

Choose the Kaiser Permanente difference

At Kaiser Permanente, you're supported by an entire health system that connects your health plan, insurance, doctors, specialists, and medical facilities. You can view your health information and manage all your care at [kp.org](https://www.kp.org), which puts you in control. Our doctors can access your health information too, so you always get personalized care that meets your needs. This makes care more convenient and affordable for you, so you can focus on being healthy.



Top doctors and specialists

Many of our 1,700+ doctors and specialists are recognized as Top Doctors¹ for the quality care they provide—and they exclusively treat Kaiser Permanente members. They practice in 50+ specialties and subspecialties, so your health is always covered.



Flexible care options

- Have in-person appointments at our medical centers, each with many services under one roof.
- Get \$0 telehealth care with 24/7 video visits,² nurse advice by phone and text chat, e-visits, and more.
- Visit our 24/7 Advanced Urgent Care centers without an appointment, and get care while traveling.



State-of-the-art facilities

Each of our medical centers has doctors, specialists, pharmacy, lab, and more under one roof, so you make fewer trips. With 35+ convenient medical centers across the region—and more on the way—you can always find care near you.



Affordable prices you control

Our care is easy on your budget with fixed payments for most in-network services, including \$0 copays for preventive care, telehealth care, and more. Plus, you don't have to meet a deductible.

EXPLORE YOUR PLAN BENEFITS

SELECT CARE

With our Select care delivery system, you get quality care from 1,700+ physicians in the Mid-Atlantic Permanente Medical Group, P.C. (Permanente), as well as thousands of community physicians in private practice.

SAVE TIME AND MONEY WITH TELEHEALTH

Telehealth makes it easy for you to get the care you need, when you need it. For a \$0 copay, you can have phone and video appointments from the comfort of home, your office, and even on the go.² Plus, you can call our 24/7 advice line anytime or fill out an e-visit questionnaire for personalized medical advice.



PRESCRIPTIONS MADE EASY

You can fill prescriptions anytime on **kp.org** and have them delivered to your home, or pick them up at any Kaiser Permanente medical center near you.³

Healthy extras to improve your well-being

Your plan includes many wellness resources to help you be your healthiest, at no additional cost. These self-care apps are just the start.⁴



Calm

The #1 app for sleep, meditation, and relaxation.



myStrength

Personalized programs to boost your emotional health and resilience.



ClassPass

Special rates on thousands of fitness videos.



Ginger

One-on-one support for common emotional challenges.

Learn how our care can support you at **kp.org/thrive**.

¹ The physicians who practice at Kaiser Permanente are recognized as Top Doctors in *Northern Virginia Magazine* (2022), *Washingtonian* magazine (2021), and *Baltimore* magazine (2021).

² 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.

³ Some medications are not eligible for Mail Order Pharmacy. Mail Order Pharmacy can deliver to addresses in MD, VA, DC, and certain locations outside the service area.

⁴ These apps are not covered under your health plan benefits and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents.

