

# Find your healthy place

With care designed to help you thrive






# Go where you feel like your best self

We can help you get to your healthy place – no matter where it is. Care at Kaiser Permanente feels easier and faster, with the help of connected caregivers, more ways to get care, and support for the whole you. Welcome to care that fits your life.

**LEARN MORE ABOUT:**

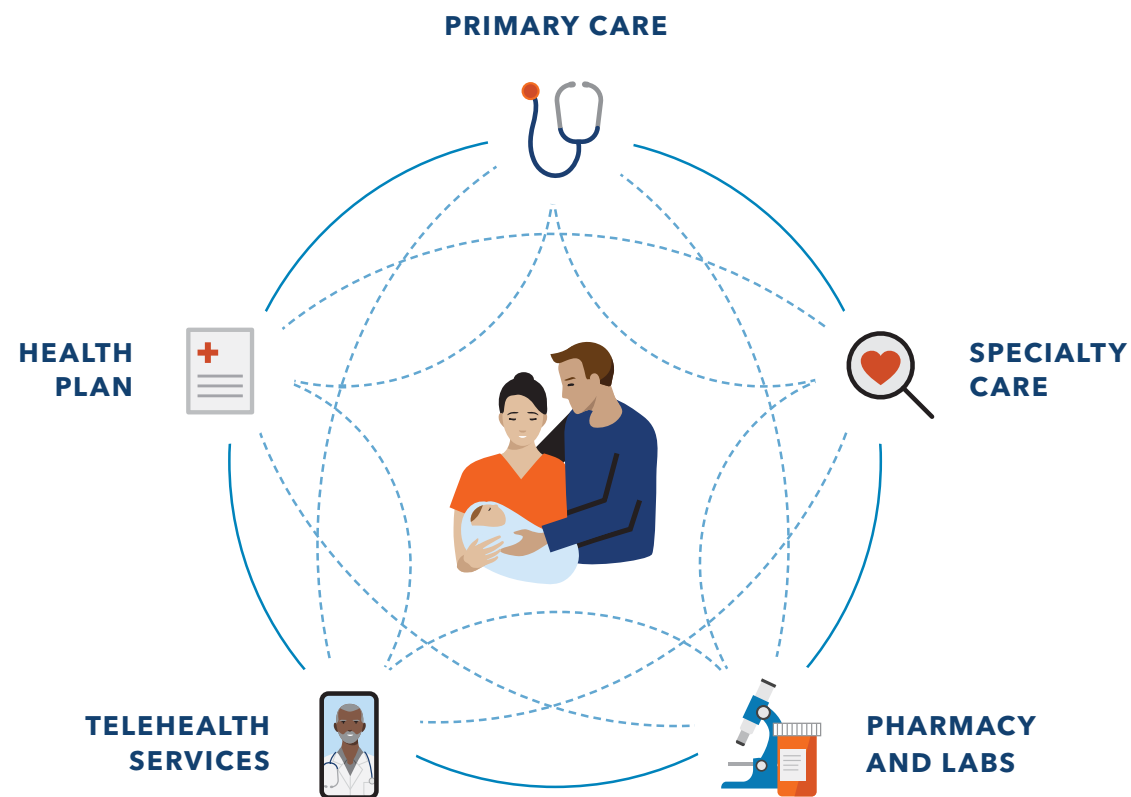
- Personalized care that’s easy to get..... 4
- Industry-leading quality ..... 7
- Healthy resources..... 8
- Featured benefits..... 9
- Plan options and 2022 benefits ..... 11
- Here’s what you’ll pay..... 13
- Senior Advantage plans for FEHB members..... 14
- Quality vision and dental coverage..... 20
- Locations near you ..... 22

**Want to talk? We’re here to help.**  
A Kaiser Permanente enrollment specialist can answer your questions – like where to get care or what extra perks are included. Call us at **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. Learn more at [kp.org/feds](https://kp.org/feds).



## Built to make your life easier

Kaiser Permanente combines care and coverage – which makes us different from your other health care options. Your doctors, hospitals, and health plan work together to make exceptional health care easy to get. That means you'll have peace of mind knowing care for your total health is there when and where you need it – from your doctor's office to your living room. To see what it's like to be a member, visit [kp.org/myhealthyplace](https://kp.org/myhealthyplace).

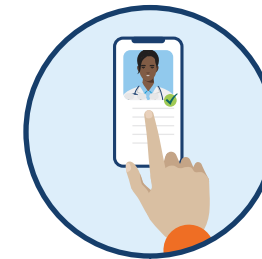


"I really appreciate the coordination of care. Every doctor and specialist can access my records, and I don't have to waste valuable time repeating medical histories."

–Lisa, Kaiser Permanente member

## A better experience from the start

We guide you through each step of joining Kaiser Permanente, so you get the care you need without missing a beat.



### Search profiles to find the right doctor

Our online doctor profiles let you browse the many doctors and locations in your area, even before you enroll. So you can join knowing you've found a doctor who fits your needs.



