Explore added features of our Kaiser Permanente Medicare Advantage (HMO) plans

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 extra cost.



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

Vision
Routine eye care and an allowance on glasses and contact lenses

One Pass® fitness program[1]
Choose a fitness center or exercise at home with digital and on-demand workouts

Transportation[2]
24 one-way rides for medical appointments

Preventive dental plan
$30 copays for each preventive care office visit

Virtual care[3]
Care from the comfort of home

Thriving After 60
A wellness community with events to help connect people over age 60

BrainHQ
Online brain health exercises

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

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VISION CARE:

Quality you can see

Your plan includes routine eye exams, glaucoma screenings, and cataract screenings at Vision Essentials by Kaiser Permanente (located 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'll 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:

One Pass®[1]

The One Pass fitness program can help you find the right fitness routine for you, whether you exercise at home or the gym. Choose from a large nationwide network of gyms and fitness centers and enjoy digital fitness classes from the comfort of home.

Work out your way and find your fit:

- **At the gym:** Choose from the largest nationwide network of gyms and fitness locations. Visit any place in the network and create a routine just for you.
- **With a home fitness kit:** Get fit and have fun with strength, yoga, and dance kits designed to help you work out at home.[4]
- **At home:** Work out at home with live, digital fitness classes or on-demand workouts. Plus, use our custom workout builder to create routines tailored to your fitness level and interests.
- **With new friends:** Join a group class or find local clubs and social events that match your interests—there are many great ways to connect with others who share your passions.

For more information, visit **YourOnePass.com** or call **1-877-614-0618** (TTY **711**), Monday through Friday, 9 a.m. to 10 p.m.

Transportation to medical appointments[2]

Kaiser Permanente Medicare Advantage includes 24 one-way rides for nonurgent medical appointments at Kaiser Permanente medical centers and contracted facilities. To schedule a ride, or find out how many rides you have left for the year (your ride balance), please call **1-855-932-5412** (TTY **711**), 24 hours a day, 7 days a week. You can also schedule rides online at **kpmas.member.saferidehealth.com**. A scheduled ride must also be canceled at least 3 hours before your pickup 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 LIBERTY Dental Plan. 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. When you become a member, you will receive an *Evidence of Coverage (EOC)* that includes the dental fee schedule and exclusions and limitations.

Choosing a dentist

For a list of participating dentists—or information about a particular dentist, such as office hours, directions, and languages spoken—visit **LibertyDentalPlan.com/kaiserdentists** or call LIBERTY Dental Plan Member Services at **1-888-650-1859** (TTY **711**), Monday through Friday, 8 a.m. to 8 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.

Make an appointment by calling your chosen dental office. Make sure you bring your LIBERTY Dental Plan ID card to your appointment.

Have questions? Call LIBERTY Dental Plan member services.

Quality service is an important part of any dental plan. LIBERTY Dental Plan Member Services specialists are available to answer questions about coverage or to help you find a participating dentist. Just call **1-888-650-1859** (TTY **711**), Monday through Friday, 8 a.m. to 8 p.m.

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

VIRTUAL VISITS:

Care from the comfort of home

Virtual care[3] allows members to see their personal doctor—as well as any specialists they've been referred to—by video, phone, or email. When you need medical attention, you can start your journey using any of our virtual care options after registering and logging on to **kp.org** and downloading the Kaiser Permanente app.[5]



Get Care Now with a Clinician 24/7
on-demand service with the next available clinician



E-visits
for personalized advice in 1 hour or less



Email
consultations with your doctor



24/7
advice line and online chat

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 "Health & Wellness." Under "Resource directories," click "health classes" and select "life care planning" under topics.

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 people 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**.

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**.

KAISER PERMANENTE®



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.

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] One Pass® is a registered trademark of One Pass Solutions, Inc. in the U.S. and other jurisdictions and is a voluntary program. The One Pass program and amenities vary by plan, area, and location. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. One Pass is not responsible for the services or information provided by third parties. Individuals should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them.

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

[3] 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 and health care providers from providing care across state lines. Laws differ by state.

[4] Three kits are offered and limited to one per year.

[5] To use the Kaiser Permanente app, you must be a Kaiser Permanente member registered on **kp.org**.

Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.
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