

GOOD HEALTH

IS EVERYTHING.

GOOD HEALTH IS WORTH CELEBRATING.



From busy days to birthdays, lazy days to Mondays, your health is what gets you through each week, each month, each year. At Kaiser Permanente, our mission is to help you get healthy and stay healthy—so you can make the most of *all* your days.

GOOD HEALTH THROUGH THICK AND THIN.

It's funny. Some people share more with their personal trainers and hairstylists than their doctors. At Kaiser Permanente, we're changing that. We give you many ways to build a lasting partnership with your doctor.

- **Choose a great doctor.** To see our physicians' profiles, go to kp.org/chooseyourdoctor. Review their credentials, including educational backgrounds and board certifications, and read their personal statements for just the right fit.
- **Assess to progress.** Take charge of your health with our free online total health assessment at kp.org/calpers. You'll get

a unique health improvement plan based on your personally provided information, with recommended steps for living healthier.

- **Your partner in health.** Choose to share your health assessment with your doctor by attaching a summary of the results to your electronic health record. You and your doctor can work together to raise your health to the next level.
- **More than medicine.** For additional support, find local health classes (many of which are free), connect to audio programs, get healthy recipes, and more at kp.org/healthyliving.

Immediate rewards. Lasting results.

By taking the total health assessment at kp.org/calpers, you're eligible to be entered in a drawing for an 160GB iPod or a \$500 gift certificate to a sporting goods store or spafinder.com.

To participate, you must be a CalPERS member age 18 or older with Kaiser Permanente Basic Plan coverage. By law, those enrolled in any Kaiser Permanente Medicare plan are not eligible to receive rewards.

GOOD HEALTH AT YOUR FINGERTIPS.

You can register for secure access to the members-only features of My Health Manager at kp.org/calpers. Connect to your health information with one click, 24 hours a day.

- **E-mail your doctor's office for free**, which can save you time, gas, and a copay.
- **Order prescription refills**, most of which can be mailed to you—at no extra charge.
- **Schedule or cancel routine appointments** to fit your busy and ever-changing schedule.
- **Get summaries of your office visits** and view most lab test results online.
- **Act for a family member** so you can take care of your loved ones, too.

GOOD HEALTH, MORNING AND NIGHT.

For many of us, it's go, go, go until our heads hit our pillows. No matter how hectic your schedule, there are ways to grab nutritious meals and snacks, squeeze in a brisk walk from the far end of the parking lot, and take five minutes to sit still and breathe. But sometimes it takes more to be your healthiest.

- **Anytime you need health advice**, call to talk with one of our registered nurses or e-mail your doctor's office with routine questions through My Health Manager at kp.org/calpers.
- **Get the care you need on your schedule**, with same-day, after-hours, or weekend services offered at many of our facilities.
- **No matter where you are**, rest assured that you're covered for emergency care anywhere in the world.



GOOD HEALTH BRINGS IT ALL TOGETHER.

Staying healthy requires more than a copay and that plastic card you keep in your wallet. It takes a team of doctors you trust, convenient locations, modern technology, and a spirit of teamwork pulling everything together.

This is our total health philosophy at work.

- **First there's you.** You're the center of this health care universe. Your well-being is strengthened through preventive care, helpful resources online and off, and your partnership with your doctor.
- **Then your health care team.** Featuring your personal physician—and your nurse, optometrist, pharmacist, surgeon...everyone you receive care from at Kaiser Permanente. And they're connected to one another through your electronic health record.

- **Location, location.** Put our skilled practitioners and electronic health record system into a facility close to you. Then add multiple services, like lab, X-ray, and pharmacy, so you can get more done during your visit.
- **Stay connected.** Then stay engaged with My Health Manager at kp.org/calpers. From e-mailing your doctor's office to ordering prescription refills, your electronic health record keeps up with everything you do through our secure online features.
- **One seamless package.** Our medical offices and medical centers are designed with you in mind, and every Kaiser Permanente facility in your region is linked to your electronic health record. That means you can get personalized care where and when you need it. And there you are again, right back at the center.

WE'RE HERE FOR YOUR HEALTH.

For more information, visit kp.org/calpers or call our Member Service Call Center, weekdays from 7 a.m. to 7 p.m. and weekends from 7 a.m. to 3 p.m.

- **1-800-464-4000** English
- **1-800-788-0616** Spanish
- **1-800-757-7585** Chinese dialects
- **1-800-777-1370** TTY for the deaf, hard of hearing, or speech impaired

KAISER PERMANENTE SENIOR ADVANTAGE.

If you have questions about the Senior Advantage plan for CalPERS members, call Member Services seven days a week from 8 a.m. to 8 p.m., toll free.