### Transition your care seamlessly

Easily move prescriptions and schedule a visit with a doctor who's close to your home, work, or school. From day one, you'll have the support you need to help reach your health goals.



### Connect to care online

After you enroll, create an account at [kp.org](https://kp.org) or download the Kaiser Permanente app. Then manage your health on your schedule – whenever, wherever.

### Health care doesn't have to be confusing

If you don't know an HMO from an HSA, you're not alone. But rest assured – we're here to make health care easier to understand. Get help learning the basics at [kp.org/learnthebasics](https://kp.org/learnthebasics).



# Convenient ways to get what you need

You've got more ways to get quality care than ever before, so it's easier to stay on top of your health.



## Video or phone appointment

Schedule a face-to-face video visit or phone appointment with a Kaiser Permanente care team and any specialists you've been referred to.<sup>1</sup>



## In-person care

We offer same-day, next-day, after-hours, and weekend services at many of our locations.<sup>2</sup>



## Email

Message your Kaiser Permanente doctor's office with nonurgent questions and get a reply usually within 2 business days.



## Prescription delivery

Use the Kaiser Permanente app to fill prescriptions for delivery or same-day pickup.<sup>3</sup>



## 24/7 advice

Get on-demand support with 24/7 care advice by phone.



## E-visit

Use our online symptom checker for certain conditions and get personalized care advice within a few hours.



## Care away from home

You're covered for emergency care anywhere in the world. When you're not in a Kaiser Permanente area, get urgent care from any provider, including MinuteClinic<sup>®</sup> locations (in select CVS and Target stores) or Concentra<sup>®</sup> urgent care centers.



## Care while traveling

You can get routine care at any Kaiser Permanente location in another region. You can also get outpatient continuing and outpatient follow-up care outside of Kaiser Permanente service areas through the FEHB travel benefit. If you get hurt or sick while traveling, we'll help you get care. We can also help you before you leave town by checking to see if you need a vaccination, refilling prescriptions, and more. Just call our 24/7 Away from Home Travel Line at **951-268-3900** or visit **kp.org/travel**.

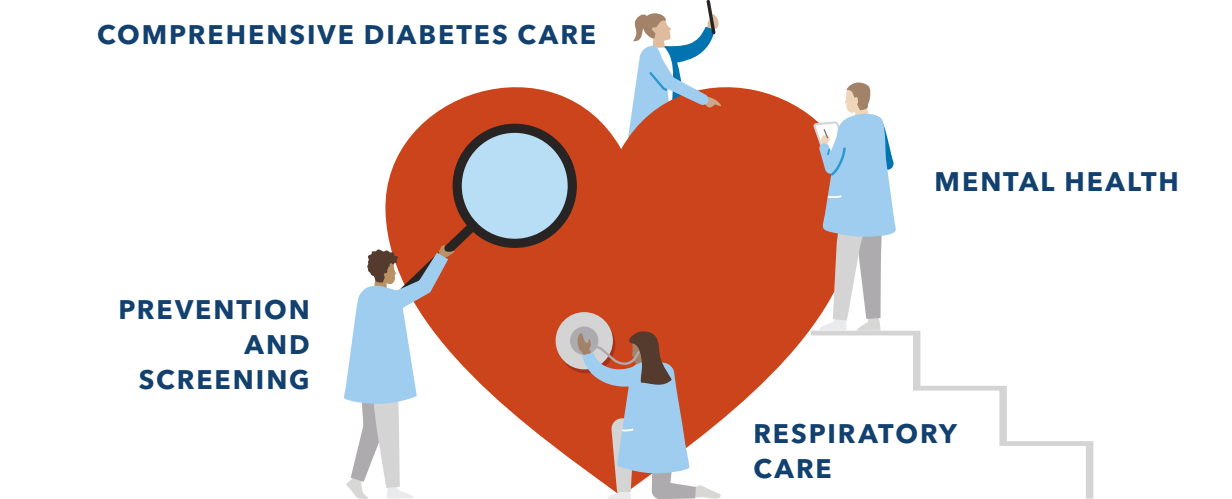
### Telehealth is covered at no cost with most plans<sup>4</sup>

Telehealth has been part of how we deliver care for years, making it easy for our members to connect virtually to care during the pandemic. Our members had 15 million more telehealth care encounters in 2020 than in 2019.<sup>5</sup>

# Industry-leading clinical quality

We're known for catching problems early with preventive care. But if your health needs serious attention, our industry-leading specialty care has you covered.

In 2020, Kaiser Permanente led the nation as the top performer in 34 effectiveness-of-care measures. The closest national competitor led in only 17.<sup>6</sup>



## Specialty care when you need it

No matter your needs – mental health, maternity, cancer care, heart health, or another specialty – you'll have access to great doctors, advanced technology, and evidence-based care to help you recover quickly.

