

EXPLORE ADDED FEATURES OF OUR KAISER PERMANENTE MEDICARE ADVANTAGE (HMO) PLANS

For employer group and retiree members

When you join a Kaiser Permanente Medicare Advantage plan, you not only get your medical and prescription drug coverage all in one plan—you also receive additional features to care for the whole you, at no additional cost.

Check out all these additional features included in your health plan:



Vision

Routine eye care and an allowance on glasses and contact lenses



Virtual care³

Care from the comfort of home



Fitness membership¹

The Silver&Fit[®] Healthy Aging and Exercise Program



Thriving After 60

A wellness community with events to help connect members over 60



Transportation²

24 rides to or from medical appointments



BrainHQ

Online brain health exercises



Preventive Dental Plan

\$30 copays for each preventive care office visit



Advance health care directive online tools and classes

Virtual class and tools to help you designate a health care agent and provide medical care instructions in the event that you cannot communicate

Check inside to learn more about these features and how they can help you be your healthiest self.



VISION CARE:

Quality you can see

Your plan includes routine eye exams, glaucoma screenings, and cataract screenings at Vision Essentials locations in our medical centers. You also receive a \$200 allowance every 24 months on glasses or contact lenses. Some members may have an additional eyewear allowance.

When you join our plan, you will receive an *Evidence of Coverage* with details about your eyewear allowance, exam copayments, and a complete list of exclusions and limitations.

To view a list of Vision Essentials locations, visit kp2020.org.



FITNESS PROGRAM:

The Silver&Fit[®] Healthy Aging and Exercise Program¹

We've included the following with your Kaiser Permanente Medicare health plan:

- **Fitness center membership:** Reshape your life with membership at a local participating Silver&Fit fitness center. Visit SilverandFit.com to find a fitness center near you.
- **Digital fitness choices with home fitness tools:** Members may select one home fitness kit* per calendar year. Choose from wearable fitness tracker, Pilates, strength, swim, and yoga kit options. This benefit also includes access to digital workout videos, the Get Started program, Healthy Aging educational materials, newsletters, online classes, and other helpful features.

For more information about the Silver&Fit program, visit SilverandFit.com.

*Kits are subject to change and once selected cannot be exchanged.



Transportation to medical appointments²

Kaiser Permanente Medicare Advantage includes 24 rides to or from nonurgent medical appointments at Kaiser Permanente medical centers and contracted facilities. Call **1-855-932-5412**, 24 hours a day, 7 days a week, to schedule a ride or find out how many rides you have left for the year. Rides must be scheduled at least 2 hours before your pick-up time. A scheduled ride must also be canceled at least 3 hours before your pick-up time, or it will be deducted from your annual ride balance.



Preventive Dental Plan

When you enroll in a Kaiser Permanente Medicare health plan, you automatically receive preventive dental coverage through Dominion National (Dominion). With the Preventive Dental Plan, you pay a \$30 copayment for each preventive care office visit. This includes:

- Oral exams, up to two per year
- Cleanings, up to two per year
- Bitewing x-rays, up to two per year

More extensive care (fillings, crowns, dentures, root canals, periodontal treatment, oral surgery, etc.) is provided at a lower cost than usual for these services. When covered, specialty care services are performed by plan specialists and a different fee will apply. To see a complete fee schedule, including exclusions and limitations, visit [DominionNational.com/kaiserdentists](https://www.dominionnational.com/kaiserdentists) or call Dominion Member Services at **1-855-733-7524** (TTY **711**), Monday through Friday, 7:30 a.m. to 6 p.m. When you become a member, you will find the fee schedule in your *Evidence of Coverage*.

Choosing a dentist

For a list of participating dentists—or information about a dentist such as office hours, directions, languages spoken, etc.—visit [DominionNational.com/kaiserdentists](https://www.dominionnational.com/kaiserdentists) or call Dominion Member Services at **1-855-733-7524** (TTY **711**), Monday through Friday, 7:30 a.m. to 6 p.m.

Specialty care is also available in many locations. To receive treatment from a participating specialist, ask your participating general dentist to arrange a referral. Your costs may be higher for care you receive from a network specialist. Services received from nonparticipating dentists are not covered.

