

Kaiser Permanente HMO Plan with the Select network

It's care and coverage together that gives you highly rated,¹ affordable care. Plus top doctors and technology that put health at your fingertips.

The Kaiser Permanente HMO Plan with the SelectSM network gives you quality care from over 1,600 physicians of the Mid-Atlantic Permanente Medical Group, P.C. (Permanente), and thousands of community physicians in private practice.

About this plan

- You have fixed copayments for most covered services.
- There is a \$0 copay for preventive care services, such as routine physicals and well-child visits.
- There are virtually no claims to file.
- You do not have to meet medical deductibles.

Getting care at Kaiser Permanente facilities²

When doctors and specialists, health plan, pharmacy, and hospitals are all connected, health care works better, and becomes affordable and hassle-free. You save time receiving several services in one visit. And because you receive care in our medical centers, you can go online or use our mobile app to order most prescription refills, see most lab test results, make appointments, email your doctor, and so much more. With Kaiser Permanente:

- Care is coordinated around your life
- You save time, hassles, and money

All Kaiser Permanente medical centers offer primary care. On-site you'll also find:

- Radiology
- Laboratory
- Pediatrics
- Obstetrics-gynecology
- Other specialty care

Some centers offer:

- Ambulatory surgery
- Urgent Care
- Behavioral health services
- Vision care and optical services
- And more

Visit kp.org/facilities to take a virtual tour of our medical centers and learn about the services offered at each location.

This material contains a brief description of the features of this plan. All benefits are subject to the definitions, limitations, and exclusions set forth in the *Evidence of Coverage (EOC)*. If there are any discrepancies between this material and the benefits detailed in the *EOC*, the *EOC* will prevail.



Getting care from network physicians

Your plan also includes network physicians who have private practices in the community and do not practice in Kaiser Permanente medical centers. If you choose a doctor in the network, talk with that physician about how his or her health care team is organized to support your care. Remember that you can still go to Kaiser Permanente medical centers for Urgent Care, to fill prescriptions, have lab tests done, and more. Refer to the *Select Physician Directory* or visit kp.org/doctor for a list of network primary care physicians, ob/gyns, specialists, and hospitals.

Kaiser Permanente carefully selects premier hospitals to team with us in taking great care of you³

We've chosen award-winning hospitals to team with for coordinating your care. These hospitals are located throughout Maryland, the District of Columbia, and Virginia. As a patient at a premier hospital, your care will be guided 24/7 by Permanente physicians who exclusively care for our members at that hospital. With Kaiser Permanente on-site, your care is coordinated within the hospital and with your primary care physician, ensuring the smooth transition of your care before, during, and after your hospitalization. To learn more about our premier hospitals, visit kp.org/premierhospitals. In addition to premier hospitals, you also have access to additional contracted hospitals throughout the service area with the Select network.

Got a health matter that needs attention?

A video visit⁴ is a real-time video chat you can have with a primary care or urgent care physician using your smartphone, tablet, or computer. During your visit, your doctor can access your electronic medical record or consult with another physician, so your care is seamless, convenient, and connected. Schedule a video visit online at kp.org or by using the Kaiser Permanente (KP) app.

¹In the National Committee for Quality Assurance (NCQA) 2019-2020 Health Insurance Plan Ratings, our Medicare health plan is rated 4.5 out of 5, the highest rating in DC, MD, and VA.

²Care and services provided by physicians of the Mid-Atlantic Permanente Medical Group, P.C., only.

³The premier hospitals are independently owned and operated hospitals, and they contract with Kaiser Foundation Hospitals.

⁴Video visits are available to Kaiser Permanente members who have a camera-equipped computer or mobile device and are registered at kp.org. You must be present in Maryland, Virginia, or Washington, DC, for visits with your primary care physician or behavioral health provider. For urgent video visits with an emergency doctor, you may also be present in West Virginia, Florida, North Carolina, or Pennsylvania. For certain medical or mental health conditions. For video visits with a behavioral health provider, appointments can be scheduled for follow-up care.