied behavior analysis from one copay per visit to one copay per day</li> <li>• We will provide partial refills of prescriptions for oral, solid dosages of Schedule II (controlled substance) medications and prorate the copay, upon request from you or your provider</li> </ul> <p>To learn more, see the 2019 benefits summary on page 10, download our FEHB brochure at <a href="http://kp.org/feds">kp.org/feds</a>, or call <b>1-855-315-1009</b>, Monday through Friday, 7 a.m. to 5 p.m. <b>Open Season hours:</b> Monday through Friday, 6 a.m. to 7 p.m. For TTY, call <b>711</b>.</p>
<p><b>Save on prescription drugs</b></p>	<p>Save time and money by ordering prescription refills online or by phone. We can mail most prescription drugs to you within 10 days. You don’t pay for U.S. mail delivery. And when you order refills by mail, you get a 100-day supply and pay only two 30-day supply plan pharmacy copays.</p>
<p><b>Chiropractic without a referral</b></p>	<p>You can receive up to <b>20 chiropractic visits per year, without a referral</b>, with any American Specialty Health (ASH) Plans of California, Inc., participating provider. To find a participating provider, visit <a href="http://ashlink.com/ash/kp">ashlink.com/ash/kp</a>, or call <b>1-800-678-9133</b>, Monday through Friday, 5 a.m. to 6 p.m. For TTY, call <b>711</b>.</p>
<p><b>FSAFEDS Program is now paperless</b></p>	<p>As of July 1, 2018, Kaiser Permanente has been participating in paperless reimbursement. If you have a flexible spending account through the FSAFEDS Program, paperless reimbursement means you don’t need to submit a claim manually or online to get reimbursed for many of your out-of-pocket health care expenses. Just remember that you need to re-enroll in the FSAFEDS Program each Open Season. You’ll be prompted to sign up for paperless reimbursement.</p>

## Your 2019 benefits at a glance

Benefits and Services		High Option	Standard Option	Basic Option
<b>The benefits and services below are NOT subject to applicable plan deductibles.</b>				
<b>Outpatient services</b> (per visit or procedure)				
Preventive care		\$0	\$0	\$0
Primary care/specialty care office visit		\$15/\$25	\$30/\$40	\$25/\$35
Urgent care		\$15	\$30	\$25
Chiropractic services (up to 20 visits per year) <sup>1</sup>		\$15	\$15	\$15
<b>Prescription drugs</b> (up to a 30-day supply at plan pharmacies, or up to a 100-day supply for 2 copays through mail order) <sup>2</sup>				
Generic		\$10	\$15	\$15
Preferred brand/non-preferred brand		\$40	\$50	\$60
Specialty		\$100	\$150	\$200
<b>The benefits and services below ARE subject to applicable plan deductibles.</b>				
Deductible (2x per family maximum)		None	Reduced \$100 <sup>3</sup>	\$500
<b>Hospital and facility</b>				
Outpatient surgery		\$50	\$200 <sup>4</sup>	20% <sup>4</sup>
Inpatient hospital care (per admission)		\$250	\$500 <sup>4</sup>	20% <sup>4</sup>
<b>Maternity</b>				
Routine prenatal care visit, first postpartum visit (no deductible)		\$0	\$0	\$0
Delivery (per admission)		\$250	\$500 <sup>4</sup>	20% <sup>4</sup>
<b>Emergency and urgent care</b> (per visit or trip)				
Emergency care		\$100	\$150 <sup>4</sup>	20% <sup>4</sup>
Ambulance		\$50	\$150 <sup>4</sup>	20% <sup>4</sup>
<b>Most X-rays and lab tests</b>		\$0	\$10 <sup>4</sup>	20% <sup>4</sup>
<b>Out-of-pocket maximum</b> (2x per family maximum)		\$2,000 per person	\$3,000 per person	\$5,500 per person
Your Premium Share <sup>5</sup>		High Option	Standard Option	Basic Option
Self Only	Biweekly Non-Postal	\$227.89	\$137.93	\$73.94
	Biweekly Postal Category 1	\$224.69	\$134.73	\$70.98
	Biweekly Postal Category 2	\$215.10	\$125.14	\$61.37
	Monthly Non-Postal	\$493.77	\$298.85	\$160.20
Self Plus One	Biweekly Non-Postal	\$601.18	\$369.09	\$199.78
	Biweekly Postal Category 1	\$594.34	\$362.25	\$192.94
	Biweekly Postal Category 2	\$573.83	\$341.74	\$172.43
	Monthly Non-Postal	\$1,302.55	\$799.69	\$432.85
Self and Family	Biweekly Non-Postal	\$568.13	\$336.04	\$173.01
	Biweekly Postal Category 1	\$560.83	\$328.74	\$166.09
	Biweekly Postal Category 2	\$538.95	\$306.86	\$143.60
	Monthly Non-Postal	\$1,230.95	\$728.09	\$374.86

