

Explore added features of the FCPS Kaiser Permanente Medicare Advantage (HMO) plan

When you join the FCPS 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:



Fitness membership¹
The Silver&Fit[®] Healthy Aging and Exercise Program at no extra cost



Vision²
Routine eye care and a \$250 annual allowance towards eyeglasses and contact lenses



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



Transportation³
24 one-way rides for nonemergency medical appointments—you pay \$0



BrainHQ
Online brain health exercises at no extra cost



Virtual care⁴
Care from the comfort of home—you pay \$0



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



Preventive Dental Plan
You pay a \$30 copay for each preventive care office visit



Hearing aids
One hearing aid per ear every 36 months, both at no extra cost



FITNESS PROGRAM:

The Silver&Fit[®] Healthy Aging and Exercise Program¹

We've included the following with your Kaiser Permanente Medicare Advantage plan at no extra cost:

- **Fitness center membership:** Reshape your life with a membership at a local participating Silver&Fit fitness center. Visit **SilverandFit.com** to find a fitness center near you.
- **Digital fitness and well-being choices:** Each calendar year, you can choose one home fitness kit⁵ from Fitbit[®] or Garmin[®] wearable fitness tracker, yoga, strength, Pilates, walking/trekking, or swim kit options.

You also have access to on-demand workout videos and Signature Series classes at **SilverandFit.com**, personalized workout plans, and live exercise classes on the Silver&Fit Facebook and YouTube pages.

For more information about the Silver&Fit program, visit **SilverandFit.com**.



Transportation to medical appointments³

Kaiser Permanente Medicare Advantage includes 24 one-way rides, per calendar year, to and from nonemergency medical appointments at Kaiser Permanente medical centers and contracted facilities. You pay \$0 per one-way ride. Call **1-855-932-5412**, 24 hours a day, 7 days a week, to schedule a ride or find out how many rides you have remaining in the year. Rides must be scheduled at least 2 hours before your pickup time. 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.



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 those over age 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.



VIRTUAL VISITS:

Care from the comfort of home⁴

Our members choose how, when, and where to access care. We offer flexible virtual care options to visit with your Kaiser Permanente doctor, specialist, emergency physician, or another clinical provider. These are core components of our integrated delivery system, not add-ons, so quality care is built into every experience.

You pay \$0. Members enrolled in the FCPS Kaiser Permanente Medicare Advantage plan have no copay for virtual visits.



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



E-visits
for personalized advice in 2 hours or less



Email
consultations with your doctor



24/7
advice line and online chat



BRAIN HQ:

Brain training that works

At Kaiser Permanente, we believe in caring for the whole you—body and mind. 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

To set up your BrainHQ account, please visit kp.brainhq.com—remember, it’s offered 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.



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 “Appointments.”



Preventive Dental Plan

Your FCPS Kaiser Permanente Medicare Advantage plan includes 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'll 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](https://www.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.

After you choose a dentist, you can make an appointment by calling your chosen dental office. You will receive a new LIBERTY Dental Plan ID card in the mail. 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.



VISION CARE:²

Quality you can see

You are covered for additional eyewear benefits, such as eyeglass lenses, eyeglass frames, contact lenses, and other vision services.

- \$250 allowance² per calendar year toward corrective eyeglasses, lenses, frames, and contact lenses at Vision Essentials by Kaiser Permanente (located in our medical centers)
- \$0 copay for Medicare-covered glaucoma screening
- \$20 copay for eye exam/refraction for diagnostic and preventive exams
- 20% coinsurance for Medicare-covered eyewear (one pair of eyeglasses or contact lenses after cataract surgery)
- Member pays 100% of charges over and above what Original Medicare would cover for Medicare-covered eyewear

Visit kp2020.org for more information and to find a Vision Essentials location near you. Please see your *Evidence of Coverage* for details, including a complete list of exclusions and limitations.



Hearing aids

When using Kaiser Permanente plan providers, you are covered for medically necessary hearing aids, hearing aid evaluations, and diagnostic procedures to determine the hearing aid model which will best compensate for loss of hearing.

The following hearing aid models are covered:

- In the ear
- Behind the ear

You pay nothing for one hearing aid per ear every 36 months.

Exclusions: Replacement of parts for repair, lost or broken hearing aids, batteries, accessory parts, and routine maintenance.



We're here to help

If you have questions, call **1-888-777-5536**,
8 a.m. to 8 p.m., 7 days a week.



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 The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Silver&Fit is a registered trademark of ASH and used with permission herein. Not all programs and services are available in all areas. Participating fitness centers and fitness chains may vary by location and are subject to change.

² Your health plan includes a \$100 vision allowance per calendar year. Fairfax County Public Schools has provided an additional \$150 allowance for a total of \$250 per calendar year. Visit [kp2020.org](https://www.kp2020.org) for more information and to find a Vision Essentials location near you.

³ Twenty-four one-way rides per contract year. For nonemergency transportation only.

⁴ 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.

⁵ Kits are subject to change and once selected cannot be exchanged.