

Explore added features of our Kaiser Permanente Medicare Advantage (HMO) plans

When you join a 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 additional cost.

Check out all these additional features included in your health plan:



NEW for 2021
Over-the-counter wellness credit¹



Preventive Dental Plan
\$30 copays for each preventive care office visit



Transportation²
24 rides to nonemergency medical appointments



Vision
Routine eye care and an allowance on glasses and contact lenses



Virtual care³
Care from the comfort of home



BrainHQ
Online brain health exercises



Fitness membership⁴
The Silver&Fit® Healthy Aging and Exercise Program



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

And you can get even more out of your health plan with **Advantage Plus**. Get additional dental, hearing, and eyewear benefits for an additional monthly premium of just **\$25**. Flip to page 7 for more details.

Check inside to learn more about these features and how they can help you be your healthiest self.



NEW FOR 2021

Over-the-counter (OTC) wellness credit¹

Our Medicare health plans include a quarterly allowance that can be used to purchase items such as:

- Vitamins and minerals
- Allergy, cough, and cold remedies
- Antacids, laxatives, and stomach aids
- Pain relievers and fever reducers
- First aid kits, joint supports, and incontinence products
- Blood pressure monitors and thermometers
- Diabetic supplies such as compression stockings and sharps containers

The OTC wellness credit quarterly amount is based on your plan type.

PLAN	OTC WELLNESS CREDIT QUARTERLY ALLOWANCE
Kaiser Permanente Medicare Advantage Value plans	\$30
Kaiser Permanente Medicare Advantage Standard plans	\$50
Kaiser Permanente Medicare Advantage High plans	\$60

To order, visit kp.org/otc/mas or call **1-833-881-1422**, Monday through Friday, 9 a.m. to 7 p.m.



Transportation to medical appointments²

Kaiser Permanente Medicare Advantage includes 24 rides to nonurgent medical appointments at Kaiser Permanente medical centers and contracted facilities. Call **1-571-386-3769**, 24 hours a day, 7 days a week to schedule a ride or find out how many rides you have left for the year. Rides must be scheduled at least 2 hours before your pick-up time. A scheduled ride must also be canceled at least 3 hours before your pick-up time, or it will be deducted from your annual ride balance.



VIRTUAL VISITS

Care from the comfort of home³

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. We have decades of experience providing care by email, phone, video, and online—and these are core components of our integrated delivery system, not add-ons, so quality care is built into every experience.

Our flexible virtual care options include:



Video visits



Telephone appointments



24/7 Nurse Advice telephone line



Secure email with your doctor for nonurgent questions

You must be registered at kp.org to schedule video visits online. You can register at kp.org/register or through the Kaiser Permanente app. You can also schedule video visits by calling the Kaiser Permanente appointment line at **1-800-777-7904**, 24 hours a day, 7 days a week.

If you need help joining a video visit on your computer or mobile device, call our appointment line above or visit kp.org/videovisit.



FITNESS PROGRAM

The Silver&Fit[®] Healthy Aging and Exercise Program⁴

We've included the following with your Kaiser Permanente Medicare health plan:

- **Fitness center membership:** Reshape your life with membership at a local participating Silver&Fit fitness center. Visit SilverandFit.com to find a fitness center near you.
- **Home fitness program:** Members may choose two traditional home fitness kits,⁵ which may include an instruction DVD and printed guide—and, effective 1/1/21, one Stay Fit kit,⁵ with your choice of a FitBit[®], Garmin[®], yoga kit, or strength exercise kit. This benefit also includes website access, online fitness workout classes, educational tools, and a rewards program.

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

NOTE: Silver&Fit is not available with Kaiser Permanente Medicare Advantage Value Balt, MD, or DC plans.



Preventive Dental Plan

When you enroll in a Kaiser Permanente Medicare health plan, you automatically receive preventive dental coverage through Dominion National (Dominion). 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
- 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. To see a complete fee schedule, including exclusions and limitations, visit **DominionNational.com/kaiserdentists** or call Dominion Member Services at **1-855-733-7524** (TTY **711**), Monday through Friday, 7:30 a.m. to 6 p.m. When you become a member, you will find the fee schedule in your *Evidence of Coverage*.

Choosing a dentist

For a list of participating dentists—or information about a dentist such as office hours, directions, languages spoken, etc.—visit **DominionNational.com/kaiserdentists** or call Dominion Member Services at **1-855-733-7524** (TTY **711**), Monday through Friday, 7:30 a.m. to 6 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. Bring your Kaiser Permanente ID card to your appointment. There is no separate dental ID card.

Have questions? Call Dominion member services.

Quality service is an important part of any dental plan. Dominion Member Services specialists are available to answer questions about coverage or to help you find a participating dentist. Just call **1-855-733-7524** (TTY **711**), Monday through Friday, 7:30 a.m. to 6 p.m. Dominion's automatic voice response system is also available 24 hours a day.

Dental benefits are underwritten by Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., and administered by Dominion National.



VISION CARE

Quality you can see

Your plan includes routine eye exams, glaucoma screenings, and cataract screenings at Vision Essentials locations in our medical centers. You also receive an allowance on glasses or contact lenses.

Your copay amounts and eyewear allowance are based on your plan type.