<sup>1</sup>See page 9 for information on chiropractic services.

<sup>2</sup>Plan providers determine the drug that is medically necessary. If you request another drug, you pay prices charged to members for non-covered drugs. Some drugs may not be eligible for mail-order delivery or mail-order discounts.

<sup>3</sup>Reduced the deductible from \$200 per person (up to \$400 per family) to \$100 per person (up to \$200 per family) (Standard Option).

<sup>4</sup>After deductible.

<sup>5</sup>These rates do not apply to all enrollees. If you are in a special enrollment category, please contact the agency or Tribal Employer which maintains your health benefits enrollment.

## Ready to enroll with Kaiser Permanente?

1. Choose an option.	2. Select the type of enrollment you want.	3. Sign up online or call.
<ul style="list-style-type: none"> <li>• <b>High Option:</b> Higher premiums, but lower copays for most services and prescription drugs</li> <li>• <b>Standard Option:</b> Lower premiums with a deductible and higher copays and coinsurance for most services and prescription drugs</li> <li>• <b>Basic Option:</b> Lowest premiums and lower copays for office visits and urgent care services compared to the Standard Option, higher deductible and coinsurance</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Self Only</b> covers you.</li> <li>• <b>Self Plus One</b> covers you and one eligible family member.</li> <li>• <b>Self and Family</b> covers you and all eligible family members.</li> </ul>	<p>Find your enrollment code in the chart below. Then visit <b>opm.gov</b> to enroll online or contact your employing agency or retirement office for next steps and other information.</p> <p>Annuitants can contact the Retirement Information Center at <b>1-888-767-6738</b> (TTY <b>1-855-887-4957</b>), or <b>retire@opm.gov</b>.</p>

If you qualify for Medicare, or will soon, see page 12 for more information.

### Self Plus One

Enrollees covering themselves and one other eligible family member may choose either the Self Plus One or Self and Family enrollment type, whichever has a lower premium. You should decide which enrollment type is best for you.

FEHB enrollees can make changes during Open Season. Outside Open Season, you may be able to change your enrollment if you experience a qualifying life event. To change enrollment types, you must change your enrollment by following Step 3 above.

### Choose the right enrollment code

Enrollment Code	High Option	Standard Option	Basic Option
Self Only	591	594	KC1
Self Plus One	593	596	KC3
Self and Family	592	595	KC2

**Need help? Call 1-855-315-1009, Monday through Friday, 7 a.m. to 5 p.m. Open Season hours: Monday through Friday, 6 a.m. to 7 p.m. For TTY, call 711.**

These are highlights of the FEHB enrollment process. Please refer directly to opm.gov and your employing agency or retirement office for FEHB coverage effective dates, enrollment procedures and deadlines, and other information. To add an eligible family member to your Kaiser Permanente Self and Family enrollment, complete and return an Enrollment Change Form to us. These forms can be obtained at kp.org/feds or by calling Member Services.