### A comprehensive approach to care

With one of the largest multispecialty medical groups in the country, we can connect you with the right specialist who will create a personalized plan for your care. To learn how our specialists work together in a connected system, visit **kp.org/specialtycare**.

### 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.

# Healthy resources

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

## Get the most out of your membership perks

### Healthy rewards



Take simple steps to improve your well-being and earn up to \$150 to pay for qualified medical expenses.<sup>7</sup> An FEHB subscriber and their enrolled spouse (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

Learn more and get started at [kp.org/feds](https://kp.org/feds).

### Help to quit smoking



If you use cigarettes, e-cigarettes, or other tobacco products, let us help you quit. You pay nothing for classes, coaching by phone, online programs, and prescriptions, including prescribed over-the-counter tobacco-cessation drugs. For more information, ask your doctor or visit [kp.org/quitsmoking](https://kp.org/quitsmoking).

### Complementary health and fitness programs<sup>8</sup>



Enjoy reduced rates on services that can help you stay healthy – like gym memberships<sup>9</sup>, acupuncture, massage therapy, and chiropractic care.

### Self-care apps<sup>8, 9</sup>



Navigate mental and emotional challenges and help improve your sleep, mood, relationships, and more with the help of wellness apps, available at no cost to adult members. Visit [kp.org/selfcareapps](https://kp.org/selfcareapps).

### Healthy lifestyle programs<sup>8, 9</sup>



Connect to better health with online programs to help you lose weight, reduce stress, and more – all at no cost. Learn more at [kp.org/healthylifestyles](https://kp.org/healthylifestyles).

### Personal wellness coaching<sup>8</sup>



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).

# Featured benefits

## Stay connected to your care team



With Kaiser Permanente, it's easy to stay connected to your care team and to stay on top of your health – when and where it works for you. See page 6 for many convenient ways to communicate with your doctor and other caregivers about your health, from video visits and telephone appointments to emailing your doctor's office with nonurgent questions.

With our online and remote options, you'll get the same high-quality care you'd get in person. Your entire care team is connected to your electronic health record, so they always work together to give you care that's personalized to meet your needs.

## Look up prescription drug costs



Use our prescription drug calculator to see the costs for many drugs and find plan pharmacies near you. You can also learn how to save time and money by visiting Kaiser Permanente pharmacies or refilling most prescriptions by mail. Visit [kp.org/feds](https://kp.org/feds) to learn more and use this tool.

## Save on prescription drugs



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 2 30-day-supply plan pharmacy copays for most drugs.

## Get chiropractic services without a referral



You can get up to 20 chiropractic visits per year, without a referral, with any American Specialty Health (ASH) Plans of California, Inc., participating provider. To find a participating provider, visit [ashlink.com/ash/kp](https://ashlink.com/ash/kp) or call **1-800-678-9133**, Monday through Friday, 5 a.m. to 6 p.m. For TTY, call **711**.



# Which plan option is right for you?

## 1. Choose an option

High Option	Standard Option	Prosper (formerly named Basic Option)
<ul style="list-style-type: none"> <li>• No deductible</li> <li>• Lowest copays for services and prescription drugs</li> </ul>	<ul style="list-style-type: none"> <li>• Lower premium than High Option</li> <li>• Predictable copays</li> <li>• Low \$100 deductible</li> </ul>	<ul style="list-style-type: none"> <li>• Lower copays for office visits and urgent care services than our Standard Option</li> <li>• \$500 deductible (does not apply to preventive care, office visits, urgent care, prescription drugs, and more)</li> </ul>
Best option if you:	Best option if you:	Best option if you:
<ul style="list-style-type: none"> <li>• Anticipate frequent care visits</li> <li>• Want predictable and low out-of-pocket costs</li> </ul>	<ul style="list-style-type: none"> <li>• Want a lower premium and predictable out-of-pocket costs</li> </ul>	<ul style="list-style-type: none"> <li>• Are in good overall health</li> <li>• Want to pay the lowest premiums</li> </ul>

## 2. Select the type of enrollment you want

- **Self Only** covers you.
- **Self Plus One** covers you and one eligible family member.
- **Self and Family** covers you and all eligible family members.

## 3. Sign up online or call

Find your enrollment code in the chart on page 13. Then visit **opm.gov** to enroll online or contact your employing agency or retirement office for next steps and other information.

Annuitants can contact the Retirement Information Center at **1-888-767-6738** (TTY **1-855-887-4957**) or **retire@opm.gov**.

If you qualify for Medicare, or will soon, see page 14 for more information.



### Changing your enrollment type

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.

These are highlights of the FEHB enrollment process. Please refer directly to [opm.gov](http://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](http://kp.org/feds) or by calling Member Services.

