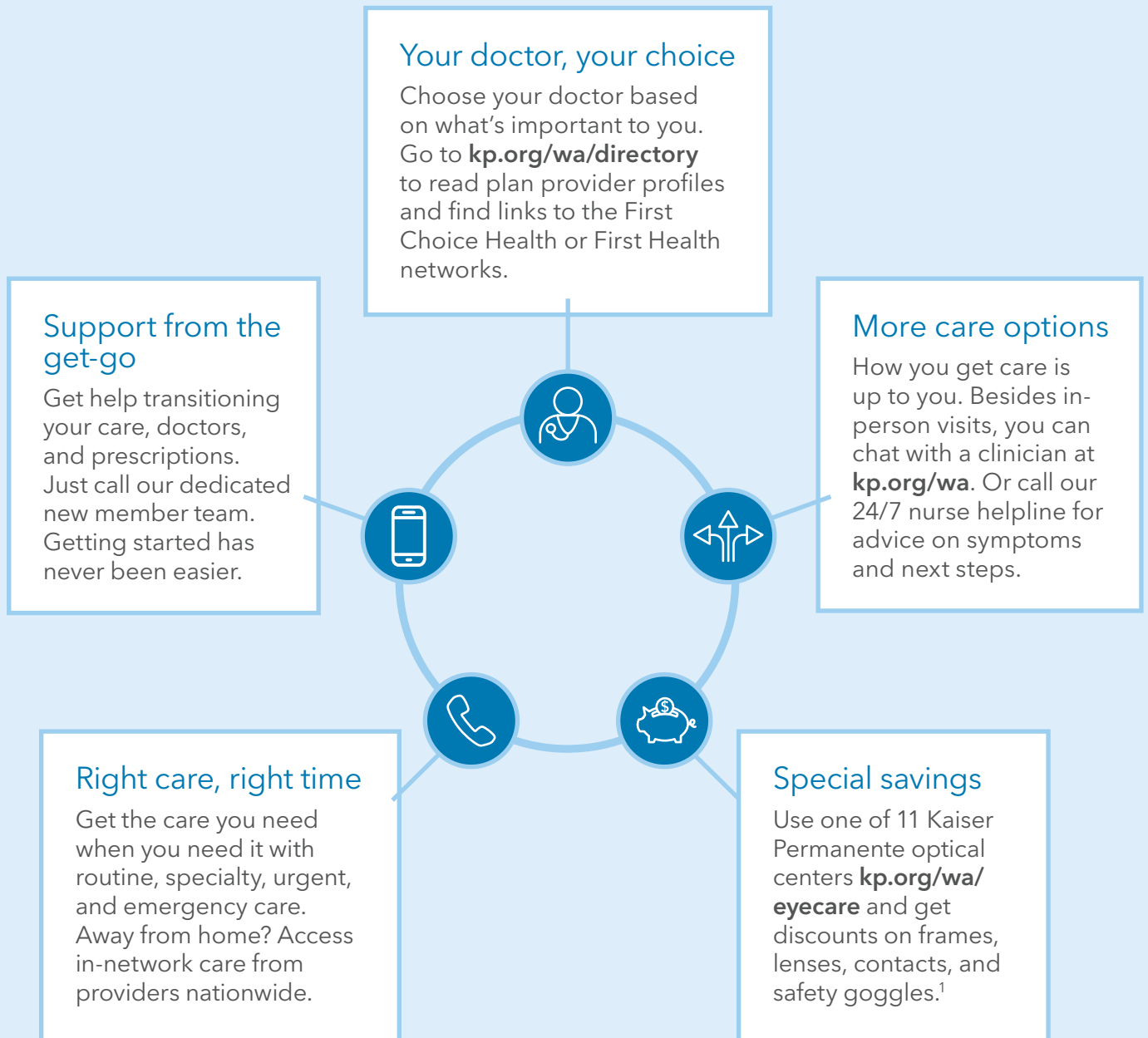


Healthy together

Care and coverage that fits your life



Welcome to care that fits your life



¹ These benefits are neither offered nor guaranteed under contract with the FEHB Program, but are made available to all enrollees and eligible family members who become members of Kaiser Permanente Washington Options Federal.