## Kaiser Permanente Senior Advantage (HMO) for Federal Members

2019 Benefits and Services		High Option		Standard Option Senior Advantage	Basic Option Senior Advantage
		Senior Advantage 1	Senior Advantage 2		
Outpatient services					
Preventive care		\$0	\$0	\$0	\$0
Primary care/specialty care office visit		\$5	\$10	\$15	\$25
Most X-rays and lab tests (per encounter)		\$0	\$0	\$10	\$0
Chiropractic services (up to 20 visits per year) <sup>1</sup>		\$15	\$15	\$15	\$15
Hospital and facility					
Outpatient surgery (per procedure)		\$5	\$50	\$15	\$25
Inpatient hospital care (per admission)		\$100	\$250	\$250	\$250 per day up to \$1,000 per admission
Emergency and urgent care (per visit or trip)					
Emergency care		\$75	\$75	\$75	\$75
Urgent care		\$5	\$10	\$15	\$25
Ambulance		\$50	\$50	\$125	\$150
Prescription drugs <sup>2</sup>					
Generic	Picked up from plan pharmacy	\$10 (up to a 100-day supply)	\$10 (up to a 30-day supply)	\$10 (up to a 30-day supply)	\$10 (up to a 30-day supply)
	Delivered by our mail-order service <sup>3</sup>		\$20 (up to a 100-day supply)	\$20 (up to a 100-day supply)	\$20 (up to a 100-day supply)
Preferred brand/ non-preferred brand	Picked up from plan pharmacy	\$30 (up to a 100-day supply)	\$40 (up to a 30-day supply)	\$40 (up to a 30-day supply)	\$47 (up to a 30-day supply)
	Delivered by our mail-order service <sup>3</sup>		\$80 (up to a 100-day supply)	\$80 (up to a 100-day supply)	\$94 (up to a 100-day supply)
Specialty (up to a 30-day supply)		\$100	\$100	\$150	\$200
Additional Senior Advantage benefits					
Eyeglasses and contact lenses (every 24 months)		\$200 allowance	Not covered	\$150 allowance	\$150 allowance
Hearing aids (every 36 months)		Not covered	\$500 allowance	Not covered	Not covered
Silver&Fit® fitness program		Not covered	Covered	Not covered	Not covered
Dental (DeltaCare USA Dental HMO)		Covered	Not covered	Covered	Not covered
Out-of-pocket maximum (2x per family maximum)		\$2,000 per person	\$2,000 per person	\$2,000 per person	\$2,000 per person
Part B premium reimbursement <sup>4</sup>		\$0	Up to \$125/mo	\$0	\$0

<sup>1</sup>See page 9 for information on chiropractic services. These chiropractic services are separate from the chiropractic services that we cover in accordance with Medicare guidelines.

<sup>2</sup>Plan providers determine the drug that is medically necessary. If you request another drug, you pay prices charged to members for non-covered drugs.

<sup>3</sup>For certain drugs, you can get prescription refills mailed to you through our Kaiser Permanente mail-order pharmacy. You should receive them within 10 business days. If not, please call **1-888-218-6245 (TTY 711)**, Monday through Friday, 8 a.m. to 6 p.m. Some drugs may not be eligible for mail-order delivery or mail-order discounts.

<sup>4</sup>We will not reimburse you for any extra charges added to your standard Part B premium, such as the Late-Enrollment Penalty or Income-Related Monthly Adjustment Amount.

# Senior Advantage for Federal Members

## Why Senior Advantage for Federal Members may be right for you

If you decide to enroll in Senior Advantage for Federal Members, you'll get better benefits than with your FEHB coverage alone. You'll get all of your FEHB benefits plus:

- **Lower copays** for certain services
- **Up to a 100-day supply** of prescription drugs at plan pharmacies for one copay (High Option Senior Advantage 1 only)
- **No deductibles** (Standard Option and Basic Option only)
- **Extra credit** toward the purchase of eyewear, including eyeglasses (High Option Senior Advantage 1, Standard Option, and Basic Option)
- **Extra coverage** for dental care through DeltaCare USA (dental HMO) included (High Option Senior Advantage 1 and Standard Option only)

## High Option members have 2 great choices

If you currently have the Kaiser Permanente FEHB High Option plan, you have 2 great Medicare plan choices:

- **Senior Advantage 1:** Get the lowest copays for covered services, plus extras like eyewear and preventive dental coverage.
- **Senior Advantage 2:** Get lower copays and up to \$1,500 reimbursement annually for your Medicare Part B premium, plus extras like the Silver&Fit® fitness program and hearing aid coverage.

