



You served us.

Now it's our honor  
to serve you.

## Kaiser Permanente – Health care for veterans

Kaiser Permanente respects and values the service that you've provided to our country. That's why you deserve care from the region's leading health system.<sup>1</sup> We'll work hard to meet your unique health and wellness needs with a wealth of resources to keep you and your family mentally and physically strong.

You can count on Kaiser Permanente to:

### Understand your needs

As a veteran, you face unique health challenges. Our doctors and care teams are trained to serve veterans and their families. In fact, **more than 150 of our physicians** served in the armed forces, bringing the knowledge of their military experiences to serve you.

### Save you time

With our connected care approach, you'll have more time for yourself and your loved ones.

- You can access most services under one roof at our medical centers, just like a military facility. See your doctor, pick up prescriptions, and get lab work and X-rays, all in one visit.
- We have 35+ medical centers throughout the region. 15 are also Urgent Care centers, 7 of which are open 24/7.
- There's virtually no paperwork in our integrated health system.

### Support and serve you

At Kaiser Permanente, everything works together for one very important cause: you. That means faster diagnosis and treatment of medical conditions—and better health outcomes for you.

In our familiar integrated health system, you're connected to your doctor, specialists, pharmacists, and more, and they work together and with you to make the right decisions for your health.

### Equip you with healthy tools

We offer a variety of resources to support you and your family's health and wellness. These include free wellness coaching and a suite of self-care apps to help you maintain strong bodies and minds—at no additional cost.



# Just like those who serve, we have a mission we take seriously

Kaiser Permanente is your trusted partner in total health, collaborating with you to help you thrive, and investing in your communities to make them among the healthiest in the nation. We're passionate about providing exceptional health care to improve the lives of veterans and their families.

We've been recognized for several years running as a Military Friendly Employer, and we're ranked in the top 10 nationally.<sup>2</sup> Because many of our staff members and doctors are veterans themselves, they truly enjoy and appreciate the opportunity to serve their military family.



Have questions? Call us at **800-514-3475**,  
Monday through Friday, 10 a.m. to 9 p.m.

Learn more about Kaiser Permanente at  
[kp.org/mas/veterans-health](https://kp.org/mas/veterans-health)



<sup>1</sup> In the survey *Best Health Insurance Companies of 2023* by **Insure.com**, Kaiser Permanente as a national enterprise is rated #1 overall among 60+ insurance carriers. In the NCCA Commercial Health Plan Ratings 2022, our commercial plan is rated 5 out of 5, the highest rating in the nation. The 2022 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 *Arlington Magazine* (2023), *Bethesda* magazine (2023), *Northern Virginia Magazine* (2023), *Washingtonian* magazine (2022), and *Baltimore* magazine (2022). According to NCCA's Quality Compass® 2022, 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 cancer screening, breast cancer screening, cervical cancer screening, childhood immunizations, prenatal check-ups, and postpartum care. Quality Compass is a registered trademark of the NCCA.

<sup>2</sup> For more information, visit [militaryfriendly.com](https://militaryfriendly.com).