PLAN TYPE	ROUTINE EYE EXAMS	EYEWEAR ALLOWANCE
MARYLAND		
Kaiser Permanente Medicare Advantage Value Balt and MD plans	<ul style="list-style-type: none">• \$10 per visit with an optometrist• \$50 per visit with an ophthalmologist	\$100
Kaiser Permanente Medicare Advantage Standard plan	<ul style="list-style-type: none">• \$10 per visit with an optometrist• \$40 per visit with an ophthalmologist	\$100
Kaiser Permanente Medicare Advantage High plan	<ul style="list-style-type: none">• \$5 per visit with an optometrist• \$30 per visit with an ophthalmologist	\$50
VIRGINIA		
Kaiser Permanente Medicare Advantage Value plan	<ul style="list-style-type: none">• \$10 per visit with an optometrist• \$45 per visit with an ophthalmologist	\$50
Kaiser Permanente Medicare Advantage Standard plan	<ul style="list-style-type: none">• \$5 per visit with an optometrist• \$35 per visit with an ophthalmologist	\$100
Kaiser Permanente Medicare Advantage High plan	<ul style="list-style-type: none">• \$5 per visit with an optometrist• \$30 per visit with an ophthalmologist	\$50
DISTRICT OF COLUMBIA		
Kaiser Permanente Medicare Advantage Value plan	<ul style="list-style-type: none">• \$10 per visit with an optometrist• \$50 per visit with an ophthalmologist	\$100
Kaiser Permanente Medicare Advantage Standard plan	<ul style="list-style-type: none">• \$10 per visit with an optometrist• \$40 per visit with an ophthalmologist	\$100
Kaiser Permanente Medicare Advantage High plan	<ul style="list-style-type: none">• \$5 per visit with an optometrist• \$30 per visit with an ophthalmologist	\$50

To view a list of Vision Essentials locations, visit kp2020.org.

When you enroll in a Kaiser Permanente Medicare health plan, we will mail you an *Evidence of Coverage* that will include additional information regarding your vision benefits, including a complete list of exclusions and limitations.



BRAIN HQ

Brain training that works

At Kaiser Permanente, we believe in caring for the whole you—mind and body. That's why we've included online brain health exercises with your membership at no cost.

Your brain defines who you are. It's the center of everything you think, do, and feel. That's why Kaiser Permanente is offering 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)—and 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 no-cost account, please visit kp.brainhq.com. 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.



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,⁶ which focus on supporting the changing health and wellness needs of those over 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.

ADVANTAGE PLUS

Get extra benefits for an affordable monthly premium

Enhance your health and well-being by combining the affordable benefits of Advantage Plus with your Kaiser Permanente Medicare Advantage (HMO) plan. For only **\$25 a month**, Advantage Plus adds additional dental, hearing, and eyewear benefits to your Medicare Advantage health plan—and it's part of your usual bill, making payment easy. You must be a Kaiser Permanente Medicare Advantage individual plan member to apply for Advantage Plus.

ADVANTAGE PLUS (optional supplemental package) premium and benefits	YOU PAY
Monthly premium in addition to monthly Medicare Advantage individual plan premium and monthly Medicare premium(s)	\$25
Preventive dental services ⁷ <ul style="list-style-type: none"> • Cleanings – 1 every 6 months • Oral exams – 1 every 6 months • Most X-rays – 1 every 6 months 	\$10 copay per visit
Comprehensive dental services ⁷ <ul style="list-style-type: none"> • Non-routine services • Diagnostic services • Restorative services • Endodontics • Periodontics • Extractions • Prosthodontics, oral/maxillofacial surgery, and other services 	<ul style="list-style-type: none"> • \$0 to \$36 • \$0 to \$36 • \$22 to \$531 • \$28 to \$527 • \$39 to \$576 • \$45 to \$227 • \$35 to \$3,658
Hearing aids	\$1,000 allowance per ear every 3 years
Eyeglasses and contact lenses	\$175 allowance for eyewear every 2 years

To learn more, visit kp.org/advantageplus or call **1-877-263-3085 (TTY 711)**, 7 days a week, 8 a.m. to 8 p.m.

Enrolling in Advantage Plus

You can choose the Advantage Plus option when you enroll in a Kaiser Permanente Medicare Advantage plan.

If you are a new Kaiser Permanente Medicare Advantage individual plan member, you can add Advantage Plus within 30 days of your plan's effective date.

If you are an existing Kaiser Permanente Medicare health plan member, you can sign up for Advantage Plus from October 15, 2020 through March 31, 2021 (our office must receive your enrollment form by this date).

WE'RE HERE TO HELP

If you have questions or are ready to enroll in a Kaiser Permanente Medicare Advantage plan, call **1-866-973-4584 (TTY 711)**, 7 days a week, 8 a.m. to 8 p.m. to speak to a Kaiser Permanente Medicare specialist. You can also enroll at kp.org/enrollonline.

¹ Please refer to your *Evidence of Coverage* for details regarding the OTC benefit. OTC benefits may change each year on January 1. Each purchase must be at least \$20. Any unused portion of the quarterly credit will not carry forward to the next quarter. Your order may not exceed your maximum benefit allowance. Limitations and restrictions may apply. Cash, checks, credit cards, or money orders are not accepted.

² Twenty-four one-way rides per contract year. For nonemergency transportation only.

³ When appropriate and available.

⁴ Not available with Kaiser Permanente Medicare Advantage Value Balt, Kaiser Permanente Medicare Advantage Value MD, or Kaiser Permanente Medicare Advantage Value DC plans. 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. All programs and services are not available in all areas. Other names or logos may be trademarks of their respective owners.

⁵ Kits are subject to change.

⁶ In-person event schedule based on necessary COVID-19 response.

⁷ Dental benefits provided by Dominion National. To access Advantage Plus dental services, you must select a primary dentist by calling Dominion National at **1-855-733-7524**. The Advantage Plus dental plan network differs from the Preventive plan network that is included with your Kaiser Permanente Medicare health plan. To find an in-network dentist, call **1-855-733-7524** or visit DominionNational.com/kaiserdentists.

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.



Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.
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