

Maximize Your Benefits

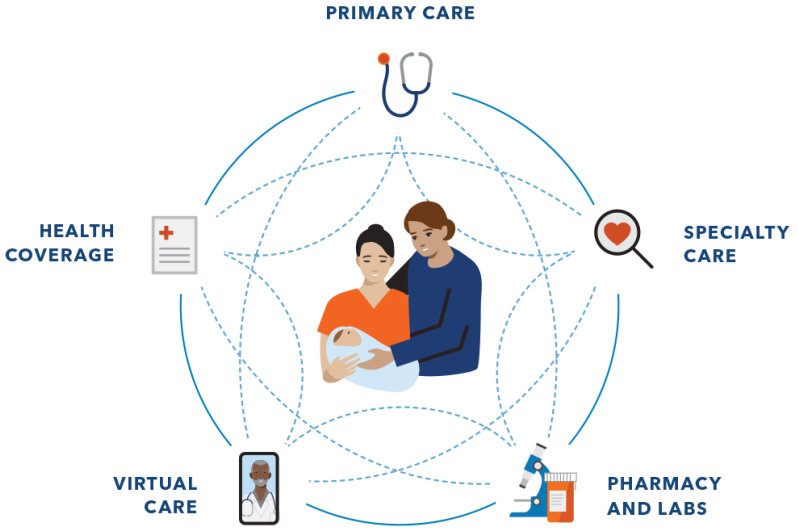
Folsom Cordova USD 10/29/2026

KAISER PERMANENTE®

Experience simpler, smarter health care

When all your needs are handled under one plan, you get:

- A seamless in-person and virtual care experience
- 24/7 access to care wherever you are
- Support for your mental health and wellness
- High-quality preventive, primary, and specialty care



Discover how we can help you live your best life at kp.org/caremadeeasy

KAISER PERMANENTE®

It’s easy to get started

Personalized onboarding

- A welcome call to answer your questions
- A member guide to get you started

3 easy steps to a healthy change

1. Choose your new doctor
2. Transition your care and prescriptions seamlessly
3. Get care on your schedule

Member outreach and new member services

- Northern CA: 1-866-454-8855 (TTY 711)
- Southern CA – 1-888-956-1616 (TTY 711)
- Hawaii – 1-808-643-5744 (TTY 711)
- Georgia – 1-888-865-5813 (TTY 711)
- Mid-Atlantic States – 1-800-777-7902 (TTY 711)
- Northwest – 1-888-491-1124 (TTY 711)

Get started today at **kp.org/newmember**



Care that’s personalized

A seamless connected care experience designed to support you

- An integrated model of care
- One shared electronic health
- Proactive preventive care
- Care beyond the visit
- Convenient digital access

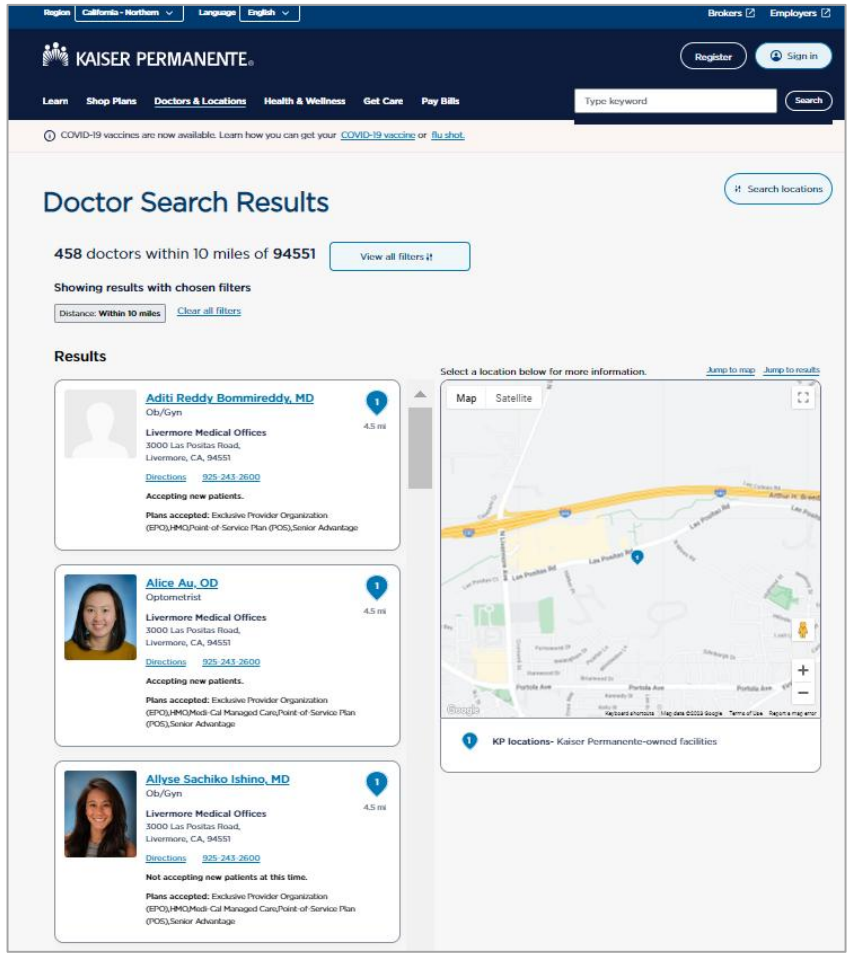
Learn more about health care that just works at **kp.org**



