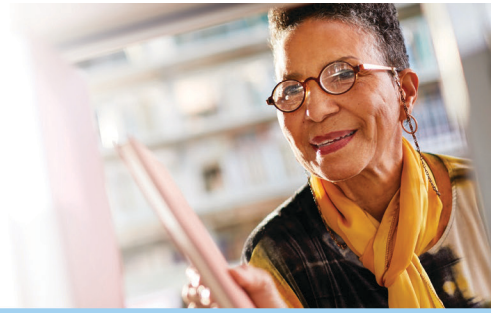


CalPERS Retirees

Enjoy more wellness perks when you stay with Kaiser Permanente



With a Kaiser Permanente Group Medicare health plan, you get high-quality care that fits your life – plus these extra benefits built right into your plan.



Access care with our transportation benefit

Get rides for doctor appointments, medical services like lab or X-ray, and picking up medications or medical equipment.



Simplify your recovery with meal delivery

To help you recover after an inpatient hospital or skilled nursing facility stay, get fresh meals delivered right to you – including heart-healthy, diabetic-friendly, and gluten-free options.



Get home delivery for health and wellness aids

Use our online catalog to order over-the-counter (OTC) pain relievers, first-aid kits, joint supports, blood pressure monitors, thermometers, and more, that can be delivered to your home at no extra cost.**



Stay active with Silver&Fit®

As a member, you have access to the Silver&Fit® Healthy Aging and Exercise Program, which offers benefits like a Premium Fitness Network - at a monthly buy-up price, one Home Fitness Kit, and workout videos.*

Have questions?

Call us at **1-855-717-9598** (TTY **711**), Monday to Friday, 8 a.m. to 8 p.m., or contact your benefits administrator.

Learn more at kp.org/calpers/retirees

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal.

*The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Silver&Fit is a trademark of ASH and used with permission herein.

**OTC benefits may change each year on January 1. Each purchase must be at least \$25. Shipments must be delivered at an address within CA. Your benefit limit resets on January 1, April 1, July 1, and October 1. Any unused portion of the quarterly benefit will not carry forward to the next quarter. Your order may not exceed your quarterly benefit limit. Limitations and restrictions may apply. Cash, checks, credit cards, or money orders are not accepted.