## How can you sign up for Senior Advantage for Federal Members?

To enroll in Senior Advantage for Federal Members, you must have Medicare Parts A and B (or Part B only), then complete a Senior Advantage Group Election Form and mail it to Kaiser Permanente.

We'll enroll you in the plan option that matches the Kaiser Permanente FEHB option you have now. For example, if you're a Kaiser Permanente Standard Option member, you'll be enrolled in Senior Advantage for Federal Members Standard Option. Be sure to choose the right enrollment code on page 11. When you become eligible for Medicare, you may be able to change your current plan or option. To learn more about making enrollment changes outside of Open Season:

- Go to **opm.gov/insure**, or
- Contact your employing agency or retirement office

## We can help you make an easy transition.

For more information, download our brochure **Your Guide to Choosing a Kaiser Permanente Medicare Health Plan** at **kp.org/feds/medicare**. For questions or help with the enrollment process, or to have information sent to you, please call Member Services at **1-800-443-0815 (TTY 711)**, 7 days a week, 8 a.m. to 8 p.m.



# Additional health care services\*

When you join Kaiser Permanente, you get additional discounts and services.

## Eyewear

High Option members get a 25% discount on eyeglasses and contact lenses at Vision Essentials by Kaiser Permanente Optical Centers.

## Dental coverage

You can choose from 2 dental plans to supplement your health coverage:

- Kaiser Permanente Insurance Company (KPIC) and administered by Delta Dental of California. With this plan you have the freedom to see any licensed dentist you choose.
- DeltaCare® USA and administered by Delta Dental. You'll choose a dentist from the DeltaCare USA network with this HMO plan.

Current members call KPIC Dental Insurance Plan at **1-800-835-2244** (group number 09874) or DeltaCare USA at **1-800-422-4234** (group number 71114). You can also view dental plans and enrollment materials at **kp.org/feds**. New dental member? Call us at **1-800-933-9312** for more information. Rates are listed below.

2019 Dental Rates	KPIC	DeltaCare USA	
	Monthly	Monthly	Quarterly
Self Only	\$34.01	\$14.26	\$42.77
Self + 1	\$60.27	\$23.87	\$71.60
Self + 2 or more	\$90.60	\$36.18	\$108.53

\*These benefits are neither offered nor guaranteed under contract with the FEHB Program, but are made available to all enrollees and family members who become members of Kaiser Permanente.

**Important information regarding Kaiser Permanente Senior Advantage:** Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. To join a Kaiser Permanente Medicare health plan, you must reside in the Kaiser Permanente Senior Advantage service area in which you enroll. This information is not a complete description of benefits. Call **1-800-443-0815 (TTY 711)**, 7 days a week, 8 a.m. to 8 p.m., for more information. Enrolling in Senior Advantage for Federal Members will not affect the benefits you receive through the Federal Employees Health Benefits (FEHB) Program, although the network and other rules of Medicare may apply.

# Locations near you

## What's new in Northern California

### **Mercury Way Medical Offices**

New medical offices in Santa Rosa with adult and family medicine, pediatrics, ob-gyn, podiatry, dermatology, radiology, lab, pharmacy, and more.

### **Sacramento Downtown Commons Medical Offices**

New medical offices in downtown Sacramento with adult and family medicine, women's health, pediatrics, oncology, radiology, lab, pharmacy, and more.

### **Skyport Medical Offices**

New medical offices in San Jose with adult and family medicine, pediatrics, ob-gyn, dermatology, and minor injury clinic.

### **Dublin Medical Offices**

(coming in Q3 2019)

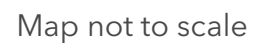
New medical offices in Dublin with 24-hour urgent care, lab, pharmacy, and more.

### **Riverside Medical Offices**

(coming in Q4 2019)

New medical offices in Roseville.