Finding the right doctor

Personalized care, built around you

- Browse our doctor profiles online by location, specialty, and more.
- Doctors who get to know your medical history, lifestyle, and goals.
- Doctors who can help you create a personal care plan and refer you to specialists when needed.
- Care teams that reflect diverse communities and languages.
- Your care team can see your medical history through your electronic health record for seamless, coordinated care.
- Freedom to change your doctor at any time, for any reason.



Find a doctor who's right for you at kp.org/doctors

KAISER PERMANENTE®

Care that’s convenient

Manage your health online from home or on the go

- Email your care team
- View most lab results
- Refill most prescriptions
- Schedule routine appointments
- View health history
- Get personal notifications
- Complete pre-visit tasks and forms
- Access your digital ID card
- Pay bills and estimate costs
- Print vaccination records
- Check your plan’s benefits and view claims
- Manage a family member’s health care*

*Due to privacy laws, certain features may not be available if they’re being accessed on behalf of a child younger than 18. Your child’s physician may also be prevented from giving you certain information without your child’s consent.

Download on the App Store

GET IT ON Google Play

Visit kp.org/register to create your online account or download the mobile app



Get care now – E-visits

Adult, Children or Teen concerns available through an e-visit include:

- Allergies or asthma
- Cold, flu, or COVID-19
- Ear
- Eye
- Gynecologic health (adult)
- Injury (non-urgent)
- Mental health
- Muscle or joint pain
- Pregnancy related
- Sexual health
- Skin and nails
- Stomach and bowel
- And more!

To start an E-visit:

- Log into kp.org or mobile app and locate care options
- Select the “Get Care Now” option and choose E-visit from list of services
- Select a symptom under concerns and follow next steps

Learn more at **kp.org/getcare**



Get care now – 24/7 nurse advice line

Urgent Care

An urgent care need is one that requires prompt medical attention, usually within 24 to 28 hours, but is not an emergency medical condition.

Examples of situations:

- Minor injuries
- Coughs
- Frequent urination or a burning sensation when urinating

Emergency Care (Immediate)

For symptoms that are severe or could risk life or bodily function.

Examples of symptoms include:

- Chest pain or pressure that may radiate to the arms, neck, back, shoulder, jaw, arm, or wrist
- Sudden onset of severe abdominal pain
- Severe shortness of breath

Learn more at **kp.org/getcare**



Convenient care while travelling

You’re covered for urgent and emergency care anywhere in the world.

Care outside of KP areas:

- Concentra Urgent Care Center
- Cigna PPO Network
- The Little Clinic
- MinuteClinic (in select CVS and Target Stores)

Visit **kp.org/travel** or call **951-268-3900** 24/7 to learn more.

*When appropriate and available. If you travel out of state, phone appointments and video visits may not be available in select states due to licensing laws. Laws differ by state.



Care while away at college

My school is in the same state as my home state

- Getting routine care works the same as when you're home.
- Visit your personal doctor or a Kaiser Permanente facility near your school.