After you choose a dentist, you can make an appointment by calling your chosen dental office. Bring your Kaiser Permanente ID card to your appointment. There is no separate dental ID card.

Have questions? Call Dominion member services.

Quality service is an important part of any dental plan. Dominion Member Services specialists are available to answer questions about coverage or to help you find a participating dentist. Just call **1-855-733-7524** (TTY **711**), Monday through Friday, 7:30 a.m. to 6 p.m. Dominion's automatic voice response system is also available 24 hours a day.

Dental benefits are underwritten by Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., and administered by Dominion National.





VIRTUAL VISITS:

Care from the comfort of home

Our members choose how, when, and where to access care. We offer flexible virtual care options to visit with your Kaiser Permanente doctor, specialist, emergency physician, or another clinical provider. These are core components of our integrated delivery system, not add-ons, so quality care is built into every experience.

Our flexible virtual care options include:

 Video visits ³	 Phone appointments	 24/7 advice line	 Secure email with your doctor for nonurgent questions	 E-visits for personalized advice
--	---	---	---	---

You must be registered at kp.org to schedule video visits online. You can register at kp.org/register or through the Kaiser Permanente app. You can also schedule video visits by calling the Kaiser Permanente appointment line at **1-800-777-7904**, 24 hours a day, 7 days a week.

If you need help joining a video visit on your computer or mobile device, call our appointment line above or visit kp.org/videovisit.



Advance health care directive online tools and classes

Visit kp.org/lifecareplan to create an advance directive document that designates a health care agent and provides medical care instructions in the event that you cannot communicate.

Join a virtual class, led by certified life care planning facilitators, to help you learn about the importance of life care planning and develop a personal action plan and next steps. To register for a class, call **1-800-777-7904** (TTY **711**), 24 hours a day, 7 days a week, or register online by logging into your kp.org account and clicking on "Appointments."



THRIVING AFTER 60:

Have fun, make friends, and get active with our community events

The Thriving After 60 community is dedicated to keeping its members mentally and physically healthy—all while having a good time. Come make like-minded new friends at our engaging virtual and in-person events and workshops,* which focus on supporting the changing health and wellness needs of those over 60. Our activities are designed to help you maintain your health and energy and stay connected with the community well into retirement. Follow our Facebook page at facebook.com/ThrivingAfter60 to stay informed, and register for our events anytime at kp.org/ta60mas.

*In-person event schedule based on necessary COVID-19 response.



BRAINHQ:

Brain training that works

At Kaiser Permanente, we believe in caring for the whole you—mind and body. That's why we've included online brain health exercises with your membership at no extra cost.

Your brain defines who you are. It's the center of everything you think, do, and feel. To support your brain health, Kaiser Permanente offers BrainHQ, with online exercises that you can do on a computer or mobile device to improve cognitive function (including memory, attention, and processing speed) as well as daily life (including safer driving, improved balance, and better mood). People who use it notice the difference.

What's more, BrainHQ supports you every step of the way, with great features such as:

- Weekly challenges to inspire you to improve
- A personalized trainer that tailors the training to you
- Progress reports to give you insight into how you're doing
- Flexible training that fits your schedule
- A monthly newsletter with brain health news, tips, and recipes

When you join our plan, visit kp.brainhq.com to set up your BrainHQ account—remember, it's offered to you at no extra cost. For questions, call BrainHQ at **1-877-573-3067**, Monday through Friday, 10:30 a.m. to 7:30 p.m. or email support@brainhq.com.



We're here to help

If you have questions or are ready to enroll in a Kaiser Permanente Medicare Advantage plan, call **1-800-747-2189 (TTY 711)**, 8 a.m. to 8 p.m., 7 days a week to speak to a Kaiser Permanente Medicare specialist. You can also enroll at kp.org/medicare.

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.

¹ The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Silver&Fit is a registered trademark of ASH and used with permission herein. All programs and services are not available in all areas. Participating fitness centers and fitness chains may vary by location and are subject to change.

² Twenty-four one-way rides per contract year. For nonemergency transportation only.

³ If you travel out of state, phone appointments and video visits may not be available due to state laws that may prevent doctors and health care providers from providing care across state lines. Laws differ by state.