## Your 2022 benefits at a glance

Benefits and Services	High Option	Standard Option	Prosper
<b>Deductible</b>	None	\$100	\$500
<b>Outpatient services</b>			
Preventive care	\$0	\$0	\$0
Telehealth	\$0	\$0	\$0
Primary care office visit	\$15	\$30	\$25
Specialty care office visit	\$25	\$40	\$35
Laboratory tests	\$0	\$10*	20%*
X-rays	\$0	\$10*	20%*
Chiropractic services** 20 visits per year	\$15	\$15	\$15
<b>Maternity</b>			
Routine prenatal care and postpartum visit	\$0	\$0	\$0
Delivery	\$250	\$500*	20%*
<b>Hospital services</b>			
Outpatient surgery	\$50	\$200*	20%*
Inpatient hospital	\$250	\$500*	20%*
<b>Emergency and urgent care</b>			
Urgent care	\$15	\$30	\$25
Emergency care	\$100	\$150*	20%*
Ambulance	\$50	\$150*	20%*
<b>Prescription drugs</b>			
Generic	\$10	\$15	\$15
Brand	\$40	\$50	\$60
Specialty	\$100	\$150	\$200
<b>Out-of-pocket Maximum</b>	\$2,000	\$3,000	\$5,500

\*Deductible applies.

\*\*Chiropractic services without a referral, with any American Specialty Health (ASH) Plans of California, Inc., participating provider. To find a participating provider, visit [ashlink.com/ash/kp](http://ashlink.com/ash/kp) or call 1-800-678-9133, Monday through Friday, 5 a.m. to 6 p.m. For TTY, call 711.

### Notes:

- Deductible and out-of-pocket maximum amounts are per person, but no more than 2 times per family.
- Coinsurance (%) is based on our allowance.
- Telehealth options include video, phone, email, and more. See page 6, Convenient ways to get what you need.
- Prescription drug copayments are for a 30-day supply at Kaiser Permanente pharmacies. You pay only 2 copays for up to a 100-day supply for most drugs through Kaiser Permanente's mail-order program.

This is a summary of the features of the Kaiser Permanente - Northern California FEHB 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.

## Here's what you'll pay

These rates do not apply to all enrollees. If you are in a special enrollment category, please refer to the FEHB Program website or contact the agency or Tribal Employer that maintains your health benefits enrollment.

Your Premium Share*	High Option	Standard Option	Prosper	
<b>Self Only</b>	Biweekly	\$217.74	\$131.24	\$75.99
	Monthly	\$471.77	\$284.35	\$164.64
<b>Self Plus One</b>	Biweekly	\$579.64	\$355.43	\$186.61
	Monthly	\$1,255.89	\$770.10	\$404.32
<b>Self and Family</b>	Biweekly	\$530.14	\$305.93	\$177.81
	Monthly	\$1,148.64	\$662.85	\$385.25

### Choose the right enrollment code

Enrollment Code	High Option	Standard Option	Prosper
<b>Self Only</b>	591	594	KC1
<b>Self Plus One</b>	593	596	KC3
<b>Self and Family</b>	592	595	KC2



### 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.

**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.

# Get more with a Kaiser Permanente Medicare health plan

## Why choose a Kaiser Permanente Medicare health plan for FEHB members?

As a Kaiser Permanente member, you can enhance your FEHB benefits by enrolling in a Kaiser Permanente Senior Advantage for Federal Members (HMO) plan.<sup>10</sup> You keep your FEHB coverage, but you will pay lower copayments and get additional benefits. You must have Part B to enroll in Senior Advantage.

## New 2022 benefit highlights

### NEW higher Part B premium reimbursement for High and Standard Options Senior Advantage 2

Receive up to **\$250 reimbursement** per month (**\$3,000** per year) towards your Medicare Part B premium, including Late Enrollment Penalties (LEP) and Income Related Monthly Adjustment Amount (IRMAA).

### High Option Senior Advantage 1

Take advantage of new benefits to help you thrive.



#### New meal delivery

After an inpatient stay at a hospital or skilled nursing facility, you can get back to health more quickly with fresh and nutritious meal deliveries. This new benefit includes:

- 3 dietitian-designed meals a day for up to 4 weeks – a total of 84 meals
- Delivery to any address in coverage region
- More than 70 entrée options, including heart-healthy, diabetic-friendly, and gluten-free meals



#### New nonemergency transportation

Making it easier for you to get access to care and never miss an important medical appointment. Your new transportation benefit gives you up to 24 one-way rides to:

- Lab visits
- Doctor appointments
- Pick up medications or medical equipment

For a full list of benefit changes, refer to the FEHB plan brochure, RI 73-003 and the Medicare Evidence of Coverage.



For more information on our Kaiser Permanente Medicare health plans, visit [kp.org/feds](https://kp.org/feds).





# What Senior Advantage plans are available to FEHB members?

As a Federal retiree, you can select the Senior Advantage plan that best fits your lifestyle no matter what plan option you're on.

## If you are a High or Standard Option member, you have 2 great choices

By enrolling in Senior Advantage, you get the additional benefits summarized below. See the chart on pages 18-19 for details.

