

For Federal Employees with Options Federal

Getting care while traveling

Wherever you go, we've got you covered

As a Kaiser Foundation Health Plan of Washington Options, Inc. Federal member, your benefits include the following:¹

- Emergency care worldwide at emergency departments and urgent care centers
- In-network care in your plan's service area from Kaiser Permanente practitioners and 26,000 community providers we contract with (kp.org/wa/directory), plus First Choice Health providers (www.fchn.com).
- In-network care in the rest of Washington state, Oregon, Alaska, Idaho, and Montana from First Choice Health providers (www.fchn.com).
- In-network care across the rest of the country from the more than 1 million providers in the First Health Network (firsthealth.com), including physicians, hospitals, and other outpatient care facilities.
- In addition to Kaiser Permanente Washington pharmacies and its mail-order pharmacy service, you can use OptumRx nationwide network of pharmacies, including many well-known pharmacy chains.

You can self-refer to most providers. Your FEHB brochure explains how to get care, what you pay, and what kind of care is covered.

Emergency care worldwide²

Enjoy peace of mind when you travel, knowing you're covered for emergency care anywhere in the world. When you get home, just mail us your completed claims form and medical receipts so we can reimburse you for any covered charges. Check your Federal brochure (RI 73-051) for specific instructions for overseas claims.

Care from Kaiser Permanente facilities outside your home service area

Call Member Services if you are interested in using a Kaiser Permanente medical facility in another state, or in Clark or Cowlitz county in Washington state. For now (2018) Options Federal members can only use other Kaiser Permanente facilities at their out-of-network benefit level, but this may change in 2019. Even if it changes, you would first need to contact Member Services in Washington at **1-888-901-4636** and request a visiting member ID number. Or Member Services can advise you on the closest in-network providers who can address your health needs.

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What to know before you go

Harness the power of prevention and take time – before you leave town – to prepare for a healthy trip. Here’s a convenient checklist to help you get ready:

- Stock up on prescriptions. Make sure you pack enough medication to last you through your trip.
- Make sure your immunizations are up to date.
- See your doctor if you need to manage a condition during your trip.
- No internet where you’re headed? Be sure you take key medical information with you that a doctor might need in an emergency. If you receive care at Kaiser Permanente facilities, print a copy of your online medical record. You can also call the consulting nurse helpline anytime (number is on the back of your ID card) from anywhere in the world and the nurse can access your medical records as a patient at Kaiser Permanente.
- If you’re leaving the country, consider calling our Travel Advisory Service for recommendations. The consultation costs \$60 and includes advice on any vaccines or medications needed for your destination.

Resources while traveling

Don’t forget the contact information always available on the back of your member ID card:

- The **consulting nurse helpline** is available 24/7 at **1-800-297-6877** for advice on symptoms and next steps.
- If you’re admitted to a hospital, call the **notification line** at **1-888-457-9516** as soon as possible after admission.
- **Member Services** at **1-888-901-4636** can help with coverage questions.

¹This 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 73-051). All benefits are subject to the definitions, limitations, and exclusions set forth in the Federal brochure.

²If you think you have a medical or psychiatric emergency, immediately go to the nearest hospital or any facility that can give you the care you need. In the United States you can also call 911. Always use the emergency services available where you are. You don’t have to get approval first to get emergency or urgent care.

All plans offered and underwritten by Kaiser Foundation Health Plan of Washington Options, Inc.