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

Care when and where you need it	2
Your care, your way	3
Finding network providers	4
Get more from your health plan	10
Making it easier to switch plans	11

Your 2019 benefits

Plan and benefit highlights	7
Your 2019 benefits summary	8
Ready to enroll with Kaiser Permanente?	9

Care when and where you need it

It's easy for you and your family to get the care you need. There are either Kaiser Permanente facilities or other network care providers in your area, offering a wide range of care and services.



Convenient care near you

With multiple locations to choose from, it's easy to find one near home or work. At Kaiser Permanente facilities, we offer same-day, next-day, after-hours, or weekend services at many of our locations, along with pediatrics, physical therapy, eye care, and other specialty departments. You can see other in-network providers as well as ours – whatever works best for you.



Finding the right location

Choosing a convenient place to get care is simple – just hop online or grab your smartphone.

- Visit kp.org/wa/directory to search for doctors, facilities, pharmacies, hospitals, and more, or find links to First Choice Health or First Health networks.
- Search on your smartphone for Kaiser Permanente medical offices or CareClinic at Bartell Drugs with the location finder on the Kaiser Permanente Washington mobile app.²



Getting care anytime, anywhere

Travel care

As a Kaiser Permanente Washington Options Federal 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 world³
- Care from in-network providers nationwide. You can self-refer to most providers.
- If you receive care from a non-plan provider or facility, you may need to pay in full at the time of service, then mail us a claims form with your medical receipts for reimbursement of covered charges.

Resources while traveling

Call our nurse helpline 24/7 if you'd like your symptoms evaluated and advice on what to do next.

Call Member Services if you need assistance finding an in-network provider while traveling in the United States.

Options Federal members can also receive care from Kaiser Permanente in other regions. Check with Member Services before seeking care to get a special visiting member identification number.

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

³If 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 Benefits Booklet.

Your care, your way

Get care when and how you want it with Kaiser Permanente. With more options beyond doctor visits, it's easier to stay on top of your health.

Choose how you connect to care

Call

For advice on troubling symptoms or injuries, call our consulting nurse helpline anytime, no matter where you are. They'll assess your situation and help you decide what to do next.



Click

For real-time medical care, instant message online with a Care Chat clinician. They're available 7 days a week, 8 a.m. to 10 p.m. Get answers to questions, a diagnosis or treatment plan, and a prescription if needed.



Click

For common conditions like sinus or urinary tract infections, complete a questionnaire online and within 2 hours you can get a diagnosis, treatment plan, and a prescription if needed. Prescriptions are filled at our medical office pharmacies or via mail order.



Click

Order prescription refills online and have them mailed to your home.



Come in

Drop in for quick care for minor needs at walk-in clinics at several of our medical offices or at CareClinic at Bartell Drugs, at 15 Puget Sound locations. You can find additional walk-in or urgent options at [kp.org/wa/directory](https://www.kp.org/wa/directory).