My school is in a different Kaiser Permanente state

- If your school and home are in different states, set up a visiting medical record number for your new state
- Then, you can get routine care at a Kaiser Permanente facility near your school.*

My school is NOT located in a Kaiser Permanente state

- Routine in-person care isn't covered while you're way at college.
- You'll have to pay out of pocket for routine care outside Kaiser Permanente.

*If you live in Northern CA, you need a visiting medical record number for Southern CA or vice versa.
*Kaiser Permanente is in California, Colorado, Georgia, Hawaii, Maryland, Oregon, Viriginia, Washington and Washington, D.C.

Learn more at **kp.org/travel**



Preventive care

Preventive services

- Cancer screenings
- Cholesterol and high blood pressure screenings
- Diabetes screenings
- Immunizations
- Routine prenatal care
- Well-child visits
- Mammogram screenings
- Routine eye exam

What's new for 2026

- Additional breast cancer screening services for women at average risk
  - Imaging services (e.g., magnetic resonance imaging, ultrasound, mammography) and pathology evaluation when clinically indicated after an initial screening mammogram to complete the screening process
- Patient navigation services for breast and cervical cancer screening

Learn more at kp.org/prevention



Preventive care vs. diagnostic

Preventive care

- Focuses on helping you stay healthy and detecting potential health issues early (often before symptoms begin).
- Most preventive services are covered at little or no cost.

Diagnostic care

- Used to identify or monitor health conditions when you have symptoms, abnormal test results, or an existing diagnosis.
- These services may involve out-of-pocket costs depending on your plan.

Examples of preventive care	Examples of diagnostic care
Routine physical exam when you're feeling well and don't have symptoms	When you talk with your doctor about new or existing health issues, concerns, or symptoms during your routine physical exam or other appointment
Routine lab tests to check your blood sugar and cholesterol levels	Lab tests for a specific condition, based on your symptoms
Mammogram when there are no symptoms and no previous breast disease diagnosis	Mammogram after a suspicious test result or signs of possible breast disease
Colon cancer screening when you have: • No symptoms • Family history of colon polyps or cancer	Colon diagnostic testing when you have a known symptom like chronic diarrhea, stomach pain, or blood in your stools

Learn more at kp.org/prevention

KAISER PERMANENTE®

World-class maternity care

Expect great care when you're expecting

- A dedicated prenatal care team
- A personalized birth plan
- Care and support every step of the way
- Support that doesn't stop at delivery

Learn more at kp.org/maternity



Doula care – CA only

Various types of support included:

- Preparation
- Birth preferences
- Labor coaching
- Additional lactation support

Coverage includes:

- 11 visits per pregnancy, in any combination of prenatal and postpartum visits, for up to 12 months after pregnancy
- Support during labor and birth
- Support for members whose pregnancies ended in stillbirth, miscarriage, or abortion

Learn more at **kp.org/doulacare**



Fertility benefit – CA only (SB 729)

What's covered

- Fertility diagnosis & treatment
- Intrauterine insemination (IUI)
- In vitro fertilization (IVF) egg retrievals & embryo transfers
- Cryopreservation & related services
- Fertility medications related to covered treatment

How to get started:

- Talk with your OB-GYN or Personal Doctor
- Referral to fertility or urology specialist as needed

Visit kp.org/fertilitybenefit for more details (log in required)



Resources for mental health

Everyone’s experience is different, but it’s important to know that mental health issues are manageable — and support is available.

- Individual or group therapy
- Medication
- Health classes[1]
- Online resources

Not sure where to start? Talk to your personal doctor about your concerns or call us to talk with our mental health team.

To make an appointment, call 1-888-937-5748 (TTY 711), Monday through Friday 8:30 a.m. to 5:30 p.m.

