



FIND YOUR HEALTHY PLACE

With care designed to help you thrive

Presented to OEGB Entities
May 24, 2023



Care that is close to home or work

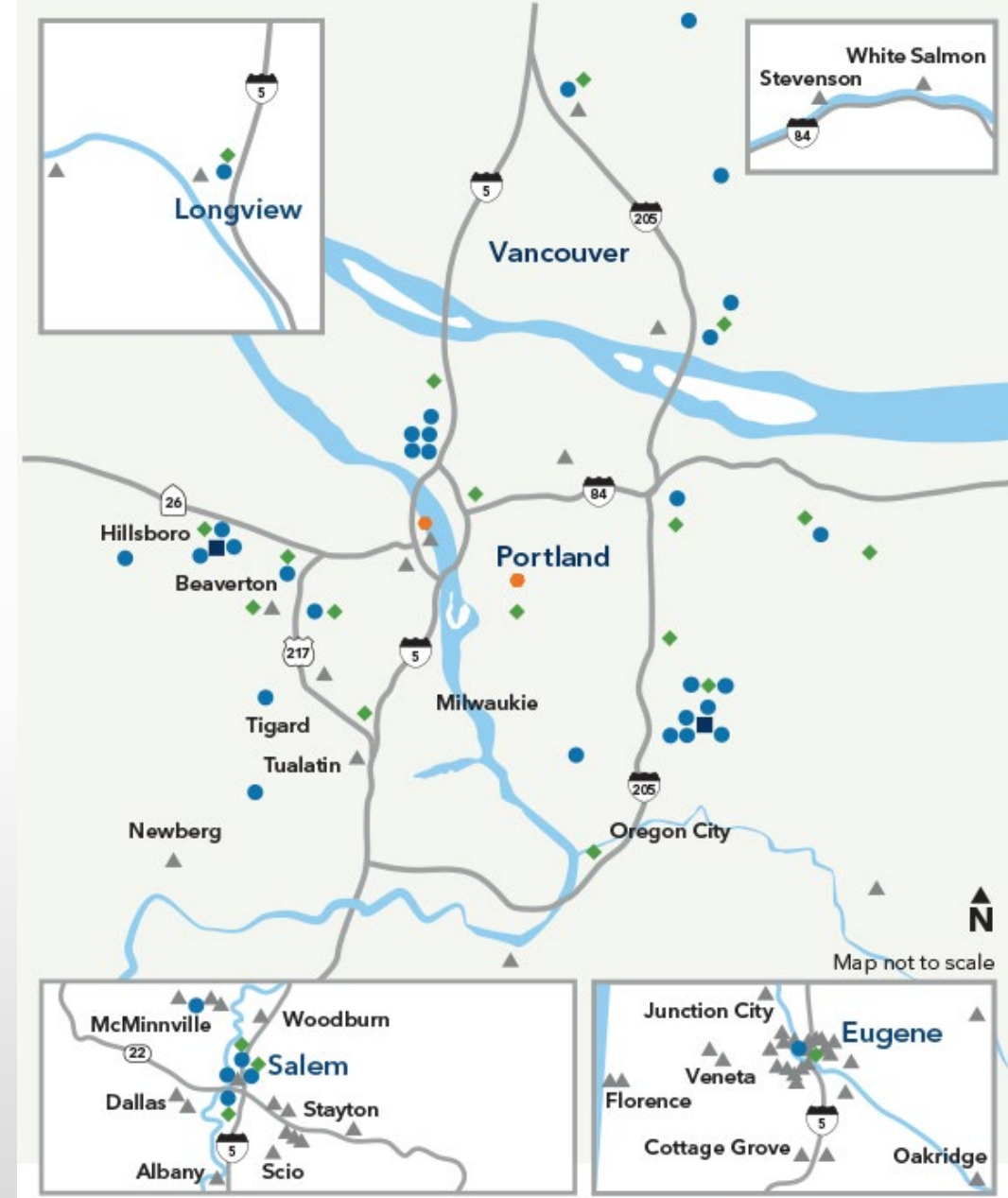
No matter what life throws their way, our members have many ways to connect to convenient, high-quality care.

