



The **FUTURE IS NOW** and it's all about you

Your choice of great doctors. Personalized care at convenient locations. Health and fitness programs available online and off. And an electronic health record that helps you stay connected to your health. At Kaiser Permanente, the future of health is taking shape—and you are right in the center.

That's why more Oregonians now choose Kaiser Foundation Health Plan of the Northwest than any other health plan.* Our health care is about you, and we're making it even easier for you to get care:

- **It's easier to see your doctor.** We added 100,000 appointments and reduced the time it takes to schedule an appointment, so you can more easily get the care you need when it is convenient for you.
- **Improved comfort at our award-winning hospital.** From remodeling to new certifications, Kaiser Sunnyside Medical Center provides enhanced comfort and even better care. It is the only baby-friendly hospital in the Portland area, as designated by the World Health Organization, helping support new parents and babies every step of the way.
- **Convenient care under one roof.** You can receive most care (X-rays, lab work, prescriptions, and doctor appointments) in one location. With 33 medical offices and 17 dental offices to choose from, it's easy to find a provider close to home or work.
- **Medical home.** Our physician-led health care teams provide integrated, patient-centered care with a high degree of coordination and communication between all of your providers and services including specialists, X-rays, pharmacy, and the advice nurse phone line.
- **Time-saving online health tools.** E-mail your doctor's office, schedule appointments, and order prescription refills anytime, anywhere you have online access. With My Health Manager on **kp.org**, you can save time and money.

* HealthLeaders-InterStudy, as reported in the *Portland Business Journal*.

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KAISER PERMANENTE® **thrive**

All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest.
500 NE Multnomah St., Suite 100, Portland, OR 97232.

2011-2012 OEGB benefit changes*

October 1, 2011–September 30, 2012

To help you better understand your benefits, a summary of medical, dental, and vision benefit changes follows.

Medical benefit changes

→ Traditional Copayment (Plan 1) changes

- Primary care: \$15 (was \$10).
- Specialty care: \$25 (was \$15).
- Urgent care: \$35 (was \$10).
- Lab/X-ray/special diagnostic: \$15 per department visit (was \$0), preventative is still covered at \$0.
- Outpatient surgery: \$75 (was \$50).
- Injections: \$10 (was \$5).
- Pharmacy out-of-pocket maximum: \$1,100 (was \$1,000).
- Chiropractic/acupuncture/naturopathic: \$15 (was \$10).
- Hearing aids for adult members.

→ New Deductible Plan (Plan 1A) changes

This year, Plan 1A includes a \$100 individual deductible and coinsurance for some services. This plan can help stretch your dollars further because you pay a smaller premium upfront, but it requires a deductible for some services. It still includes the same resources that help you get healthy and stay that way, including access to our top-quality network of providers and services. Please refer to the full Benefit Summary and *Evidence of Coverage* for additional plan changes and details.

Dental benefit changes

- **Plan 8:** No plan changes. You still pay a \$20 copayment per office visit with no deductible.
- **Plan 7:** This plan will no longer be available. If you are enrolled in Plan 7 and want to keep Kaiser Permanente dental coverage, you will need to enroll in Kaiser Permanente Dental Plan 8.
- **Ortho B:** No plan changes. You pay the first \$1,500, plus a \$10 copayment per office visit.
- **Ortho A:** This plan will no longer be available. If you want to keep Kaiser Permanente Ortho coverage, you will need to enroll in Kaiser Permanente Ortho B.

Vision benefit changes

- **Plan 5:** No changes this year.

At Kaiser Permanente, we care about the health of each and every member. We look forward to another year serving you.

*Plan details are provided in the *Evidence of Coverage (EOC)*. In the event of any conflict between this flyer and the *EOC*, the *EOC* prevails.

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