Visit **mental health and wellness resources** to explore mental fitness tools

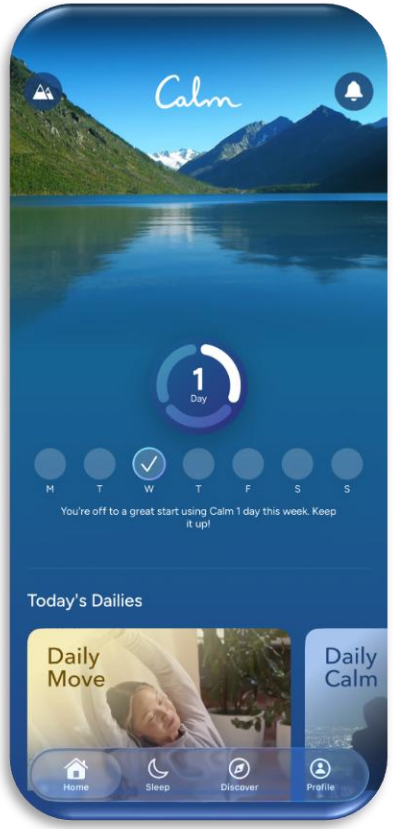


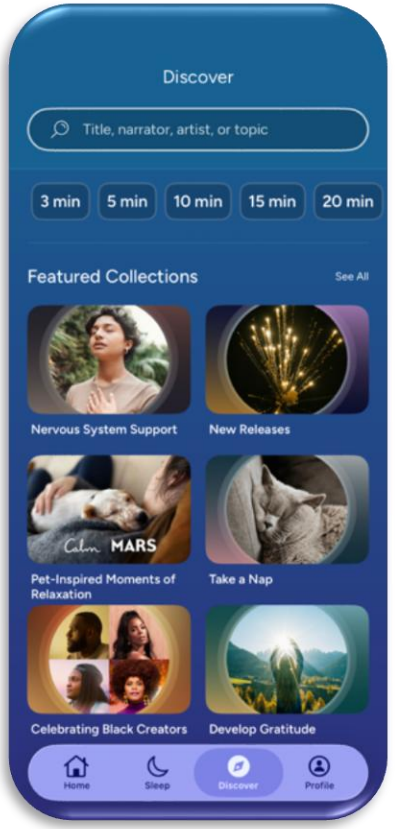
1. Some classes may require a fee. .

Self-Care App – Calm

#1 app for sleep and meditation — proven to reduce stress and anxiety.

- Daily Calm: a new mindful theme to explore each day
- 100+ guided meditations for stress relief, focus, and overall, well-being
- Sleep Stories designed to help you drift into deeper, better sleep
- Mindful movement videos featuring gentle stretching and relaxation
- Exclusive music tracks to support focus, relaxation, and sleep
- Pet-themed stories and soothing soundscapes for comfort and calm
- Meditations and stories for children, created just for younger listeners





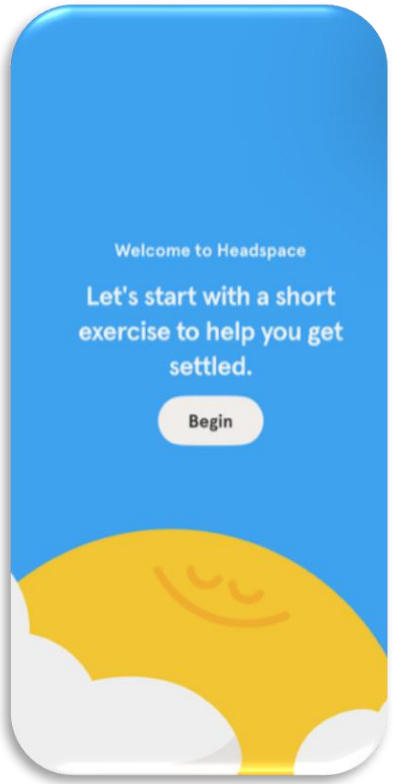
Learn more at kp.org/selfcareapps

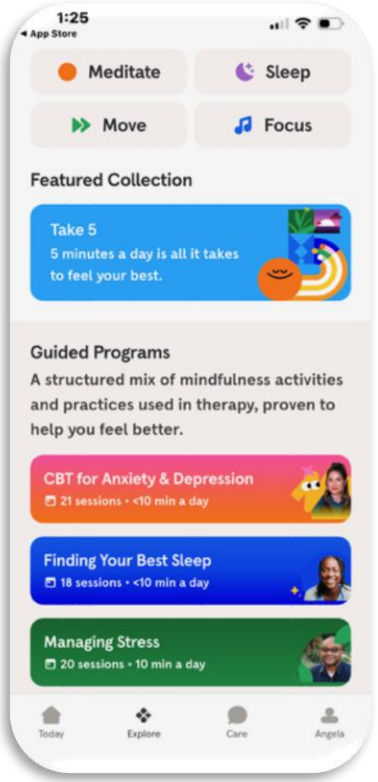
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Self-Care App – Headspace

Headspace can help you create healthy habits that support emotional wellness.