Kaiser Permanente locations

- 31 medical offices
- 21 dental offices
- 2 Kaiser Permanente hospitals
- 2 Care Essentials by Kaiser Permanente clinics

Access to affiliate providers including, but not limited to:

- OHSU Doernbecher Children's Hospital
- PeaceHealth Southwest Medical Center
- The Portland Clinic
- Salem Hospital
- Willamette Valley Medical Center
- PeaceHealth Lane County



A unique approach to caring for your employees

With care and coverage together, seamless coordination and communication are possible across all care touch points.



Doctors who focus on providing the right care, not unnecessary testing or treatment



Working together to help manage our members' overall health



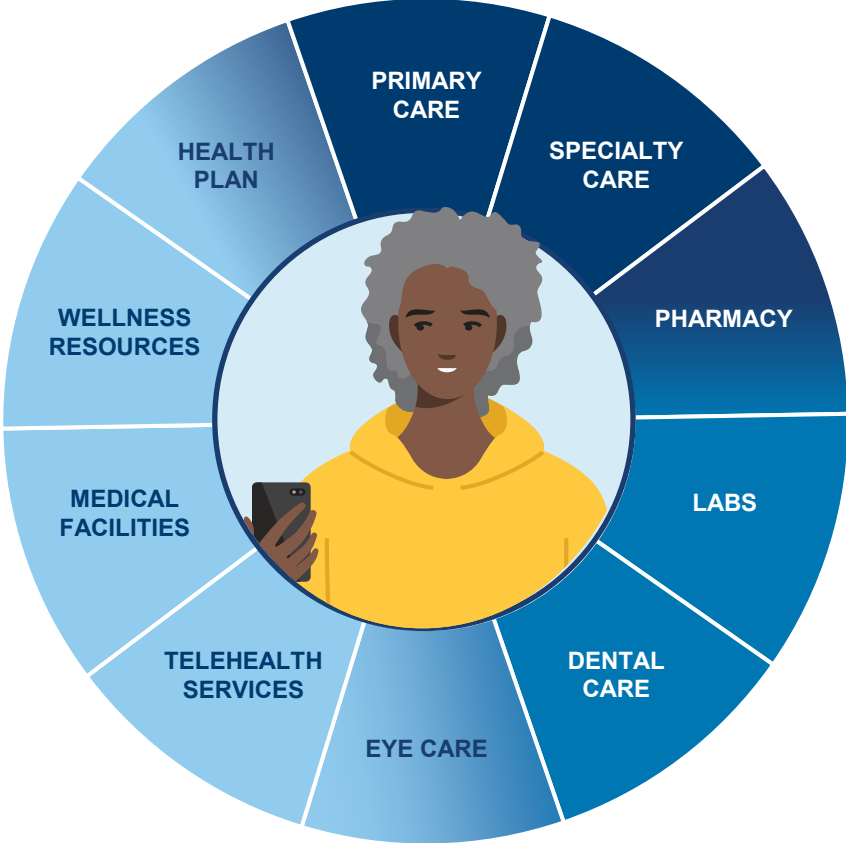
Closing health gaps



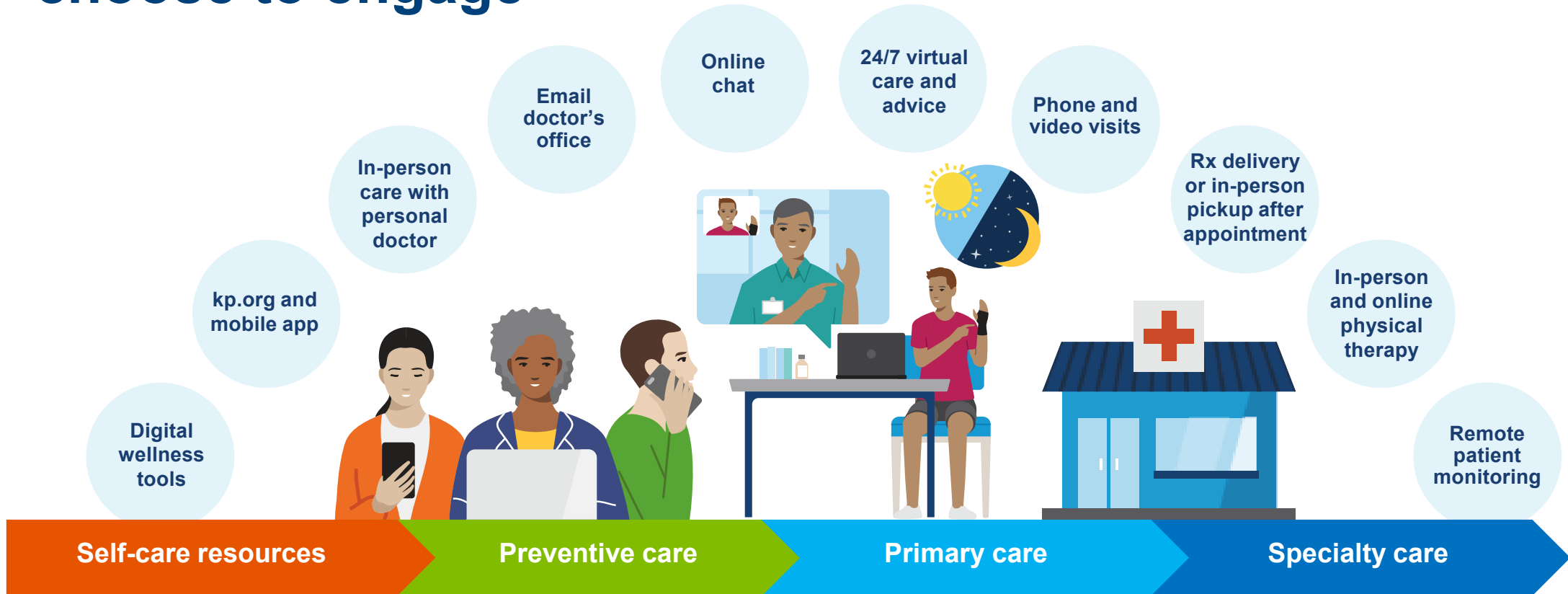
Care all under one roof



High-quality care for maternity, cancer, cardiac, and more



A seamless experience — no matter how members choose to engage





Quality care when you need it

Same-day, next-day, and weekend appointments are available at most locations and by phone and video.¹



Visit us in person at a location near you.



Talk to a health care professional by phone or video.^{1, 2}

24-hour virtual care on your schedule



- **NEW** — If a trip to the doctor's office doesn't fit your schedule, it's easy to get fast, personalized support — daytime, nighttime, anytime.
- Schedule a phone or video visit with a doctor or clinician.^{1,2}
- Get 24/7 care advice from a registered nurse by phone.
- With e-visits, complete an online questionnaire and receive a treatment plan and prescriptions, if needed.

Save time and money

Telehealth is covered at no cost with most plans.²