Senior Advantage 1	Senior Advantage 2
<ul style="list-style-type: none"> <li>• <b>Lower copayments</b> for primary and specialty care office visits, outpatient surgery, inpatient hospital care, emergency care, urgent care, and some prescription drugs</li> <li>• <b>Up to a 100-day supply</b> of prescription drugs for 1 copay at Plan pharmacies or through mail order (High Option)</li> <li>• <b>Eyewear allowance</b> of \$200 (High Option) or \$150 (Standard Option) every 24 months</li> <li>• <b>No deductible</b> and lower out-of-pocket maximum</li> <li>• <b>Dental coverage</b> included (DeltaCare® USA dental HMO)</li> <li>• <b>NEW meal delivery</b> of 3 dietitian-designed meals a day for up to 4 weeks – a total of 84 meals – after an inpatient stay at a hospital or skilled nursing facility (High Option)</li> <li>• <b>NEW nonemergency transportation</b> to medical providers (up to 24 one-way rides) (High Option)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>NEW reimbursement for Part B premium up to \$250</b> per month (<b>\$3,000</b> per year), the amount most people pay for their Medicare Part B.</li> <li>• <b>Lower copayments</b> for primary and specialty care office visits, urgent care, emergency care, outpatient surgery, and most prescription drugs (Standard Option)</li> <li>• <b>Membership in Silver&amp;Fit®</b> fitness program at no extra charge*</li> <li>• <b>\$500 allowance</b> per ear for hearing aids every 36 months (High Option)</li> <li>• <b>No deductible</b> and lower out-of-pocket maximum</li> </ul>

## Prosper members get better benefits too

- **No deductible** and lower out-of-pocket maximum
- **No cost-sharing** for labs and X-rays
- **\$150 allowance for eyewear** every 24 months
- **Lower copays** for specialty care office visits, outpatient surgery, inpatient hospital care, emergency care, ambulance, and most prescription drugs

\*Silver&Fit® is a federally registered trademark of American Specialty Health, Inc.

# Enrolling in Medicare

Here's what you need to know about enrollment periods and when you can sign up for Medicare.



## Initial Enrollment Period

You can first sign up for Part A and/or Part B during the 7-month period that begins 3 months before the month you turn 65, includes the month you turn 65, and ends 3 months after the month you turn 65.



## General Enrollment Period

If you don't sign up for Part B when you're first eligible, you can sign up between January 1 and March 31 each year, for a July 1 effective date. Your coverage won't start until July 1 of that year, and you may have to pay a higher Part B premium for late enrollment.



## Special Enrollment Period (SEP)

If you continue to work past age 65 and you delayed your enrollment in Medicare Parts A and B, you can sign up during SEP. You have up to 8 months from the date you retired to enroll in Medicare Parts A and B to avoid a late enrollment penalty.



## What's next?

To learn more about Medicare benefits and eligibility, call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**), Monday through Friday, 8 a.m. to 7 p.m.

If you're ready to enroll in a Kaiser Permanente Medicare health plan for Federal Members, or have questions, call our Kaiser Permanente Medicare specialists at **1-877-297-0569** (TTY **711**), Monday through Friday, 8 a.m. to 8 p.m. We'll be happy to answer your questions and walk you through the enrollment process.

# Senior Advantage (HMO) for Federal Members

Enrolling in Senior Advantage for Federal Members does not change your FEHB premium.

See page 13 for your premium share.

2022 Benefits and Services	High Option		
	Without Medicare	Senior Advantage 1	Senior Advantage 2
<b>Deductible</b>	None	None	None
<b>Outpatient services</b>			
Preventive care	\$0	\$0	\$0
Telehealth	\$0	\$0	\$0
Primary care office visit	\$15	\$5	\$10
Specialty care office visit	\$25	\$5	\$10
Most lab tests and X-rays	\$0	\$0	\$0
Chiropractic - 20 visits per year	\$15	\$15	\$15
<b>Hospital services</b>			
Outpatient surgery	\$50	\$5	\$50
Inpatient hospital	\$250	\$100	\$250
<b>Emergency and urgent care</b>			
Urgent care	\$15	\$5	\$10
Emergency care	\$100	\$75	\$75
Ambulance	\$50	\$50	\$50
<b>Prescription drugs**</b>			
Generic	\$10	\$10	\$10
Brand	\$40	\$30	\$40
Specialty	\$100	\$100	\$100
<b>Additional Senior Advantage benefits</b>			
Eyewear allowance (every 24 months)	Not covered	\$200	Not covered
Dental	Not covered	Included	Not covered
Fitness membership	Not covered	Not covered	Silver&Fit®
Nonemergency transportation and meal delivery	Not covered	Included	Not covered
Hearing aid allowance for adults (per ear, every 36 months)	Not covered	Not covered	\$500
Part B reimbursement	None	None	Up to \$250 per month
<b>Out-of-pocket Maximum</b>	\$2,000	\$2,000	\$2,000

\*Deductible applies.