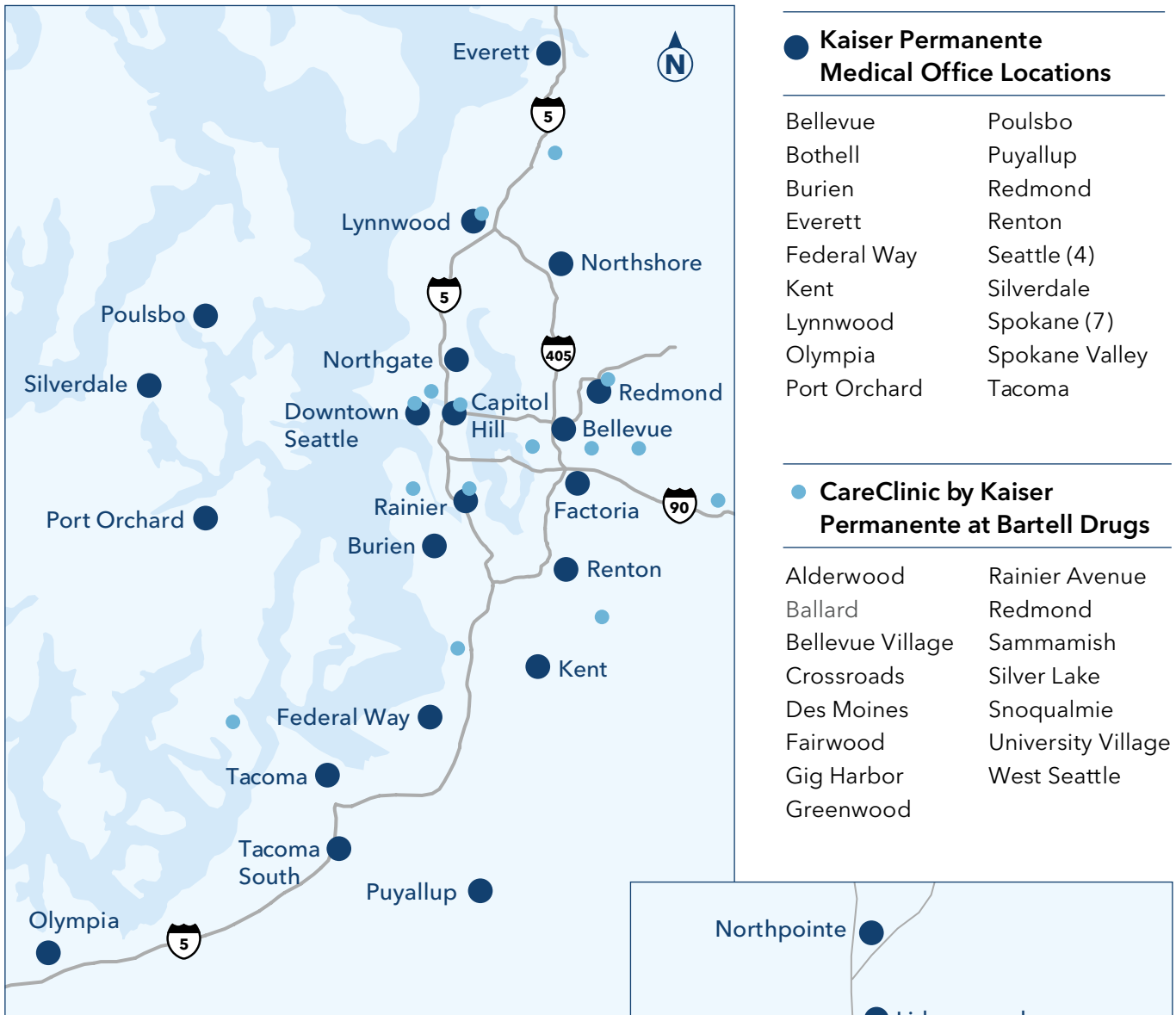


Come in

You are covered for emergency care and medically necessary urgent care anywhere in the world. If you think you are experiencing an emergency, go immediately to the nearest emergency care facility or call 911.

Finding network providers

Options Federal offers you an extensive network – locally, regionally, and nationally. At Kaiser Permanente care locations in our service area, you can receive award-winning care from the state's highest-rated medical group.⁴



● Kaiser Permanente Medical Office Locations

- | | |
|--------------|----------------|
| Bellevue | Poulsbo |
| Bothell | Puyallup |
| Burien | Redmond |
| Everett | Renton |
| Federal Way | Seattle (4) |
| Kent | Silverdale |
| Lynnwood | Spokane (7) |
| Olympia | Spokane Valley |
| Port Orchard | Tacoma |

● CareClinic by Kaiser Permanente at Bartell Drugs

- | | |
|------------------|--------------------|
| Alderwood | Rainier Avenue |
| Ballard | Redmond |
| Bellevue Village | Sammamish |
| Crossroads | Silver Lake |
| Des Moines | Snoqualmie |
| Fairwood | University Village |
| Gig Harbor | West Seattle |
| Greenwood | |