1. When appropriate and available. For high deductible health plan members, e-visits, phone visits, and video visits are subject to your plan's annual deductible. 2. To have a video visit, members must be registered on kp.org and have a camera-equipped computer or mobile device. If you travel out of state, phone and video visits may not be available due to state laws that may prevent doctors from providing care across state lines. Laws differ by state.



Getting care away from home

With COVID-19 cases down at home and abroad, and more people beginning to travel. We're supporting our members with high-quality health care options while they're away from home.



Coverage for urgent and emergency care

You are covered for emergency and urgent care anywhere in the world, so if you get hurt or sick while traveling, you can rest assured knowing you can get the care you need.



Urgent care at MinuteClinic locations

You can get urgent care at a MinuteClinic (in select CVS and Target stores) or Concentra urgent care center when you're traveling outside a Kaiser Permanente area.



Care options via CIGNA

Most of our commercial members who need urgent or emergency care while traveling will have access to Cigna's national network of providers.



24/7 virtual care

We're now offering 24/7 access to member-centered high-quality care in all regions.



Kaiser Permanente facilities across the country

Kaiser Permanente provides care in many states across the country, including all or parts of California, Colorado, Georgia, Hawaii, Maryland, Oregon, Virginia, Washington, and Washington, D.C.



Help before you go

We can also help you before you leave town by checking to see if you need a vaccination, refilling eligible prescriptions, and more.

Go to kp.org/travel to learn more about care while traveling.



