



HEALTH CARE WITHOUT COMPROMISE

Switch to Kaiser Permanente, the region's leading health system¹

Great extras with your plan:

- Wellness coaching by phone at no extra cost
- Online lifestyle programs for healthy living at kp.org/healthylifestyles
- Easy-to-use Kaiser Permanente app
- Self-care apps **Calm** and **myStrength** to help you ease stress, improve awareness, and be more mindful—both apps available at no extra cost²

More value with your plan:

- Same great coverage and copays whether you use Kaiser Permanente provider or Select network provider
- Easy-to-budget \$0 to low copays
- No deductible to meet
- \$0 video visits³ and 24/7 medical advice
- NEW Caton Hill Medical Center opening summer 2022

Experience Kaiser Permanente for yourself at kpvr.org/midatlantic. 

Not a member yet?

Call a pre-enrollment specialist today at **800-324-9208** (TTY 711), Monday through Friday, 10 a.m. to 9 p.m. ET

Compare your plan to Kaiser Permanente's plan

Top-rated health plan in the Mid-Atlantic¹

Benefits and services	Kaiser Permanente	Your current plan	Your cost savings
Annual deductible	NONE		
Outpatient services (per visit or procedure)			
Preventive care	\$0		
Primary care office visit	\$15/\$0 for children up to age 5		
Specialty care office visit	\$25		
Prescription drugs (up to a 30-day supply at plan medical center pharmacies, or up to a 90-day supply for 2 copays—mail order) ^{4,5}			
Generic	Kaiser: \$10 Retail: \$20		
Preferred brand	Kaiser: \$20 Retail: \$40		
Non-preferred brand	Kaiser: \$35 Retail: \$55		
Hospital and facility (there is no charge after the office visit, outpatient, or inpatient hospital copayment is made)			
Outpatient surgery	\$50		
Inpatient hospital care (per admission)	\$250		
Maternity			
Routine prenatal care visit, first postpartum visit	No charge		
Childbirth/delivery/facility services (per admission)	\$250		
Emergency and Urgent Care (per visit or trip)			
Emergency care as an outpatient at a hospital	\$100		
Urgent Care at a Kaiser Permanente facility	\$25		
Most lab tests/X-rays	\$0		

This is a summary of the features of the Kaiser Permanente plan. For more information, read your Kaiser Permanente *Summary of Benefits and Coverage (SBC)*. All benefits are subject to the definitions, limitations, and exclusions set forth in the *Evidence of Coverage (EOC)*.

¹In the survey *Best Health Insurance Companies* for 2021 by [Insure.com](https://www.insure.com), Kaiser Permanente as a national enterprise is rated #1 overall among 15 companies. In the NCQA Commercial Health Plan Ratings 2021, our commercial plan is rated 5 out of 5, the highest rating in MD, VA, and DC. The 2019 Commission on Cancer, a program of the American College of Surgeons, granted Three-Year Accreditation with Commendation to the Kaiser Permanente cancer care program. The Mid-Atlantic Permanente Medical Group is the largest multispecialty medical group in the Washington, DC, and Baltimore areas and exclusively treats Kaiser Permanente members. Permanente doctors are recognized as Top Doctors in *Northern Virginia Magazine* (2022), *Washingtonian* magazine (2021), and *Baltimore* magazine (2021). According to NCQA's Quality Compass[®] 2021, we're rated 5 out of 5 in 29 measures, including: controlling blood pressure (heart disease), blood pressure control (140/90) (diabetes), glucose control, colorectal screening, breast cancer screening, cervical cancer screening, childhood immunizations, prenatal check-ups, and postpartum care. Quality Compass is a registered trademark of the NCQA.

²Only available to Kaiser Permanente members age 18 and older.

³If 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.

⁴Some medications are not eligible for prescription home delivery. Prescription home delivery can deliver to addresses in MD, VA, DC, and certain locations outside the service area.

⁵Plan providers determine the drug that is medically necessary. If you request another drug, you pay prices charged to members for non-covered drugs.

⁶You pay the deductible, then cost sharing.