\*\*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. For certain drugs, you can get prescription refills mailed to you through our Kaiser Permanente mail-order pharmacy. You should receive them within 3-5 days. If not, please call 1-888-218-6245 (TTY 711).

**Notes:**

- Deductible and out-of-pocket maximum amounts are per person, but no more than 2 times per family.
- Coinsurance (%) is based on our allowance.

2022 Benefits and Services	Standard Option			Prosper	
	Without Medicare	Senior Advantage 1	Senior Advantage 2	Without Medicare	Senior Advantage
<b>Deductible</b>	\$100	None	None	\$500	None
<b>Outpatient services</b>					
Preventive care	\$0	\$0	\$0	\$0	\$0
Telehealth	\$0	\$0	\$0	\$0	\$0
Primary care office visit	\$30	\$15	\$25	\$25	\$25
Specialty care office visit	\$40	\$15	\$25	\$35	\$25
Most lab tests and X-rays	\$10*	\$10	\$10	20%*	\$0
Chiropractic - 20 visits per year	\$15	\$15	\$15	\$15	\$15
<b>Hospital services</b>					
Outpatient surgery	\$200*	\$15	\$25	20%*	\$25
Inpatient hospital	\$500*	\$250	\$500	20%*	\$250 per day up to \$1,000
<b>Emergency and urgent care</b>					
Urgent care	\$30	\$15	\$25	\$25	\$25
Emergency care	\$150*	\$75	\$75	20%*	\$75
Ambulance	\$150*	\$125	\$150	20%*	\$150
<b>Prescription drugs**</b>					
Generic	\$15	\$10	\$10	\$15	\$10
Brand	\$50	\$40	\$47	\$60	\$47
Specialty	\$150	\$150	\$150	\$200	\$200
<b>Additional Senior Advantage benefits</b>					
Eyewear allowance (every 24 months)	Not covered	\$150	Not covered	Not covered	\$150
Dental	Not covered	Included	Not covered	Not covered	Not covered
Fitness membership	Not covered	Not covered	Silver&Fit®	Not covered	Not covered
Nonemergency transportation and meal delivery	Not covered	Not covered	Not covered	Not covered	Not covered
Hearing aid allowance for adults (per ear, every 36 months)	Not covered	Not covered	Not covered	Not covered	Not covered
Part B reimbursement	None	None	Up to \$250 per month	None	None
<b>Out-of-pocket Maximum</b>	\$3,000	\$2,000	\$2,000	\$5,500	\$2,000

• Telehealth options include video, phone, email, and more. See page 6, Convenient ways to get what you need.

• Copayments are for a 30-day supply, or 100-day supply for High Option Senior Advantage 1, at Kaiser Permanente pharmacies. You pay only 2 copays for up to a 100-day supply for most drugs through Kaiser Permanente's mail-order program.

• Silver&Fit® is a federally registered trademark of American Specialty Health, Inc.

This is a summary of the features of the Kaiser Permanente health plan, including Kaiser Permanente Senior Advantage for Federal Members. Before making a final decision, please read the Federal Employees Health Benefits (FEHB) brochure RI 73-003. All benefits are subject to the definitions, limitations, and exclusions set forth in the FEHB brochure and the Kaiser Permanente Senior Advantage for Federal Members *Evidence of Coverage*.

# Quality vision and dental coverage<sup>9</sup>

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

Current members can 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](https://kp.org/feds). New dental member? Call us at **1-800-933-9312** for more information. Rates are listed below.

2022 Dental Rates	KPIC		DeltaCare USA	
	Monthly	Monthly	Monthly	Quarterly
Self Only	\$35.38	\$14.26	\$14.26	\$42.77
Self + 1	\$62.71	\$23.87	\$23.87	\$71.60
Self + 2 or more	\$94.26	\$36.18	\$36.18	\$108.53



# Locations near you

## Now Open:

### Marshall Medical Offices, Redwood City

(South Bay and Peninsula Service Area) – The new Marshall Medical Offices on our Redwood City campus bring over 30 departments under one roof, including obstetrics/gynecology, pediatrics, and specialty care, such as our Advanced Neuroscience Center.

### Berkeley Medical Offices

(East Bay Service Area) – Located just a few miles from our Oakland Medical Center, this new building features 72 exam rooms, services like adult and family medicine, pediatrics, women’s health, mental health, laboratory, and also a spacious public square area.

### Lathrop Mental Health & Wellness

(Central Valley Service Area) – Providing mental health care services for adults, adolescents, and children, this state-of-the-art, 26,000-square-foot facility features 36 provider offices and fourteen group therapy rooms. This new facility offers medication management, crisis intervention, educational classes, counseling and therapy, and more.