WESTERN WASHINGTON

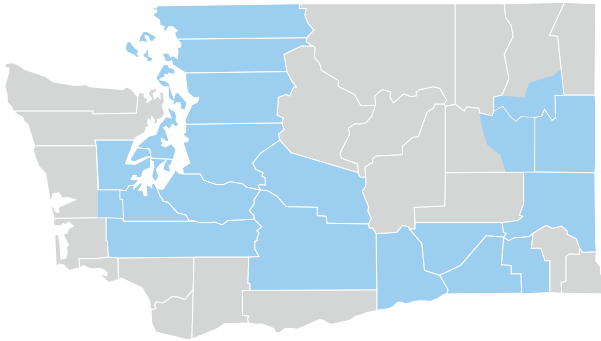


SPOKANE AREA

⁴Acclaim Award, American Medical Group Assn., 2010, and Washington Health Alliance, 2017 Community Checkup www.wacommunitycheckup.org; Ranking applies to Kaiser Permanente Washington's medical group, Washington Permanente Medical Group, P.C.



Washington State
kp.org/wa/directory



Choose from more than 26,000 Options Federal providers⁵ at kp.org/wa/directory. In addition to such renowned medical systems as Kaiser Permanente, Providence Health & Services, UW Medicine, MultiCare, and CHI Franciscan Health, you'll recognize the names of many network affiliates. These are some examples.

Olympic and Kitsap Peninsulas: Mason General Hospital, The Doctors Clinic, Peninsula Community Health Services, and Harrison HealthPartners

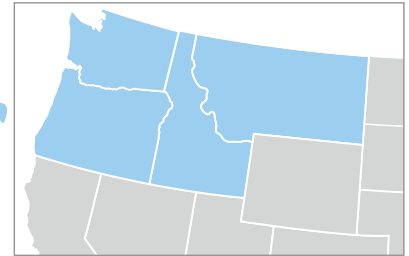
Northwest Washington: Family Care Network, PeaceHealth specialists, Island Hospital, WhidbeyHealth Medical Center

Southeast Washington: Kadlec Clinic, Lourdes Medical Center, Providence St. Mary Medical Center, and Walla Walla Clinic

You can filter directory search results by gender, specialty, and language, and expand or shrink the geographic range.



Pacific Northwest
First Choice Health Network
fchn.com



Choose a provider in Alaska, Idaho, Montana, Oregon, and additional providers in Washington state with access to the First Choice Health Network. This network offers more than 150 hospitals, 800 medical facilities, and nearly 22,000 practitioners.

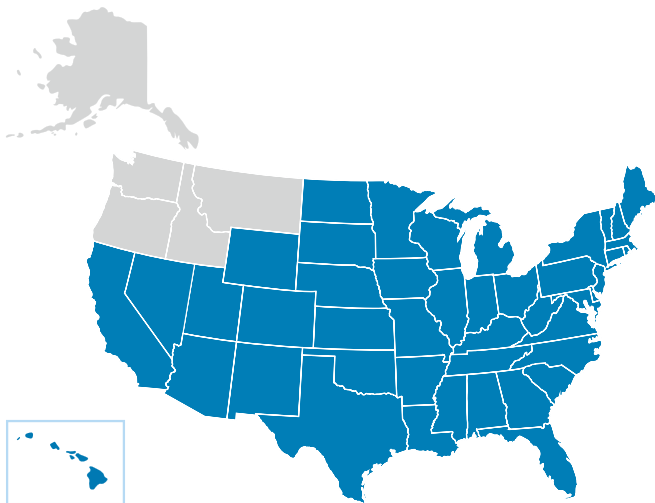
Find all providers at www.fchn.com. Fill in the Find a Provider fields for location, specialty, and name (if you have one), then hit search.

A pop-up will ask you to select Entire First Choice Health PPO Network, Employer/Group ID, or Employer/Group/Trust Name. Select Entire First Choice Health Network. Then view your results.

