BETTER INFORMED. BETTER TOGETHER.

easy to get appointments
I can choose my doctor
I'm part of the decision
free to focus on my patients
test results online
excellent prenatal care
I'm part of the decision
I can choose my doctor
wide range of specialists
At Kaiser Permanente, you get everything you need to take charge of your health

Your choice of great doctors

Personalized care at convenient locations

Round-the-clock access to care and advice

Health tools and programs available online and off

An electronic health record that connects it all together
Your choice of great doctors

- You can choose your own personal physician by calling 1-888-956-1616
- Browse our physician profiles at kp.org/doctors and locations to find a doctor who’s right for you.
  - Search by location, language, and more.
  - Get training and certification details.
  - Read personal statements.
- Our doctors are some of the best in their fields. They believe in caring for the whole you.
Personalized care at convenient locations

• Your electronic health record is connected to every Kaiser Permanente facility in your region, so your care team has access to your health information wherever you go.
• Since our medical groups are connected, you can choose which facility you want to use, whether its near work or home.
• Most of our facilities offer multiple services—
  ➔ Primary care
  ➔ Lab and X-ray
  ➔ Pharmacy
—under one roof, so you can take care of many health needs in a single trip.
Round-the-clock access to care & advice

- Our 24 Hr Nurse Advice line 1-888-KP-ONCALL can help assess your symptoms and direct you to a facility if you need care.

- Evening and weekend hours at many locations offer access when you need it most.

- You’re covered for emergency care anywhere in the world, no matter where you are.
My Health Manager: tools to engage members in their own care.

My Health Manager on kp.org

Manage your care online or from your web enabled mobile device:

- Email your doctor’s office
- View most lab test results as soon as they’re available
- Refill most prescriptions
- Schedule or cancel routine appointments
- Help take care of a family member, like a child or parent, using these features and more
There’s an app for that!

Go mobile with kp.org and use My Health Manager while you’re on the go to schedule appointments, email your doctor, order prescriptions and more!

- Just bookmark kp.org on your smartphone.
- Or download the Kaiser Permanente app for the iPhone® or Android™ from the App Store℠ or Google Play.

Apple and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Android is a trademark of Google Inc.
How My Health Manager adds value to your plan

Important notices

Due to the high demand for flu vaccine across the country, members are advised to call the flu hotline in their area before coming in for a flu shot. Find a flu clinic near you.

Why choose Kaiser Permanente?

We're more than a health plan. Explore all the benefits of Kaiser Permanente:

- excellent, seamless care for your well-being
- your choice of highly qualified doctors
- advanced technology to help you conveniently manage your health

Learn what it's like to be a Kaiser Permanente member.
**Participate in your health**

- Kaiser Permanente encourages our members to live healthy and thrive. Get active, and take advantage of these healthy resources.

### Health classes at Kaiser Permanente facilities. (Many classes are free.)

### Telephone Based Lifestyle Coaches – Licensed Professionals

**Healthy lifestyle programs help you**

- lose weight
- eat healthy
- manage diabetes
- reduce stress
- quit smoking
- live with ongoing conditions
- reduce pain
- manage depression
- get a good night’s sleep

**Discounts on additional health care services give you more options**

- acupuncture
- massage therapy
- Chiropractic care
Preventive care services

Prevention has always been an essential part of Kaiser Permanente’s care philosophy. It’s about staying healthy and preventing illness. Examples include:

- cervical cancer screenings
- cholesterol screenings
- colon cancer screenings
- diabetes screenings
- immunizations
- mammogram screenings
- prenatal care visits
- preventive annual exams
- prostate cancer screenings
- well-child visits
Carmel Valley MOB – Opened August 2013
North County:
Oceanside MOB Expansion – Opened March 2014

Oceanside
North County: San Marcos– Surgery Center

San Marcos – Building 4
North County Partnerships: Palomar Health – Medical Center

Full Complement of Inpatient Services in North County including: Surgery & Medicine by KP Physicians
Central Hospital – opening April 2017

