



# Be the boss of your own health care with a Kaiser Permanente HMO Plus plan

## Less rules. More freedom. Lower premiums.

Tired of health plans telling you when and where you're covered for care? Choose a plan that breaks those rules. With HMO Plus, you can get the care you need from the doctors you choose, even outside our service area.



### Keep your favorite doctor

Need a more flexible and affordable health plan, but already found a doctor you trust outside our provider network? Keep seeing that doctor under your new plan with up to 10 outpatient visits per year.



### Get care from coast to coast

Our coverage travels with you beyond our service area. You can access many types of care at facilities throughout the United States, including primary care, X-rays and other lab work, pharmacy services, and more.



### Count on our integrated system of care

HMO Plus gives you the freedom to get care outside of Kaiser Permanente, but we're still here when you need us. Under your plan, you get a personal in-network primary care doctor, and every facility in our service area is available to you. You can also switch primary care doctors at any time to find the best fit for you.



### Control your costs

You'll always have access to in-network services at Kaiser Permanente, where you'll pay lower out-of-pocket costs—including \$0 copays for preventive services like check-ups and screenings. With an HMO Plus plan, you choose what you pay with the option of more affordable in-network services or more flexible out-of-network services.



### Pay \$0 for in-network telehealth

Our flexible telehealth options help you get care on your schedule from the comfort of home, with no copay for in-network services. You can have face-to-face video visits<sup>1</sup> with your primary care doctor, behavioral health provider, and other specialists, plus send them secure emails on [kp.org](https://www.kp.org). You can also call our 24/7 nurse advice line anytime. And your personal electronic medical record ensures your providers always have access to your health information to provide you with the best care.

Is HMO Plus right for you?

Learn more at [kp.org/hmodhmoplus/mas](https://www.kp.org/hmodhmoplus/mas).

<sup>1</sup>Video visits are for certain medical or mental health conditions, and are available to Kaiser Permanente members who have a camera-equipped computer or mobile device and are registered at [kp.org](https://www.kp.org). You must be present in DC, MD, or VA for video visits with your primary care physician or behavioral health provider. For urgent video visits with an emergency doctor, you may also be present in WV, FL, NC, or PA. For video visits with a behavioral health provider, appointments can be scheduled for follow-up care.