## Opening this year:

### Care Essentials

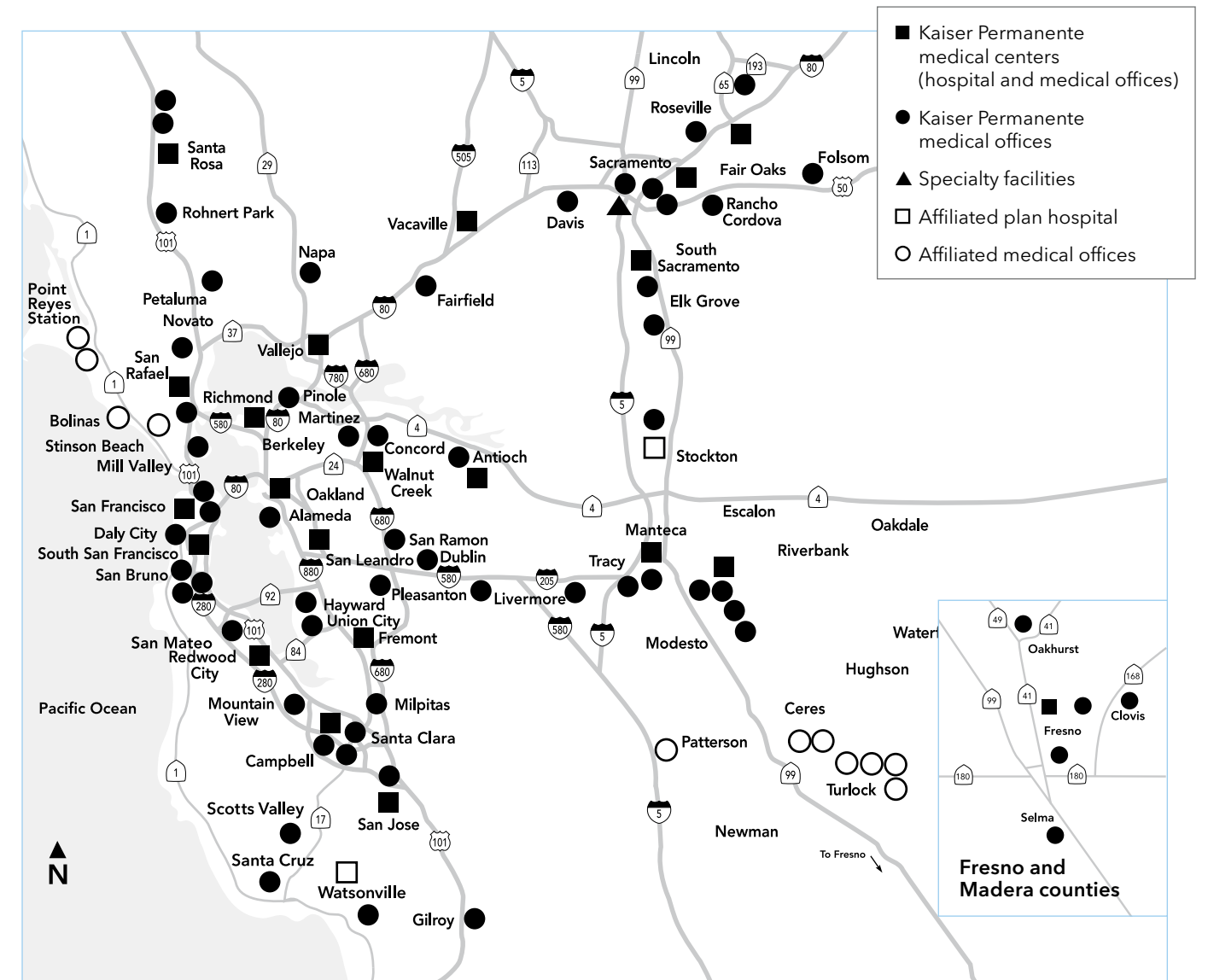
(San Francisco Service Area) – Care Essentials by Kaiser Permanente is a new model that offers our busy members convenient and high-quality services for minor health care needs. It gives members a safe and easy way to follow up on care prescribed during a virtual visit and helps them stay on top of routine wellness care. Services include minor illnesses or injuries, lab tests and screenings, prescriptions and medications, flu shots and injections, pregnancy tests, birth control, and more.

### San Rafael Park Medical Offices

(Marin Service Area) – The new location offers more options for members and their families to receive the high-quality care they trust with additional space, expanded services, more convenience, and new medical technology. The new sustainably-designed facility creates a natural calming environment, designed to provide our members with care and comfort through all life’s stages.



Care Essentials, downtown San Francisco



Maps not to scale

## Finding the right location

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



- Visit [kp.org/facilities](https://www.kp.org/facilities) to search by ZIP code, keyword, or the type of service you need.
- Search on your smartphone with the location finder on the Kaiser Permanente mobile app.<sup>11</sup>

City	Facility	Address
<b>Alameda County</b>		
Alameda	● Alameda Medical Offices	2417 Central Ave.
	● Berkeley Medical Offices	2621 Tenth St.
Dublin	● Dublin Medical Offices and Cancer Center	3100 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.
	● San Rafael Park Medical Offices	1650 Los Gamos Dr.
	● Downtown San Rafael Medical Offices - 3rd St.	1033 3rd St.
<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.
	● Sierra Gardens Medical Offices	1840 Sierra Gardens Dr.