Up next — plan benefits and the latest information on locations near you

2023-2024 medical plan benefits

	Plan 1	Plan 2A	Plan 2B	Plan 3
Yearly deductible	\$0	\$800 individual \$2,400 family	\$1,200 individual \$3,600 family	\$1,600 individual \$3,200 family
Annual OOP Maximum	\$1,500 individual \$3,000 family	\$4,000 individual \$12,000 family	\$4,500 individual \$13,500 family	\$6,550 individual \$13,100 family
Primary Care	\$20	\$25	\$30	20% after deductible
Specialty Care	\$30	\$35	\$40	20% after deductible
Preventive Care	\$0	\$0	\$0	\$0
Prenatal/Well-baby Care	\$0	\$0	\$0	\$0
Outpatient Surgery	\$75	20% after deductible	20% after deductible	20% after deductible
Emergency Room	\$100	20% after deductible	20% after deductible	20% after deductible
Lab/X-ray/Diagnostics	\$20	\$25	\$30	20% after deductible
Prescriptions	\$5 generic \$25 formulary brand \$45 non-formulary brand 25% up to \$100 specialty	\$5 generic \$25 formulary brand \$45 non-formulary brand 25% up to \$100 specialty	\$5 generic \$25 formulary brand \$45 non-formulary brand 25% up to \$100 specialty	20% after deductible
Self-referred alternative care: Chiropractic & Acupuncture	\$20 20 visit limit for chiropractic 12 visit limit for acupuncture	\$25 20 visit limit for chiropractic 12 visit limit for acupuncture	\$30 20 visit limit for chiropractic 12 visit limit for acupuncture	20% after deductible 20 visit limit for chiropractic 12 visit limit for acupuncture



2023-2024 Benefit Changes

Insulin for treatment of diabetes

The cost share cap for insulin for the treatment of diabetes will be reduced from \$75 to \$35 for each 30-day supply of insulin, not subject to deductible.

Kaiser Permanente at Home

We added coverage under Plan 1- 3 medical plans that provides care in a Member's home as an alternative to receiving acute care in a hospital. Services include home visits by healthcare professionals, communication devices, and medically necessary supplies and equipment. This coverage is not available in high deductible plans.

Additional resources for OEBB members





Learn more about this program at
mybenefits.kp.org/oebb

Diabetes prevention

Omada's program combines the science of behavior change with personal support so you can make changes that stick

Omada program elements include:

- Smart tools and technology
- Supportive online peer groups
- Interactive lessons
- Professional health coach

Members must meet clinical inclusion criteria to participate in this program

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 your 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



myStrength²

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



Ginger

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. 2. myStrength[®] is a trademark of Livongo Health, Inc., a wholly owned subsidiary of Teladoc Health, Inc.

Self-referred alternative care

To help your employees achieve total health, some of our medical plans include self-referred alternative care benefits.

1. Choose an alternative care provider

Choose from more than 1,400 qualified and credentialed complementary and alternative medicine providers throughout our service area. Visit [chpgroup.com](https://www.chpgroup.com) or call **1-800-449-9479**.

2. Schedule an appointment

Call the provider you select to schedule an appointment. When you schedule your appointment, make sure to confirm your provider's participation before receiving care.

3. Determine the amount you will pay

Refer to your Benefit Summary and EOC for details about your out-of-pocket costs. The amount you pay for visits to alternative care providers varies by plan and type of service.

4. Call Member Services for help

Member Services is our members' one-stop resource for answers. Available Monday through Friday, 8 a.m. to 6 p.m. at **1-800-813-2000** (TTY 711).

Visit [chpgroup.com](https://www.chpgroup.com)

or call 1-800-449-9479 to find a provider



Naturopathy



Chiropractic care



Acupuncture



Kaiser Permanente
Dental benefits

Convenient, high-quality dental care and coverage



21 DENTAL OFFICES

Eugene, OR, to Longview, WA

Many co-located with or near a Kaiser Permanente medical facility

165 KP DENTISTS

GENERAL DENTISTRY SPECIALTY CARE

Including orthodontics, endodontics, oral surgery, and periodontics

RIGHT CARE AT THE RIGHT TIME

Urgent dental care available 24 hours a day, 7 days a week

Virtual dentistry options, including video, phone, and email*

MEDICAL-DENTAL INTEGRATION

Integration with electronic health record, co-location, and coordination with medical team for quality outcomes

*When appropriate and available. These features apply to care you get at Kaiser Permanente facilities.

WHAT DO YOU GET?