- 24/7 text-based emotional support coaching at no cost.
- Sleep tools and bedtime stories to promote deeper, more restful sleep.
- Guided meditation practices to build calm, clarity, and mindfulness.
- Move sessions with simple guided exercises to boost energy and reduce stress.
- Focus playlists and tools to improve concentration and productivity.





Learn more at kp.org/selfcareapps

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Mental Health and Wellness Resources

Learn more at kp.org/health-wellness

KAISER PERMANENTE®

One Pass Select Affinity program

Program includes:

- Five membership tiers, ranging from $10/month for digital access to $249/month for premium gyms and boutique fitness studios
- Access to up to 19,000 gyms and boutique studio locations
- 23,000+ on-demand and livestreamed classes
- No contracts — change tiers anytime or cancel within 30 days
- Groceries and household essentials delivered with Walmart+ Shipt

Digital (24K+)	Classic (12K+)	Standard (14K+)	Premium (15K+)	Elite (19K)
DAILY BURN	LA FITNESS	CYCLEBAR	pure barre	LIFE TIME HEALTHY WAY OF LIFE
fitbit premium	planet fitness	ROW HOUSE	CRUNCH FITNESS	F45
yogaworks	ANYTIME FITNESS	CITY SPORTS CLUB	RUMBLE	9Round
VOLT	snap fitness 24/7	IN-SHAPE FITNESS	barre3	STRETCH LAB
FITNESS ON DEMAND	EOS FITNESS		YOGASIX	TITLE
FAN HUDDLE				orangetheory FITNESS
				CLUB PILATES

Learn more at kp.org/exercise



Musculoskeletal program

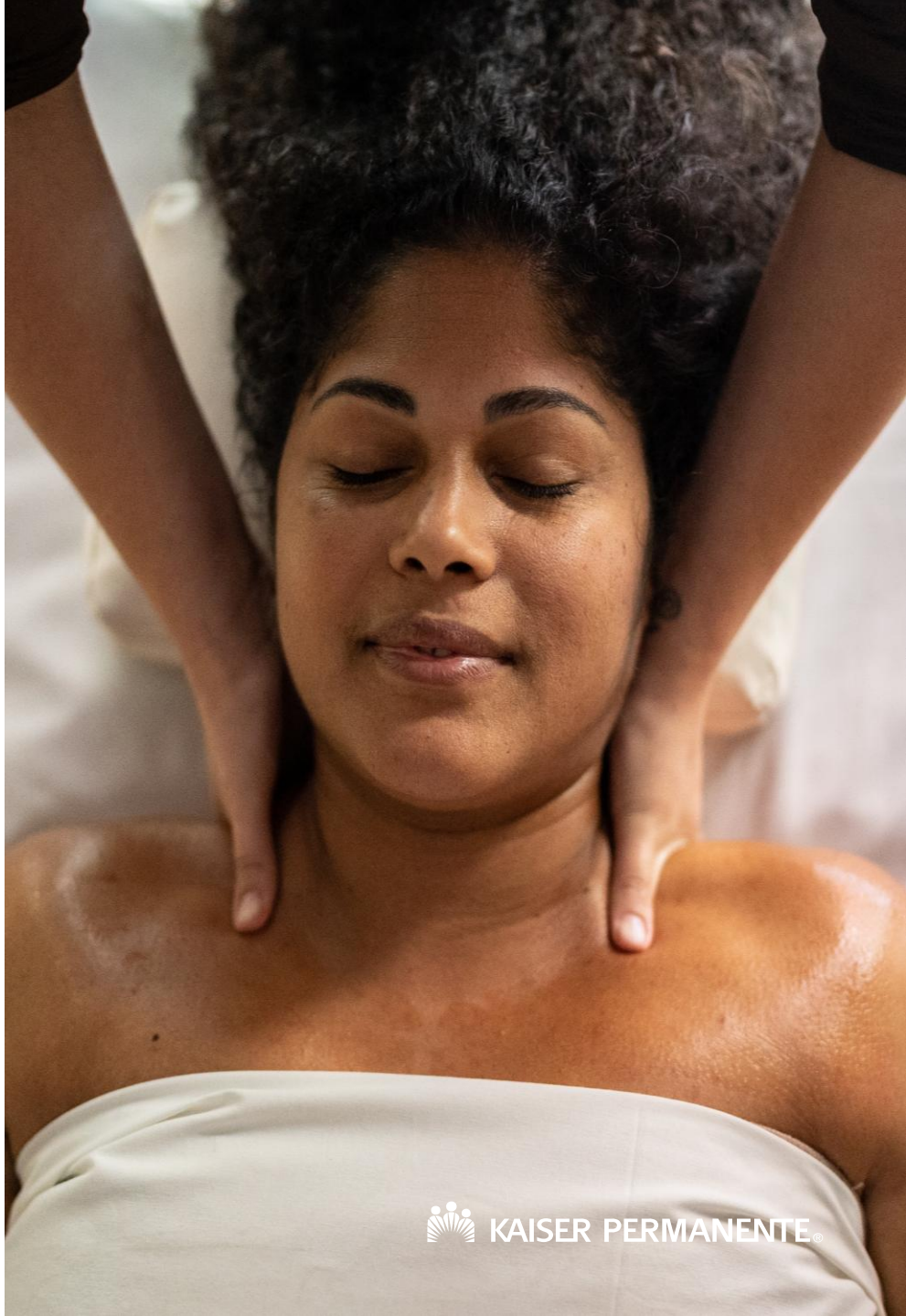
More choices for musculoskeletal (MSK) care