(continues on next page)

⁵OIC Provider Network Form A

All other states First Health myfirsthealth.com



Outside the Pacific Northwest, you have access to an extensive network with 5,000 hospitals, and more than 1 million health care professionals.

You can find these providers by going to myfirsthealth.com. Click “Start now,” select the type of provider you’re looking for, decide whether you want to search by Zip Code or by state, and fill out the appropriate fields for location. Click “Search now” to view your results.

Non-participating providers

You can receive care from any licensed provider in the U.S. at your out-of-network benefit level. This choice has the highest out-of-pocket costs. Because these providers aren’t contracted with Kaiser Permanente, you will need to pay for services when received, and then submit claims for reimbursement.

Local and national pharmacy access

You'll find hundreds of Washington in-network pharmacies at kp.org/wa/directory. You also have access to the OptumRx national pharmacy network, which includes most well-known pharmacy chains.

Kaiser Permanente facilities in other regions

For now, Kaiser Permanente facilities in Southwest Washington, Oregon, California, Colorado, Hawaii, Georgia, Maryland, Virginia, and the District of Columbia are not Options Federal in-network preferred providers. However, work is under way to make this possible.

Check with Member Services if you're looking for care in other Kaiser Permanente regions. Staff will help you find the closest place for in-network care.

Your digital ID card

Access your membership information anytime, anywhere, with the Kaiser Permanente digital membership card, an electronic version of your ID card. While traveling, the digital card lets you provide your membership information right from your phone. You'll find the link to your digital card on your secure home page once you've registered for online services and signed on.



Plan and benefit highlights

Which option is right for you?

Standard Option	HDHP with HSA/HRA
<ul style="list-style-type: none"> Affordable premiums but higher than HDHP plan. You pay copayments for routine office visits. Preventive medical is covered in full. For certain services, you pay coinsurance after the deductible is met. <p>If you want predictable copays for office visits and prescriptions at a reasonable premium, this may be the right choice.</p>	<ul style="list-style-type: none"> Lowest premiums, but highest cost-sharing. Higher deductible and you pay coinsurance for many services. After you sign up for a health savings account or health reimbursement account, you will receive a contribution to your tax-free account. <p>If you rarely go to the doctor and want the lowest premium, this may be the right choice.</p>

Benefit highlights



Additional dental coverage

All Kaiser Permanente Washington Options Federal members are covered for preventive dental care. This includes Standard Option and High Deductible Health Plan Option with an HSA or HRA.



Prevention made easy

Preventive care is covered in full and drugs essential for managing common chronic diseases have a low copay.



High-deductible health plan with HSA or HRA

A health savings account (HSA) is a personal savings account that's used to pay for eligible medical expenses. The money you deposit is not taxed, and you own and control that money. A health reimbursement arrangement (HRA) is an account that your employer funds to help pay for qualified medical expenses. To learn more, visit healthequity.com.



Savings on eyewear

Federal employees can always get discounts on frames, lenses, contacts, and OSHA approved safety goggles at 11 Permanente optical centers in Western Washington.

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/wa-options. A paper copy is also available, at no charge, by calling **1-888-901-4636**, Monday through Friday, 8 a.m. to 5 p.m. 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.