- Kaiser Permanente medical centers (hospital and medical offices)
- Kaiser Permanente medical offices
- ▲ Specialty facilities
- Affiliated plan hospitals
- Affiliated medical offices

City	Facility	Address
<b>Alameda County</b>		
Alameda	● Alameda Medical Offices	2417 Central Ave.
Dublin	● Dublin Medical Offices (coming soon)	3200 Dublin Blvd.
Fremont	■ Fremont Medical Center	39400 Paseo Padre Pkwy.
Hayward	● Hayward-Sleepy Hollow Medical Offices	27303 Sleepy Hollow Ave.
Livermore	● Livermore Medical Offices	3000 Las Positas Rd.
Oakland	■ Oakland Medical Center	3600 Broadway
Pleasanton	● Pleasanton Medical Offices	7601 Stoneridge Dr.
San Leandro	■ San Leandro Medical Center	2500 Merced St.
Union City	● Union City Medical Offices	3551 Whipple Rd. 3553 Whipple Rd. 3555 Whipple Rd.
<b>Contra Costa County</b>		
Antioch	■ Antioch Medical Center	4501 Sand Creek Rd.
	● Delta Fair Medical Offices	3400 Delta Fair Blvd.
Martinez	● Martinez Medical Offices	200 Muir Rd.
Pinole	● Pinole Medical Offices	1301 Pinole Valley Rd.
Richmond	■ Richmond Medical Center	901 Nevin Ave.
San Ramon	● San Ramon Medical Offices	2300 Camino Ramon
Walnut Creek	● Park Shadelands Medical Offices	320 Lennon Ln.
	■ Walnut Creek Medical Center	1425 S. Main St.
<b>Marin County</b>		
Bolinas	○ Bolinas Family Practice	88 Mesa Rd.
Mill Valley	● Mill Valley Medical Offices	750 Redwood Hwy., Ste. 1206
Novato	● Novato Medical Offices	97 San Marin Dr.
Point Reyes Station	○ Point Reyes Medical Clinic	3 Sixth St.
	○ West Marin Medical Center	11150 State Rte. 1
San Rafael	■ San Rafael Medical Center	99 Montecillo Rd.
	● Downtown San Rafael Medical Offices - 3rd St.	1033 3rd St.
Stinson Beach	○ Stinson Beach Medical Center	3419 State Rte. 1
<b>Napa County</b>		
Napa	● Napa Medical Offices	3285 Claremont Way 1675 Permanente Way
<b>Placer County</b>		
Lincoln	● Lincoln Medical Offices	1900 Dresden Dr.
Roseville	■ Roseville Medical Center	1600 Eureka Rd.
	● Roseville Medical Offices - Riverside	1001 Riverside Ave.

■ Kaiser Permanente medical centers  
(hospital and medical offices)

● Kaiser Permanente medical offices  
▲ Specialty facilities

□ Affiliated plan hospitals  
○ Affiliated medical offices

City	Facility	Address
<b>Sacramento County</b>		
Elk Grove	● Elk Grove Medical Offices	9201 Big Horn Blvd.
	● Elk Grove Promenade Medical Offices	10305 Promenade Pkwy.
Folsom	● Folsom Medical Offices	2155 Iron Point Rd.
Rancho Cordova	● Rancho Cordova Medical Offices	10725 International Dr.
Sacramento	● Downtown Commons Medical Offices	501 J St.
	● Fair Oaks Boulevard Medical Offices	2345 Fair Oaks Blvd.
	● Point West Medical Offices	1650 Response Rd.
	■ Sacramento Medical Center	2025 Morse Ave.
	▲ Sports Medicine Center	609 L St.
	■ South Sacramento Medical Center	6600 Bruceville Rd.
<b>San Francisco County</b>		
San Francisco	● French Campus Medical Offices	450 6th Ave. 4131 Geary Blvd. 4141 Geary Blvd.
	● Mission Bay Medical Offices	1600 Owens St.
	■ San Francisco Medical Center	2425 Geary Blvd.
<b>San Joaquin County</b>		
Manteca	■ Manteca Medical Center	1777 W. Yosemite Ave.
	● Manteca Medical Offices	1721 W. Yosemite Ave.
Stockton	● Stockton Medical Offices	7373 West Ln.
	□ St. Joseph's Medical Center	1800 N. California St.
Tracy	● Tracy Medical Offices	2185 W. Grant Line Rd.
<b>San Mateo County</b>		
Daly City	● 2001 DC Station Medical Offices	2001 Junipero Serra Blvd. 6th Floor, Ste. 650
	● Daly City Medical Offices	395 Hickey Blvd.
Redwood City	■ Redwood City Medical Center	1100 Veterans Blvd.
San Bruno	● Bayhill Medical Offices	801 and 851 Traeger Ave.
	● San Bruno Medical Offices	901 El Camino Real
	● Sneath Lane Medical Offices	1001 Sneath Lane, Ste. 204 1011 Sneath Lane, 2nd Floor
San Mateo	● San Mateo Medical Offices	1000 Franklin Pkwy.
South San Francisco	■ South San Francisco Medical Center	1200 El Camino Real
<b>Santa Clara County</b>		
Campbell	● Campbell Medical Offices	200 and 220 E. Hacienda Ave.
Gilroy	● Gilroy Medical Offices	7520 Arroyo Circle
Milpitas	● Milpitas Medical Offices	700 and 770 E. Calaveras Blvd.
		589 Los Coches St. 611 S. Milpitas Blvd.