**General Facts:**
Size: Nearly 565,000 square feet
Hospital capacity: 450 beds
Emergency Department: 39 beds
Location: 9455 Clairemont Mesa Boulevard

**Green Features:**
First in California to earn LEED Gold Health Care hospital certification
Energy-efficient electrical, air, and plumbing
Use of reclaimed water for landscaping and cooling towers
First hospital in the nation to use all LED lighting throughout
Solar photovoltaic system
Natural lighting
Active chilled beams in patient rooms for energy savings

**Interesting Facility Facts:**
Fully operational WiFi capability
5,800 tons of steel
More than 1,900 jobs created: 1,000 hospital jobs, 900+ construction jobs
38,000 cubic yards of concrete in the facility
2.8 million pounds of reinforcing steel

**Technology:**
Robotic and image guided surgical equipment
Patient remote-controlled room environment: blinds, lights, temperature
Interactive entertainment wall: Internet, movies, video chats
Touch screen digital signs
Kaiser Permanente HealthConnect®, world’s largest private electronic health record system
Kaiser Permanente care is now at a Target near you.

CARE YOU TRUST AT A PLACE YOU LOVE

Kaiser Permanente is proud to announce we're teaming up with Target to bring you convenient, high-quality care provided by Kaiser Permanente professional staff.

Have even more access to personalized care – days, evenings, and weekends. No appointment is necessary.

Over 85 services for you and your family, including:

**Minor Illnesses**
- Allergies (seasonal)
- Asthma
- Flu-like symptoms
- Pink eye
- Sore throat/strep throat/staff/mons

**Minor Injuries**
- Bruise/Minor abrasion
- Insect bite/scratching
- Minor sports injuries
- Wound check

**Chronic Conditions**
- Asthma
- Depression screening
- High blood pressure
- Hyperlipidemia
- Type 2 diabetes

**Pediatrics & Teens**
- Autism screening
- Hearing testing
- Lactation support
- Vision screening
- Well-baby, child, and teen exam

**Vaccinations**
- Chicken pox
- Flu vaccine
- FluMist® needle-free flu vaccine
- Hepatitis A (Hep A) 8 (Hep B)
- and A/8 (Tetrix)
- Meningitis
- Polio
- Tetanus/toxoid (Td)
- Tetanus/tetanus toxoid/porcine (Td&ap)

[Contextual information about services and locations is provided.]

Learn more at kp.org/scal/targetclinic.
### Highlights of SDCERS Early Retirees Plan Benefits

<table>
<thead>
<tr>
<th>Covered service</th>
<th>2015/2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deductible</td>
<td>None</td>
</tr>
<tr>
<td>Out of Pocket Maximum</td>
<td>$1500 Individual/ $3000 Family</td>
</tr>
<tr>
<td>Routine physical exams</td>
<td>$15 Copay</td>
</tr>
<tr>
<td>Primary care office visits</td>
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</tr>
<tr>
<td>Specialty care office visits</td>
<td>$15 Copay</td>
</tr>
<tr>
<td>X-rays and lab tests</td>
<td>No Charge</td>
</tr>
<tr>
<td>Outpatient surgery</td>
<td>$50 Copay</td>
</tr>
<tr>
<td>Hospitalization</td>
<td>$100 Copay</td>
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<td>Urgent care visits</td>
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</tr>
<tr>
<td>Emergency Department visits</td>
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</tr>
<tr>
<td>Generic prescription drugs (X2 Copays 100 Days)</td>
<td>$15 Copay (30 Days)*</td>
</tr>
<tr>
<td>Brand-name prescription drugs (X2 Copays 100 Days)</td>
<td>$30 Copay (100 Days)*</td>
</tr>
<tr>
<td>Chiropractic Care</td>
<td>$15 Copay – Up to 40 Visits</td>
</tr>
</tbody>
</table>

*This is a summary of some benefits and their copayments. Please see your Evidence of Coverage for information about coverage, limitations, and exclusions for all benefits, including those not listed in this summary.
# Highlights of SDCERS Medicare Retirees Plan Benefits

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