KP DENTAL ADVANTAGES **ADD VALUE**

KP DENTIST

NON-KP DENTIST

✓	General Dentistry	✓
✓	Specialty Dental Care	✓
✓	TeleDentistry	✓
✓	Preventive Medical Care*	✗
✓	Diabetes Care Management*	✗
✓	Tobacco Cessation	✗
✓	Cancer Screenings	✗

*MDI Offices

Glisan, Beaverton, Cedar Hills, Tanasbourne, Salmon Creek Dental Offices

2023-2024 dental plan benefits – no changes

Yearly deductible	\$0
Annual benefit maximum	\$4,000
Covered service	Members pay
Dental office visit copay	\$20
Preventive services	\$0
Oral exams, X-rays, cleaning, fluoride treatments	\$0
Routine fillings and inlays, simple tooth extractions	\$0
Surgical tooth extractions	\$50
Root canal and related therapy	\$50
Gold or porcelain crowns and onlays	\$250
Full and partial dentures, relines, rebases	\$100
Bridge retainers and pontics	\$250
Orthodontic treatment	\$2,500 copay + \$20/visit
Implant services	50% (limit of 4 per lifetime)
Occlusal guards, athletic mouth guards	10%

*This is a summary of some benefits and their copays and coinsurance. For specific information about your covered health plan benefits, limitations, and exclusions, including those not listed in this summary, please see your *Evidence of Coverage*.



Kaiser Permanente Vision benefits



2023-2024 vision plan benefits – no changes

	Plan 1	Plan 2A	Plan 2B	Plan 3
Vision exam	\$20	\$25	\$30	20% after deductible
Hardware allowance: Frames, lenses and contact lenses	\$250	\$250	\$250	\$250
Additional benefits				
50/50 protection plan	Members can return their damaged, broken, or chewed glasses purchased at Kaiser Vision Essentials and we'll apply 50% of the original price paid to replace them.			
Second pair of complete glasses	Save 30% on a second complete set of eyeglasses. Choose from styles that are made for different purposes, like sports, reading, blue-blocking computer glasses, and safety glasses.			



Make use of that hardware allowance

\$100 of OEGB members' \$250 hardware allowance may be used toward non-prescription sunglasses and/or digital eye strain glasses

*Must be enrolled in a Kaiser Permanente medical plan to enroll in the Kaiser Permanente vision plan.

This is not a contract. This benefit summary does not fully describe your benefit coverage with Kaiser Foundation Health Plan of the Northwest. For more details of your benefit coverage, exclusions and limitations, claims review, and adjudication procedures, please see your *Evidence of Coverage (EOC)*, or call Member Services. In the case of a conflict between this summary and the *EOC*, the *EOC* will prevail.

To learn more about Kaiser Permanente, visit [kp.org](https://www.kp.org).

2023-2024 Virtual Open Enrollment Options



Recorded Presentations

Watch a customized, recorded presentation on demand about OEBB's 2023-2024 Kaiser Permanente NW benefits and services.



Talk live with an enrollment specialist – Virtual Office Hours

You can talk about your benefits questions with a Kaiser Permanente Enrollment Specialist, one-on-one privately, during virtual office hours. Available all year long, click [here](#)



Open enrollment information

Members can also view and download a range of **open enrollment materials** — like our New Enrollment guide, benefit summaries and value-added resources, available exclusively to Kaiser Permanente members.



Host live webinars for your staff

Hosted by Kaiser Permanente Account Management and Engagement Specialist. Reach out to your account management team if you would like to set up live webinar covering benefits and/or additional services such as wellness resources, Plan 3 Medical HSA 1:1 for your staff.

Supporting employees during the transition to Kaiser Permanente

1

Enrollment support

- Enrollment video recordings
- Enrollment packet
- 1:1 office hours with onboarding specialists
- Bilingual Spanish resources
- Customized benefits website

2

Help getting started

- Virtual tours of Kaiser Permanente facilities
- New Member Welcome Desk
- Online doctor and location information

3

Transition of care

- Transfer care and prescriptions
- Schedule appointments
- Coordinate ongoing care for current conditions and pre-authorizations

Take a virtual tour today!

Visit kpvr.org/nw to take a tour of a facility near you to get a better understanding of how the Kaiser Permanente care team works together to care for each member's unique needs.

Your Account Management Team:

Troy.e.Marcoe@kp.org Executive Account Manager

Visit our OEGBB microsite at my.benefits.kp.org/oebb for enrollment information and materials.



Thank you

More information
mybenefits.kp.org/oebb

