



Find your healthy place

With care designed to help you thrive

2024 open enrollment period presentation for Sandia National Laboratories





The Kaiser Permanente difference



We're community focused: We are committed to the health of our members and the communities we serve



We're forward-looking: We maintain one of the most advanced research institutions working to transform the future of health care



We're innovative: We pioneered the integrated health care model and offer nation-leading care

Integrated care centered around you

Quality care begins with our integrated care delivery system, which offers you:

- Care and coverage together in one package
- A coordinated, connected care team
- Many convenient services under one roof



Support for your total health and well-being

Your doctor will build a care plan based on your needs and work with your care team to deliver personalized support.



Preventive care to keep you healthy



Specialty care when you need it



Support for ongoing conditions

Get care in your language — with multilingual doctors and phone interpretation in more than 150 languages.



Your care, your way

With Kaiser Permanente, you can get care when, where, and how you want it.

Video Visits*

Connect with your doctor online. It's convenient, safe, and secure, and it often doesn't require a copay.



In person

Same-day appointments may be available.



Phone

Schedule a telephone appointment and get advice 24/7.



Email

Message your doctor anytime with nonurgent questions.



App

Download our app to schedule appointments, manage prescriptions, see test results, and more.



Care while traveling

Since keeping you safe and healthy is our first priority, you're covered for emergency and urgent care anywhere in the world. You can also get urgent care at MinuteClinic® in select CVS and Target stores when you're traveling outside a Kaiser Permanente area.

How we make getting care while traveling more convenient:



Our Away from Home Travel Line is available 24 hours a day, 7 days a week



Visit kp.org/travel — a special section of kp.org that's focused on getting care while traveling



You can refill eligible prescriptions early in preparation for your travel



Added support to help you thrive¹



Wellness coaching by phone



Online healthy lifestyle programs, videos, podcasts, recipes, and more



Reduced rates on specialty care services like acupuncture, chiropractic care, and massage therapy



On-site health education classes and support groups



Seasonal farmers markets



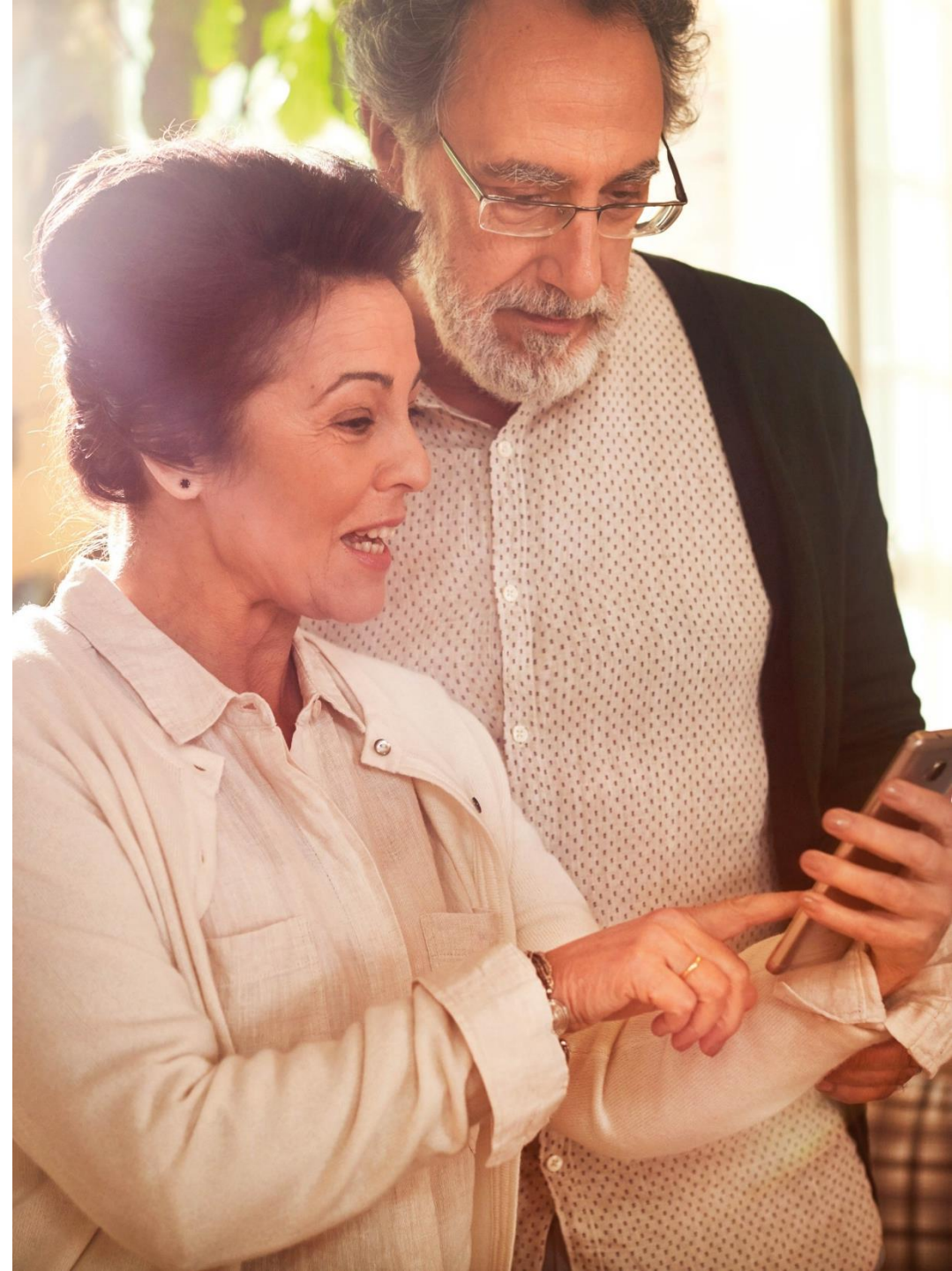
Find convenient Kaiser Permanente care near you at [kp.org/facilities](https://www.kp.org/facilities)