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City	Facility	Address
Mountain View	● Mountain View Medical Offices	555 Castro St. 565 Castro St.
San Jose	■ San Jose Medical Center	250 Hospital Pkwy.
	● Skyport Medical Offices	1727 Technology Dr.
Santa Clara	● Santa Clara Arques Medical Offices	1263 E. Arques Ave.
	■ Santa Clara Medical Center	700 Lawrence Expwy.
	● Santa Clara Medical Offices	710 Lawrence Expwy.
<b>Santa Cruz County</b>		
Santa Cruz	● Santa Cruz Medical Offices	115 Locust St.
Scotts Valley	● Scotts Valley Medical Offices	5615 Scotts Valley Dr.
Watsonville	● Watsonville Medical Offices	1931 Main St.
	□ Watsonville Community Hospital	75 Nielson St.
<b>Solano County</b>		
Fairfield	● Fairfield Medical Offices	1550 Gateway Blvd.
Vacaville	■ Vacaville Medical Center	1 Quality Dr.
Vallejo	■ Vallejo Medical Center	975 Sereno Dr.
<b>Sonoma County</b>		
Petaluma	● Petaluma Medical Offices	3900 Lakeville Hwy.
Rohnert Park	● Rohnert Park Medical Offices	5900 State Farm Dr.
Santa Rosa	■ Santa Rosa Medical Center	401 Bicentennial Way
	● Santa Rosa Medical Offices	3925 Old Redwood Hwy. 3975 Old Redwood Hwy.
	● Mercury Way Medical Offices	2240 Mercury Way
<b>Stanislaus County</b>		
Modesto	● Bangs Avenue Medical Offices	4125 Bangs Ave.
	● Dale Road Medical Offices	3800 Dale Rd.
	■ Modesto Medical Center	4601 Dale Rd.
	● Modesto Medical Offices	4601 Dale Rd.
	● Standiford Avenue Medical Offices	1320 Standiford Ave.
Patterson	○ First Care Medical Center	101 N. 3rd St.
Turlock	○ Rodney Avilla, DO	2101 Geer Rd., Ste. 303
	○ Jagmohan Bhinder, MD	1860 Colorado Ave.
	○ Maryam Esho, MD	1729 N. Olive Ave., Ste. 7
	○ Nirbhai Hundal, MD	1516 Colorado Ave.
	○ Puliadi Kumar, MD	1110 Delbon Ave.
	○ Turlock Pediatric Medical Group	1100 Delbon Ave.
<b>Yolo County</b>		
Davis	● Davis Medical Offices	1955 Cowell Blvd.