Your 2019 benefits summary

This chart reflects coverage at your in-network benefit level

Coverage	Standard Option		HDHP	
	Plan	Non Plan	Plan	Non Plan
Annual deductible Self / Self Plus One / Self & Family Deductible applies to all services except as noted	\$350 / \$700 / \$700	Shared with Plan	\$1,500 / \$3,000 / \$3,000	\$1,500 / \$3,000 / \$3,000
Annual out-of-pocket limit Self / Self Plus One / Self & Family	\$5,000 / \$10,000 / \$10,000	Unlimited	\$5,000 / \$10,000 / \$10,000	\$5,000 / \$10,000 / \$10,000
Annual medical fund contribution Self / Self Plus One / Self & Family	N/A		\$750 / \$1,500 / \$1,500	
Benefits	You pay		You pay	
Preventive care	Covered in full, not subject to deductible		Covered in full, not subject to deductible	
Professional services: (Self-refer / unlimited visits) Primary & Specialty Office, Home, Naturopath & Urgent Care Visits	\$25 primary / \$35 specialty; not subject to deductible		20%	
Procedures received during an office visit	20%		20%	
Acupuncture: Self-refer 20 visits per member PCY. ⁶ For substance abuse, unlimited visits	\$25 primary / \$35 specialty; not subject to deductible		20%	
Chiropractic: Self-refer 20 visits per member PCY ⁶	\$25 primary; not subject to deductible		20%	
Massage: With a referral, 20 visits per member PCY ⁶	\$25 primary / \$35 specialty; not subject to deductible		20%	
Mental health	Inpatient: ⁷ 20% Outpatient: \$25 primary / \$35 specialty; not subject to deductible		20%: Outpatient & Inpatient ⁷	
Lab / X-ray	20%		20%	
Hospital / Facility	20%: Outpatient & Inpatient ⁷		20%: Outpatient & Inpatient ⁷	
Emergency care	\$150 per visit		20%	
Maternity	Covered in full; not subject to deductible		20%: Prenatal care covered at 100%; not subject to deductible	
Ambulance: Ground & air	20%		20%	
Prescription drugs	You pay (not subject to deductible)		You pay	
Tier 1: Formulary generic 1-month supply / 90-day mail order supply	\$20 / \$40		\$20 / \$40	
Tier 2: Formulary brand 1-month supply / 90-day mail order supply	\$40 / \$80		\$40 / \$80	
Tier 3: Non-formulary 1-month supply / 90-day mail order supply	\$60 / \$120		\$60 / \$120	
Tier 4: Formulary specialty 1-month supply	25% up to \$200		25% up to \$200	
Tier 5: Non-formulary specialty 1-month supply	35% up to \$300		35% up to \$300	
Dental				
Preventive dental	All charges in excess of scheduled allowance		All charges in excess of scheduled allowance ⁷	

⁶PCY = Per calendar year ⁷Inpatient requires preauthorization

Please note that the above information is a summary of the Kaiser Permanente Washington Options Federal benefits. 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. Please refer to the Kaiser Permanente Washington Options Federal (formerly Group Health Options, Inc.) brochure posted at kp.org/feds/wa-options.

	Standard Option	HDHP
VISION	You pay	You pay
Annual routine eye exam	Covered in full; not subject to deductible	Covered in full; not subject to deductible
Diagnostic eye exams	\$25 primary / \$35 specialty; not subject to deductible	Deductible and 20%
Eyeglasses or contact lenses Accident or surgery related	Deductible and 20%	Deductible and 20%
Hardware⁸	20% discount	20% discount

Ready to enroll with Kaiser Permanente?⁹

1. Choose an option.	2. Select the type of enrollment you want.	3. Sign up online or call.
<ul style="list-style-type: none"> • Standard Option • High-Deductible Health Plan with HSA or HRA <p>More details about benefits and rates are at kp.org/feds/wa-options.</p>	<ul style="list-style-type: none"> • Self Only covers you. • Self Plus One covers you and 1 eligible family member. • Self and Family covers you and all eligible family members. 	<p>Find your enrollment code in the chart below. Then, visit opm.gov 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 1-888-767-6738 or (TTY 1-855-887-4957), or retire@opm.gov.</p>

	Standard Option		HDHP	
Compare Premiums: Nonpostal ¹⁰				
	Biweekly / Monthly	(Code)	Biweekly / Monthly	(Code)
Self only	\$91.89 / \$199.10	(L11)	\$67.75 / \$146.79	(L14)
Self + one	\$222.71 / \$482.53	(L13)	\$150.40 / \$325.87	(L16)
Self + family	\$189.66 / \$410.93	(L12)	\$150.40 / \$325.87	(L15)
Compare Premiums: Postal ¹⁰				
	Biweekly 1 / Biweekly 2	(Code)	Biweekly 1 / Biweekly 2	(Code)
Self only	\$88.69 / \$79.10	(L11)	\$65.04 / \$56.23	(L14)
Self + one	\$215.87 / \$195.36	(L13)	\$144.39 / \$124.83	(L16)
Self + family	\$182.36 / \$160.48	(L12)	\$144.39 / \$124.83	(L15)

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. If you enroll in the Standard Option, you will pay a lower premium if you choose Self and Family.