¹These services aren't covered under your health plan benefits and aren't subject to the terms set forth in your Evidence of Coverage or other plan documents. These services may be discontinued at any time without notice. The products and services described above are neither offered nor guaranteed under our contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to the Kaiser Permanente grievance process.










About a Kaiser Permanente Medicare health plan

- ✓ A Kaiser Permanente Medicare health plan is a Medicare Advantage plan for people with Medicare
- ✓ A Kaiser Permanente Medicare health plan provides services covered by Medicare (including Medicare Part D prescription drug coverage)
- ✓ As a Kaiser Permanente Medicare health plan member, you get your Medicare benefits through Kaiser Permanente
- ✓ The Medicare program pays Kaiser Permanente to manage health care for people with Medicare (our Kaiser Permanente Medicare health plan members)

MEDICARE
STAR
RATINGS



Summary of Benefits (1/1/24–12/30/24)

Services	Sandia
 Annual Out-of-Pocket Maximum	\$1,000 per calendar year
 Lifetime Maximum	None
 Office Visits	\$15 per visit
 Lab/X-rays	No charge
 Outpatient Surgery	\$100 per procedure
 Hospitalization Services	\$500 per admission
 Emergency Services	\$50 per visit
 Ambulance Services	\$0 per trip
 Prescription Drugs (up to a 30day supply)	\$10 copay (Generic) \$20 copay (Brand)
 Durable Medical Equipment	No charge
 Eyewear	\$150 allowance (every 24 months)

Stay active from anywhere

Try yoga, cardio, and bootcamp — without leaving home.

Kaiser Permanente members get a special rate on ClassPass, which offers:



Unlimited on-demand video workouts

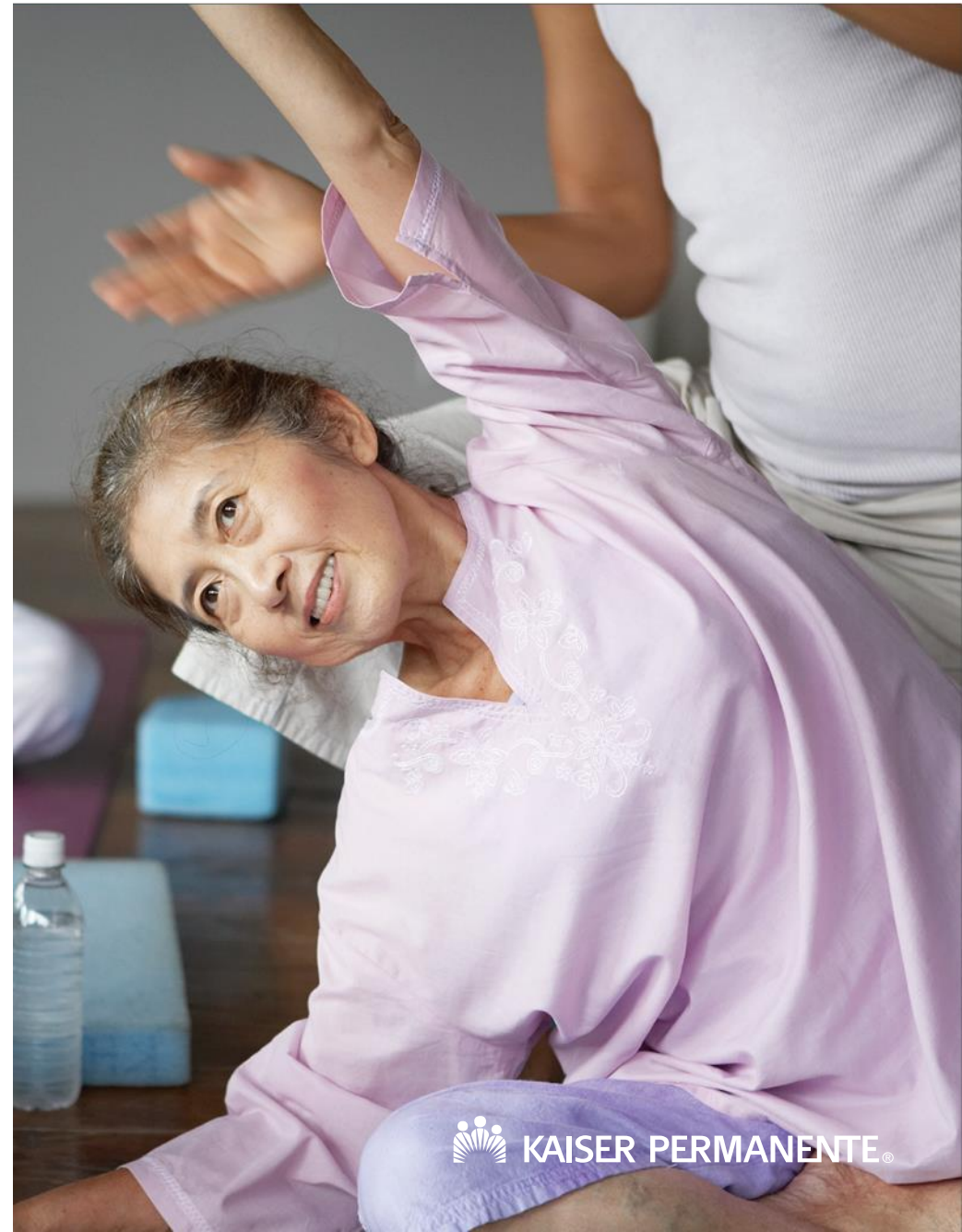
4,000+ online fitness classes — including cardio, dance, meditation, bootcamp, and more at no cost



In-person gym classes

Reduced rates for classes at some of the top gyms and fitness studios in your area

These services aren't covered under your health plan benefits and aren't subject to the terms set forth in your Evidence of Coverage or other plan documents. These services may be discontinued at anytime without notice.



Focus on a healthier you

Feel your best with vision benefits built right into your Kaiser Permanente Medicare health plan.

Vision benefits are provided through Vision Essentials by Kaiser Permanente. With locations at most Kaiser Permanente medical offices, Vision Essentials can give eye exams and fill your prescription for eyeglasses or contact lenses in the same building.

Why vision coverage?

- It's important to have your eyes checked regularly to spot minor as well as more serious eye problems
- When you see clearly, daily activities such as driving and reading, become much easier
- You'll get an allowance toward an eyewear purchase once every 2 years



Travel with peace of mind

Your Kaiser Permanente Medicare health plan includes a **\$1,500** annual allowance for out-of-area routine and continuing care.

- Your allowance can be used for office visits, labs, x-rays, physical therapy, outpatient behavioral health care, and more.
 - Just pay your in-network cost share for covered services
 - No referral or pre-authorization needed
- To find a provider that accepts Medicare, visit [medicare.gov](https://www.medicare.gov)
- To find out more or confirm the area you are travelling is covered, call Member Services at **800-476-2167 (TTY 711)**, **8 a.m. to 8 p.m., seven days a week.**



Mental health and emotional wellness apps

Everyone needs support for total health — mind, body, and spirit. These wellness apps can help members navigate life’s challenges and make small changes to improve sleep, mood, relationships, and more.¹



Calm

Meditation and relaxation app designed to help strengthen mental fitness and help with stress, anxiety, insomnia, depression, and more



ClassPass

Access to thousands of on-demand workout videos, plus live-streaming and in-person exercise classes from top studios worldwide



Teladoc

Personalized program with interactive activities to track current emotional states and ongoing life events to help improve awareness and change behaviors



Headspace care

On-demand emotional support through the Ginger app — Ginger’s emotional support coaches are available 24/7 to help with stress, low mood, sleep troubles, and more

Go to kp.org/selfcare to learn more and download apps.

1. These services aren't covered under your health plan benefits and aren't subject to the terms set forth in your *Evidence of Coverage* or other plan documents. These services may be discontinued at any time without notice. Only available to Kaiser Permanente members with medical coverage.

THANK YOU

for your time today!



Questions?

Ask your Kaiser Permanente retiree consultant about our Medicare health plans.

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.