- **1-800-443-0815** English
- **1-800-777-1370** TTY

GOOD HEALTH IS IN OUR DNA.

For more than 60 years, our message has remained the same: Promote health to prevent illness. This apple-a-day approach helps foster the wellness of our millions of members nationwide.

But we're not just about ensuring health. We want to inspire it. Through care that's personalized to your goals and needs, intuitive technology that brings you closer to your well-being, and a mission that has stood the test of time.

Some people might say, "At least you have your health." At Kaiser Permanente, we prefer to see things this way: If you have your health, you have everything.

HERE'S TO YOUR HEALTH.

CaIPERS SUMMARY OF BENEFITS FOR 2010.

These benefits reflect the 2010 contract year. For a complete explanation of benefits, exclusions, and limitations, refer to the 2010 *Combined Evidence of Coverage and Disclosure Form*. Check with your agency for information about your monthly premiums.

	Basic Plan	Kaiser Permanente Senior Advantage
Physician services	\$15 per visit	\$10 per visit
Hospital services	No charge	No charge
Emergency care	\$50 per Emergency Department visit (does not apply if you are held for observation in a hospital unit outside the Emergency Department or if you are admitted directly to the hospital as an inpatient)	\$50 per Emergency Department visit (does not apply if you are held for observation in a hospital unit outside the Emergency Department or if you are admitted directly to the hospital as an inpatient)
X-rays and lab tests	No charge	No charge
Online service features (Available through My Health Manager at kp.org/calpers)	E-mail your doctor's office: No charge Take a total health assessment: No charge View most lab test results: No charge Schedule routine appointments: No charge View portions of your medical record: No charge Order prescription refills: No extra charge for delivery	E-mail your doctor's office: No charge Take a total health assessment: No charge View most lab test results: No charge Schedule routine appointments: No charge View portions of your medical record: No charge Order prescription refills: No extra charge for delivery
Prescription drugs (Formulary contents are subject to change within a contract year without advance notice.)	\$5 generic/\$15 brand, up to a 30-day supply from a Plan pharmacy* \$10 generic/\$30 brand, 31- to 100-day supply by mail-order service (delivery at no extra charge)*	\$5 generic/\$15 brand, up to a 100-day supply from a Plan pharmacy or by mail-order service (delivery at no extra charge)
Routine preventive care	Periodic health exam: No charge Scheduled prenatal care and first postpartum visit: No charge Well-child visits (0–23 months): No charge Vaccines (immunizations): No charge Eye refraction exam: No charge (\$150 allowance for eyeglasses and contact lenses following cataract surgery)	Periodic health exam: \$10 per visit Scheduled prenatal care and first postpartum visit: \$10 per visit Eye refraction exam and glaucoma screening: \$10 per visit (\$175 allowance for eyeglasses and contact lenses every 24 months; \$150 allowance following cataract surgery)
Mental health	Outpatient visits: \$15 per individual visit; \$7 per group visit Inpatient psychiatric hospitalization: No charge	Outpatient visits: \$10 per individual visit; \$5 per group visit Inpatient psychiatric hospitalization: No charge
Hearing services	Routine preventive hearing tests: No charge Hearing aid(s): \$1,000 allowance every 36 months	Routine preventive hearing tests: \$10 per visit Hearing aid(s): \$1,000 allowance every 36 months
Allergy services	Allergy injection visits: No charge Allergy testing visits: \$15 per visit	Allergy injection visits: \$3 per visit Allergy testing visits: \$10 per visit

Anyone who has Medicare Parts A and B (or Part B only), including some people under the age of 65 with disabilities, may apply. You must reside in the Kaiser Permanente Senior Advantage service area in which you enroll. Except for emergency care, urgent care when our network is not available, or out-of-area dialysis care, a Kaiser Permanente Plan provider must authorize or provide covered services, including referrals to specialists. If you obtain any other care from non-Plan providers, neither Medicare nor Kaiser Permanente will be responsible for the costs. You must continue to pay your Medicare Part B premium and any other applicable Medicare premium(s). This plan includes Medicare Part D prescription drug coverage that is available only to Kaiser Permanente Senior Advantage members. You may be enrolled in only one Part D plan at a time, which means you will be disenrolled from any other Part D plan when your coverage under our Plan becomes effective. This plan uses a formulary, which lists covered drugs (see kp.org/seniorrx). Kaiser Permanente is a Medicare Advantage organization with a Medicare contract, which is renewed annually. Coverage beyond the end of the contract year is not guaranteed.

*Includes covered outpatient items in accord with our drug formulary guidelines.



HERE'S TO YOUR HEALTH.



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