

Kaiser Permanente is here to help you thrive

With Kaiser Permanente, you get high-quality, affordable care that fits your life. Here are some of the top ways we help you live well and thrive.

More choice

With Access PPO, you can see any licensed provider in the country. You can see most health care professionals without a referral, and change doctors anytime.

Extra support when you need it

If you need help managing a chronic condition or complex health issue, our specially trained nurses are available to assist you. Using phone-based support, and partnering with your personal doctor, they'll guide you on the steps you need to take to improve your health.

Member website to manage your health

Go online for services that make managing your health easier. Refill prescriptions, check your coverage and benefit usages, see your digital ID card, access reliable health information, and use online bill pay.

Many ways to get the care you need

You can see your doctor in person or choose from other options:

- Call our 24/7 advice nurse
- Use an online visit¹ for common conditions
- Chat online with a Kaiser Permanente clinician

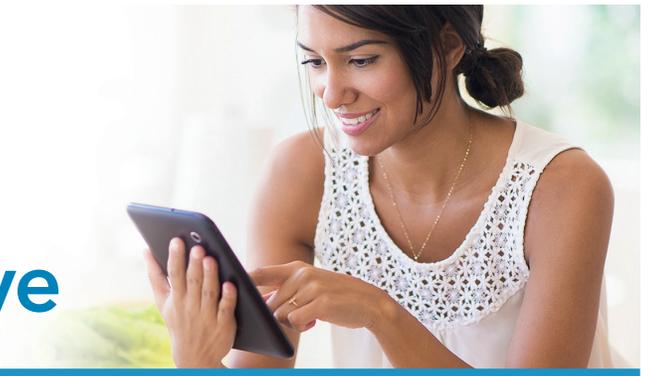
You can have medication refills delivered with our mail-order pharmacy. Check out our member website features at kp.org/wa/member-tour.

Access to alternative care

Chiropractic, acupuncture, naturopathy, and massage therapy are all included in your coverage. You also get a 20% discount for acupuncture, chiropractic care, yoga, Pilates, massage therapy, naturopathy, and more from our network of community providers. Visit kp.org/wa/alternative-medicine.

Resources to keep you healthy

We offer a program that helps you quit using tobacco, once and for all. And you can get discounts on fitness centers and gear, find tips and recipes on our wellness blog, and join other members at sponsored health events. Go to kp.org/wa for wellness resources.



Switching plans is easy

Changing health plans doesn't need to be a lot of work. Whether you're in the middle of a treatment plan or you're taking a prescription drug, we understand that you have unique needs. We're here to help make switching plans easy.

Call our new member welcome team.

Our dedicated team can help transition your care and prescriptions to Kaiser Permanente. We can also help you find a doctor, answer plan questions, and more.

Call **206-630-0029** or **1-888-844-4607**.

Transfer your prescriptions

It's easy to transfer your prescriptions so your treatment is uninterrupted. Create an account at kp.org/wa to transfer your prescriptions yourself, or call our new member welcome team for help.

Find the right doctor

Finding a new doctor can feel stressful. But our online doctor profiles let you browse the many excellent doctors and convenient locations in your area, even before you enroll. So you can join knowing you've found a doctor who fits your needs, and that you can change your doctor at any time, for any reason. You can choose a doctor online, or call our new member welcome team for help.

Transition your care

Are you currently getting treatment? We can help you transition your care to Kaiser Permanente. You might want help if:

- You have a scheduled surgery.
- You're taking a prescription drug or using medical equipment.
- A baby is on the way! You're pregnant and receiving prenatal care.
- You're following an established treatment plan.
- A health provider is working with you to manage a medical condition.

¹Prescriptions from online visits must be filled at Kaiser Permanente Washington medical offices or mail order service.