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This is a summary of the features of the Kaiser Permanente health plan. Before making a final decision, please read the plan's Federal brochure (RI 73-003). All benefits are subject to the definitions, limitations, and exclusions set forth in the Federal brochure. The services listed on page 5 ("Healthy resources," except "Health classes") and on page 14 (eyewear and dental coverage) are neither offered nor guaranteed under contract with the FEHB Program, but are made available to all enrollees and family members who become members of Kaiser Permanente. This plan's RI brochure is available on the internet at [kp.org/feds](http://kp.org/feds). A paper copy is also available, at no charge, by calling **1-800-464-4000**, 24 hours a day, 7 days a week (closed holidays). For TTY, call **711**.

<sup>1</sup>As a Kaiser Permanente member, you and your enrolled spouse (age 18 and over) are eligible to earn up to \$75 each in rewards. We will send you a Kaiser Permanente Health Payment Card 4 to 6 weeks after you complete your first activity, then load additional rewards when you complete your second activity. You must keep your card for use throughout the year and use rewards to pay qualified medical expenses by March 31 of the next calendar year. Go to [kp.org/feds](http://kp.org/feds) to learn more and get started.

<sup>2</sup>When appropriate and available.

<sup>3</sup>These features are available when you get care at Kaiser Permanente facilities.

<sup>4</sup>Kaiser Permanente improved blood pressure control in our Black/African-American members with hypertension, raised colorectal cancer screening rates in our Hispanic/Latino members, and improved blood sugar control in our members with diabetes. Self-reported race and ethnicity data are captured in KP HealthConnect, and HEDIS® measures are updated quarterly in the interregional CORE Datamart.

<sup>5</sup>Kaiser Permanente 2017 HEDIS® scores. Benchmarks provided by the National Committee for Quality Assurance (NCQA) Quality Compass® and represent all lines of business. Kaiser Permanente combined region scores were provided by the Kaiser Permanente Department of Care and Service Quality. The source for data contained in this publication is Quality Compass 2017 and is used with the permission of NCQA. Quality Compass 2017 includes certain CAHPS® data. Any data display, analysis, interpretation, or conclusion based on these data is solely that of the authors, and NCQA specifically disclaims responsibility for any such display, analysis, interpretation, or conclusion. Quality Compass® and HEDIS® are registered trademarks of NCQA. CAHPS® is a registered trademark of the Agency for Healthcare Research and Quality.

<sup>6</sup>To use the Kaiser Permanente app, you must be a Kaiser Permanente member registered on [kp.org](http://kp.org).

<sup>7</sup>If you reasonably believe you have an emergency medical condition, which is a medical or psychiatric condition that requires immediate medical attention to prevent serious jeopardy to your health, call 911 or go to the nearest emergency department. For the complete definition of an emergency medical condition, please refer to your Plan brochure, RI 73-003.

<sup>8</sup>An urgent care need is one that requires prompt medical attention, usually within 24 or 48 hours, but is not an emergency medical condition. This can include minor injuries, backaches, earaches, sore throats, coughs, upper-respiratory symptoms, and frequent urination or a burning sensation when urinating.

<sup>9</sup>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.



Kaiser Foundation Health Plan, Inc.  
1950 Franklin St.  
Oakland, CA 94612

# The right choice for a healthier you

Having a good health plan is important. So is getting quality care.  
With Kaiser Permanente, you get both.

## Not a member yet?

For more information, visit [kp.org/feds](https://kp.org/feds) or call **1-855-315-1009**,  
Monday through Friday, 7 a.m. to 5 p.m.

**Open Season hours:** Monday through Friday, 6 a.m. to 7 p.m.

Notice of Summary of Benefits and Coverage (SBC): Availability of Summary Health Information The Federal Employees Health Benefits (FEHB) Program offers numerous health benefits plans and coverage options. Choosing a health plan and coverage option is an important decision. To help you make an informed choice, each FEHB plan makes available a Summary of Benefits and Coverage (SBC) about each of its health coverage options, online and in paper. The SBC summarizes important information in a standard format to help you compare plans and options. This plan's SBC is available on the internet at [kp.org/feds](https://kp.org/feds). A paper copy is also available, at no charge, by calling **1-800-464-4000**, 24 hours a day, 7 days a week. For TTY, call **711**. To find out more information about plans available under the FEHB Program, including SBCs for other FEHB plans, please visit [opm.gov/insure](https://opm.gov/insure).