Access to a national network of Optum chiropractors, acupuncturists, and massage therapists.

Reduced rates

Members can get 20% off chiropractic, acupuncture, and massage services from Optum network providers.

Learn more at kp.org/exercise



Wellness coaching by phone

One-on-one guidance from a dedicated wellness coach, all from the comfort of your home.

Wellness coaching topics:

- Manage weight
- Eat healthy
- Improve sleep habits
- Get active
- Reduce stress
- Quit tobacco

Learn more at **kp.org/coaching** or call **1-866-862-4295** to make an appointment.



Healthy lifestyle program

Take your total health assessment

This easy-to-use online survey gives you a big-picture view of your health and personalized recommendations to help you reach your goals.

In these programs, we'll recommend some simple activities for your daily or weekly routine that can help you:

- Keep stress in check
- Boost your mood
- Sleep Better
- Improve eating, exercise, and social habits affected by your mental health

Learn more and get started at **kp.org/tha**



Healthy living programs and resources

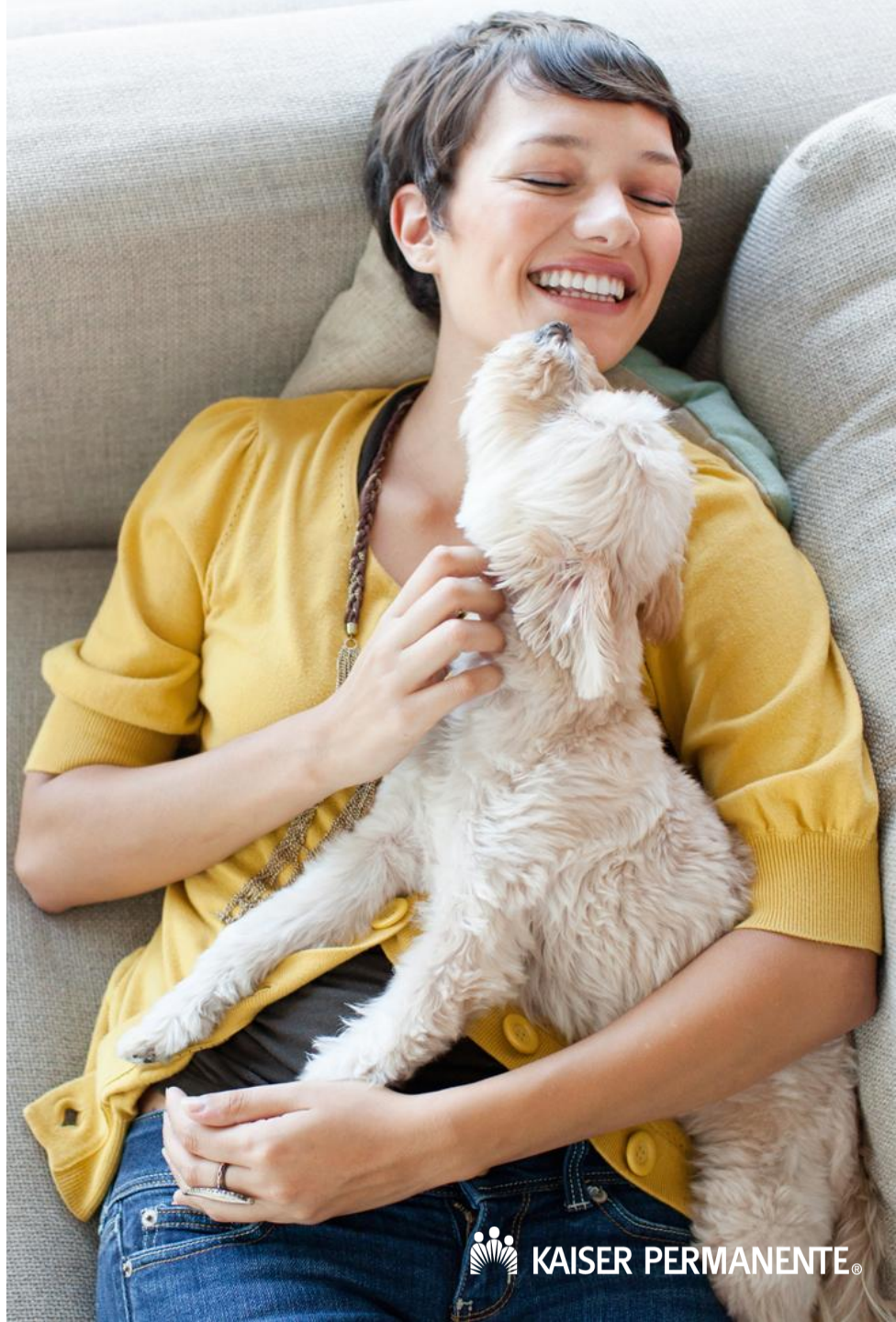
Classes & Support Groups

- Aging and General Health
- Bones, Joints and Muscles
- Cancer and Beyond
- Chronic Conditions
- Pregnancy and Parenting
- Weight Management
- Women’s Health
- Emotional Wellness

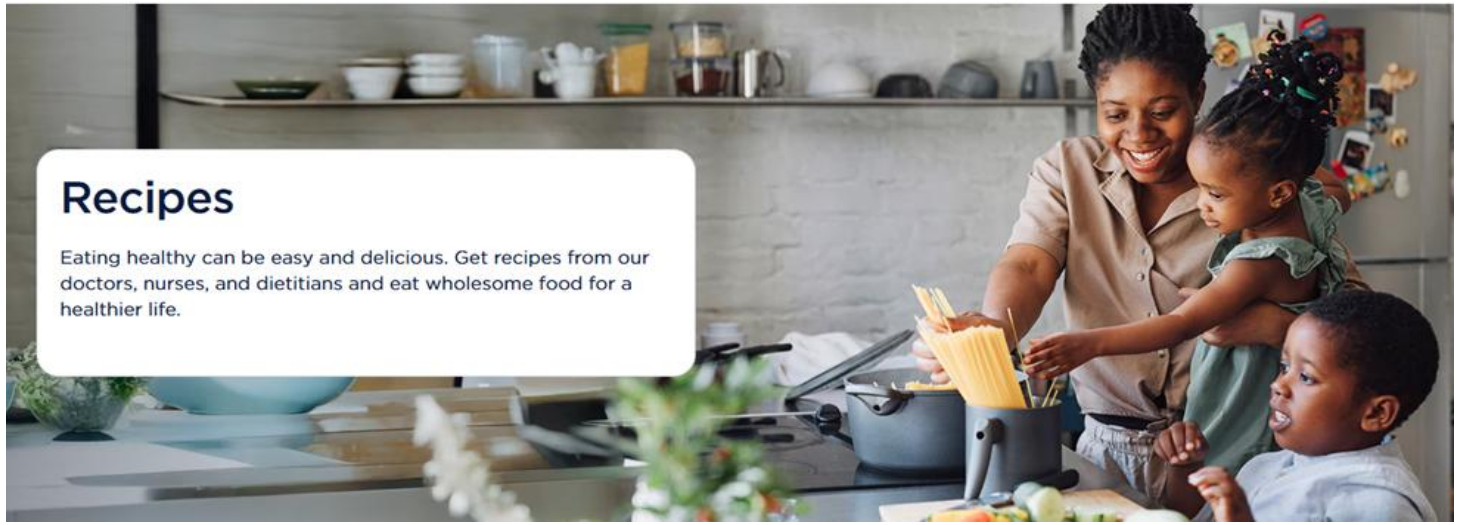
Individual Education & Counseling

- Clinical Health Educators
- Wellness Coaching
- Registered Dieticians (RD)

For more info on classes and how to register visit: kp.org/classes



Recipes



Popular recipes



Fiesta tofu

Bursting with flavor, this quick tofu dish goes well with sliced avocado.