■ Kaiser Permanente medical centers (hospital and medical offices)    ● Kaiser Permanente medical offices    □ Affiliated plan hospitals  
 ▲ Specialty facilities    ○ 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.
	● Wyndham Medical Offices	7300 Wyndham Dr.
<b>San Francisco County</b>		
San Francisco	■ Care Essentials by Kaiser Permanente Salesforce Transit Center	425 Mission St., Ste. 200
	● 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>		
Lathrop	■ Lathrop Mental Health and Wellness Center	17000 S. Harlan Rd.
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	■ Marshall Medical Offices	905 Maple St.
	● 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.

City	Facility	Address
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.
Mountain View	● Mountain View Medical Offices	555 Castro St. 565 Castro St.
San Jose	■ San Jose Medical Center	250 Hospital Pkwy.
	● Skyport Medical Offices	1717 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	○ Maryam Esho, MD	1729 N. Olive Ave., Ste. 7
	○ Puliadi Kumar, MD	1110 Delbon Ave.
	○ Turlock Pediatric Medical Group	1100 Delbon Ave.
<b>Yolo County</b>		
Davis	● Davis Medical Offices	1955 Cowell Blvd.

■ Kaiser Permanente medical centers (hospital and medical offices) ● Kaiser Permanente medical offices ▲ Specialty facilities □ Affiliated plan hospitals ○ Affiliated medical offices

1. When appropriate and available. If you travel out of state, phone appointments and video visits may not be available due to state laws that may prevent doctors from providing care across state lines. Laws differ by state. 2. In the case of a pandemic, some facilities may be closed or offer limited hours and services. 3. Available on most prescription orders; additional fees may apply. For more information, contact the pharmacy. 4. High deductible health plans may require a copay or coinsurance for phone appointments and video visits. 5. Source: Kaiser Permanente Telehealth Insights Dashboard. 6. Kaiser Permanente 2020 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 2020 and is used with the permission of NCQA. Quality Compass 2020 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. 7. We will send you a Kaiser Permanente health payment card 4 to 6 weeks after you complete your first activity. We will load rewards when you complete activities, so keep the card until it expires. Rewards you earn during a plan year can be used to pay for qualified medical expenses through March 31 of the following year. Go to [kp.org/feds](https://kp.org/feds) to learn more and get started. 8. These services aren't covered under your health plan benefits and aren't subject to the terms set forth in your Evidence of Coverage or other plan documents. These services may be discontinued at any time without notice. 9. 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. 10. Includes Medicare Parts A, B, and D in a single plan. 11. To use the Kaiser Permanente app, you must be a Kaiser Permanente member registered on [kp.org](https://kp.org).

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 8 ("Healthy resources") and on page 20 (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](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 (closed holidays). For TTY, call **711**.

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 (closed holidays). 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).

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 Medicare health plan service area in which you enroll. Enrolling in a Kaiser Permanente Medicare health plan 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. FEHB Program coverage is described in FEHB brochure RI 73-003. You can enroll in Kaiser Permanente Medicare health plan for Federal Members if you have Medicare Part B and are an FEHB Kaiser Permanente member.

# Let us help you find your healthy place

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

## Care is just a click away with convenient online tools

### Already a member?

Manage your care online anytime at [kp.org](https://kp.org). If you haven't already, go to [kp.org/registernow](https://kp.org/registernow) so you can start emailing your doctor's office with nonurgent questions, schedule routine appointments, order most prescription refills, and more.

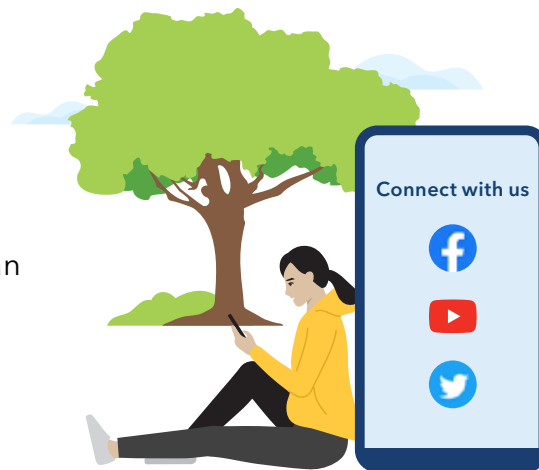
### Not a member yet?

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.

### Once you join ...

Visit [kp.org/newmember](https://kp.org/newmember) to get started. It's easy to register at [kp.org](https://kp.org), choose your doctor, transfer your prescriptions, and schedule your first routine appointment. And if you need help, just give us a call.



## Care near where you live and work

You're free to see different doctors at different locations. Browse your convenient care options at [kp.org/facilities](https://kp.org/facilities).

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057