⁸ These benefits are neither offered nor guaranteed under contract with the FEHB Program, but are made available to all enrollees and eligible family members who become members of Kaiser Permanente Washington Options Federal.

⁹ 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/wa-options or by calling Member Services.

¹⁰ These rates do not apply to all enrollees. If you are in a special enrollment category, please refer to your special Guide to Federal Benefits or contact the agency or tribal employer which maintains your health benefits enrollment.

Get more from your health plan

Good health goes beyond the doctor's office. That's why we offer so many convenient resources to our members. Explore them all, and choose the ones that fit your life.

Tools and resources for good health



Wellness coaching by phone

Reach your health goals with an action plan and one-on-one phone support. A trained coach will help you find personalized techniques that will work for you. Also offered in Spanish.



Healthy lifestyle programs

Find discounts on fitness facilities nationwide, exercise videos and workout equipment, and weight management programs at globalfit.com/kpwa.



Help to quit smoking

Quit for good with one of the country's most successful tobacco cessation programs – at no additional cost. Phone-based or online. Visit quitnow.net/kpwa for details.



Special rates for members

Enjoy a 20 percent discount on acupuncture, naturopathy, chiropractic care, yoga, Pilates, and more with Complementary Choices™. Learn more at kp.org/wa/alternative-medicine.



Classes and support groups

Call the Resource Line at **1-800-992-2279**, or email kpwa.resource-l@kp.org to find health classes and support groups near you. You can also request patient education pamphlets and DVDs created for our medical offices.



Wellness blog

Visit kp.org/wa/health for wellness information, recipes, fitness ideas, tips for healthy aging, and podcasts featuring members.

Making it easier to switch plans

Changing health plans can seem like a lot of work, especially if you're in the middle of treatment or take prescription drugs. That's why we created a dedicated new member team to help you transition to Kaiser Permanente.

Need help transitioning to a new plan? **Call 1-888-844-4607.**



Transfer your prescriptions

It's easy to transfer your prescriptions so your treatment is uninterrupted. Either register online and create an account at kp.org/wa to transfer your prescriptions yourself, or call our new member welcome team for help. You'll be able to order refills online for convenient mail delivery to your home.



Find the right doctor

Our online doctor profiles let you browse among many excellent doctors and convenient locations in your area, so you can join Kaiser Permanente knowing you've found a doctor who fits your needs. Plus, you can change your doctor at any time, for any reason. View doctors at kp.org/wa/directory or call our new member welcome team for help.



Transition your care

You might want help transitioning your care to Kaiser Permanente if:

- You have a scheduled surgery
- You're taking a prescription drug or using medical equipment
- You're pregnant and receiving prenatal care
- You're following an established treatment plan
- A health provider is working with you to manage a medical condition

We're focused on helping new members

Our dedicated team can help you select a doctor, transfer prescriptions and medical records, and connect with resources to meet your unique needs. Other questions about transitioning care? Give us a call at **1-888-844-4607.**

Kaiser Permanente Nondiscrimination Notice and Language Access Services



KAISER PERMANENTE NONDISCRIMINATION NOTICE

Kaiser Foundation Health Plan of Washington and Kaiser Foundation Health Plan of Washington Options, Inc. ("Kaiser Permanente") comply with applicable federal civil rights laws and does not discriminate, exclude people, or treat them differently on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or any other basis protected by applicable federal, state, or local law. We also:

Provide free aids and services to people with disabilities to help ensure effective communication, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, and accessible electronic formats)
- Assistive devices (magnifiers, Pocket Talkers, and other aids)

Provide free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact Kaiser Permanente.

