

Stay covered with Kaiser Permanente



If you've had a loss of employment or other major change in your life, you can keep the care and coverage you know and trust. Here's how to enroll in a plan that fits your budget and your needs.

3 simple ways to get started:

- Visit kp.org/exploreeoptions to get personalized help and health care recommendations.
- Call **1-800-270-4095** (TTY **711**), Monday through Friday, 6 a.m. to 8 p.m. Pacific time for a one-on-one consultation or to see if you qualify for financial assistance.
- Watch a webinar for answers to your coverage questions at kp.org/coveragewebinar. Each webinar includes a short, recorded presentation followed by a live chat with an adviser.

You've got options

Visit kp.org/exploreeoptions to discover which type of plan is best for you. You can also see if you qualify for a government subsidy to help lower your costs.



Individuals and families

A range of health plans to help fit your needs and budget. Financial help is available for those who qualify.



COBRA

COBRA (Consolidated Omnibus Budget Reconciliation Act) coverage is a way to continue your current health coverage if you lose your job or your hours are reduced.*



Medicaid

Affordable coverage if you have little to no income or have a child who needs coverage.



Medicare health plans

Affordable coverage if you're 65 or older, or if you have a disability that meets certain criteria.

*COBRA continuation coverage may be available to you to continue employer-sponsored coverage for a limited time. COBRA continuation coverage is generally only available through employers with 20 or more employees. State COBRA options for under 20 employees may be available in your region (for example, Cal-COBRA).

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 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 4000 Garden City Drive, Hyattsville, MD 20785 • 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., 2715 Naches Ave. SW, Renton, WA 98057

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Learn more at kp.org/exploreeoptions

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