Zucchini fritters

Use up some of your extra summer zucchini by making delicious fritters.



Sweet corn ice pops

These ice pops are a healthy and refreshing summer treat.



Quinoa asparagus pilaf

This pilaf can be satisfying for lunch or dinner.

Learn more at kp.org/recipes

KAISER PERMANENTE®

Thrive Kitchen at Home

Interested in learning how to make delicious recipes?

Our Thrive Kitchen at Home is an online cooking class led by Dr. Linda Shiue, MD, Chef, and Director of Culinary and Lifestyle Medicine.



2026 Thrive Kitchen at Home

Classes are on Wednesdays from 6:30-8:30 p.m.

Jan 7th	Soups & Salads: Flavors of Italy
Feb 11th	Eat Your Greens!
Mar 18th	Spring Vegetables
Apr 8th	Cooking to Reduce Food Waste
May 6th	Healthy Asian Cooking
Jun 17th	Flavors of the Mediterranean: Morocco
Jul 8th	Spanish Summer
Aug 5th	Easy Weeknight Cooking: Global Grain Salads
Sept 9th	Plantbased Pozole and Ceviche
Oct 14th	Everything Pumpkin
Nov 4th	Plantbased Thanksgiving
Dec 2nd	Holiday Appetizer Party

To register, call the Health Education Department at (415)833-3450 or email: SFHealthed@kp.org

Fee: No Fee for KP Members
$20 Non-Members

Scan the code to visit us online

San Francisco Health Education Department

Learn more at [Thrive Kitchen]

KAISER PERMANENTE®

Kaiser Permanente Health Talks

SCAN ME

Flyers, Registration and Recordings
kp.org/healthtalks

2026 Topics

Please note dates and topics subject to change

Date	Topic
January 22	Ergo Hacks for Your Neck, Shoulders & Wrists
February 26	Be Heart Smart: Millennials to Baby Boomers
March 19	Thrive Kids: Your Parenting Game Plan
April 23	Wellness Unfiltered. Hype or Health?
May 28	Glow Up: Secrets to Radiant Skin, Lush Hair & Cosmetic Confidence
June 18	Reproductive Health for Women
July 23	Self-Care Across Your Lifespan
August 27	Back-To-School Tips & Tools
September 24	Power of Social Connections
October 22	Revolutionizing Healthcare with Kaiser Permanente

KAISER PERMANENTE®

Healthy mind and healthy body talks

Kaiser Permanente is offering no-cost webinars led by our health educators, available to employers and their employees.

- Tools to strengthen your body and reduce daily discomfort
- Evidence-informed strategies to support heart health
- Guidance for building a healthier relationship with your body
- Resources for mind-body well-being

SCAN ME

Register Today to support your physical and emotional wellness

Event Registration



Support for your social health

Categories of community-based services:

- Benefits Navigation
- Clothing & Household Goods
- Education
- Employment
- Entrepreneurship
- Food Assistance
- Housing & Shelter
- Income Support
- Individual & Family Support
- Legal
- Money Management
- Social Enrichment
- Spiritual Enrichment
- Sports and Recreation
- Transportation
- Utilities

To get started, speak with a resource specialist, call **1-800-443-6328** (TTY **711**)

Monday through Friday, 8 a.m. to 5 p.m. in your time zone.

Learn more at **kp.org/communityresources**



Support center

Find answers, access forms, request medical information, file grievances, and more — all in one place.

- Get virtual support anytime 24/7 using Chat with KP.
- Call to speak with a Member Services representative.
- Use email for non-urgent questions and get a response within 3 business days.
- Walk-in to a Kaiser Permanente facility to speak to a Member Service Representative.

Learn more at kp.org/supportcenter




Thank you
KAISER PERMANENTE®