If you believe that Kaiser Permanente has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity, you can file a grievance. Please call us if you need help submitting a grievance. The Civil Rights Coordinator will be notified of all grievances related to discrimination.

Kaiser Permanente

Phone: 206-630-4636

Toll-free: 1-888-901-4636

TTY Washington Relay Service: 1-800-833-6388 or 711

TTY Idaho Relay Service: 1-800-377-3529 or 711

Electronically: kp.org/wa/feedback

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue SW., Room 509F
HHH Building
Washington, DC 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

For Medicare Advantage Plans Only: Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal.

LANGUAGE ACCESS SERVICES

English: ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-888-901-4636 (TTY: 1-800-833-6388 or 711).

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-901-4636 (TTY: 1-800-833-6388 / 711).

中文 (Chinese): 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-888-901-4636 (TTY: 1-800-833-6388 / 711)。

Tiếng Việt (Vietnamese): CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-888-901-4636 (TTY: 1-800-833-6388 / 711).

한국어(Korean): 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-888-901-4636 (TTY: 1-800-833-6388 / 711) 번으로 전화해 주십시오.

Русский (Russian): ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-901-4636 (телетайп: 1-800-833-6388 / 711).

Filipino (Tagalog): PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-888-901-4636 (TTY: 1-800-833-6388 / 711).

Українська (Ukrainian): УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 1-888-901-4636 (телетайп: 1-800-833-6388 / 711).

ភាសាខ្មែរ (Khmer): រយ័ត្រ៖ បើសិនអ្នកនិយាយខ្មែរ, សេចក្តីជំនួយឥតគិតថ្លៃ យើងផ្តល់ជូនឱ្យអ្នក។ ចូរទូរស័ព្ទ 1-888-901-4636 (TTY: 1-800-833-6388 / 711)។

日本語 (Japanese): 注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます。1-888-901-4636 (TTY: 1-800-833-6388 / 711) まで、お電話にてご連絡ください。

አማርኛ (Amharic): ማሳሰቢያ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያገለግሉት ተዘጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ 1-888-901-4636 (መስማት ለተሳናቸው: 1-800-833-6388 / 711)።

Oromiffa (Oromo): XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 1-888-901-4636 (TTY: 1-800-833-6388 / 711).

ਪੰਜਾਬੀ (Punjabi) ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 1-888-901-4636 (TTY: 1-800-833-6388 / 711) 'ਤੇ ਕਾਲ ਕਰੋ।

العربية (Arabic): لديكم حق الحصول على مساعدة ومعلومات في ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-888-901-4636 رقم هاتف الصم والبكم: (711 / 1-800-833-6388).

Deutsch (German): ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-888-901-4636 (TTY: 1-800-833-6388 / 711).

ພາສາລາວ (Lao): ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊົ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ຕະຫຼອດມີພ້ອມ ໃຫ້ທ່ານ. ໂທ 1-888-901-4636 (TTY: 1-800-833-6388 / 711).

Srpsko-hrvatski (Serbo-Croatian): OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite 1-888-901-4636 (TTY- Telefon za osobe sa oštećenim govorom ili sluhom: 1-800-833-6388 / 711).

Français (French): ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-888-901-4636 (ATS: 1-800-833-6388 / 711).

Română (Romanian): ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la 1-888-901-4636 (TTY: 1-800-833-6388 / 711).

Adamawa (Fulfulde): MAANDO: To a waawi Adamawa, e woodi ballooji-ma to ekkitaaki wolde caahu. Noddu 1-888-901-4636 (TTY: 1-800-833-6388 / 711).

فارسی (Farsi): توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می

Want to learn more?

For more information, visit kp.org/feds/wa-options or call
1-877-904-0016, Monday through Friday, 7 a.m. to 5 p.m.

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



Kaiser Foundation Health Plan of Washington Options, Inc.
601 Union St., Ste. 3100
Seattle, WA 98101