

A woman with curly hair is smiling and looking at a young child who is laughing and holding a cookie. The background is a blurred green wall.

Choose the right plan
for your family.

We'll be with you every step of the way.

kp.org/feds

 KAISER PERMANENTE®



FAMILY PLANNING MADE EASY FOR YOU

Women are encouraged to choose both a primary care physician and an ob-gyn for regular care. They are your best advocates as you prepare for your pregnancy. These services are also provided:

- Family planning and reproductive services, which include contraception counseling and treatment for women and men, are available at no charge.
- Infertility diagnoses are also covered by your plan. More details are available in your Federal Employees Health Benefits (FEHB) brochure *RI 73-047*.

Learn about healthy pregnancy. Discover important steps, trimester by trimester. All at kp.org/maternity.

MATERNITY CARE THAT DELIVERS GREAT BEGINNINGS

From first signs to first steps, you and your baby are connected to all the care you need. Parents put their trust in Kaiser Permanente caregivers during the most precious (and crucial) moments of their lives. That's why more than 113,000 mothers gave birth at Kaiser Permanente facilities around the country in 2020.

- For information about this care and more, visit kp.org/feds to download *From first signs to first steps*, a brochure about our maternity care.

BRINGING YOUR BABY INTO THE WORLD

Kaiser Permanente has teamed with premier labor and delivery hospitals where moms will deliver their bundles of joy. Premier hospitals have strong records of care, quality, safety, and service.¹

- Our obstetricians are located at our premier hospitals 24/7, and have access to your electronic medical record and your history so they can provide seamless care. Learn more at kp.org/premierhospitals.
- Hospitals are assessed on the merit of their neonatal intensive care unit (NICU), meaning their ability to transfer babies to the right place of care when needed. Our primary focus is quality and proven effectiveness, not proximity or cost.
- Specialized neonatologists in the NICU monitor the treatment and progress of your baby to help make the right decisions for care and ensure timely discharge.

BENEFIT HIGHLIGHTS

Benefit	High Option	Standard Option	Prosper
Routine prenatal care visit	\$0	\$0	\$0
Delivery (per admission)	\$0	\$0	\$750 ²
First postpartum visit	\$0	\$0	\$0
Lactation consultant	\$0	\$0	\$0
Deductible	\$0	\$0	\$100 per person ³

This is a summary of some of the features of the Kaiser Permanente health plan. Before making a final decision, please read the Federal Employees Health Benefits (FEHB) brochure *RI 73-047*. All benefits are subject to the definitions, limitations, and exclusions set forth in the FEHB brochure.

ESSENTIAL EXTRAS

Classes	Self-care, what to expect, caring for your newborn, breastfeeding, and more	\$0
Comprehensive prenatal care, information, and support	Prenatal visits, genetic screening and consultation, and sonograms	\$0
Comprehensive perinatal (high-risk) program	Skilled experts help handle complex conditions such as preeclampsia, gestational diabetes, carrying multiples, and more	\$0
24/7 access	Telephone nurse advice, secure email with your physician, Urgent Care, lab, and more	\$0

PEDIATRIC CARE THAT LOOKS AFTER YOUR LITTLE ONE

CARING FOR YOUR CHILD

From infancy to adulthood, your children are cared for by a team with the dedication and specialized knowledge to put them on the path to a happy, healthy life.

PEDIATRIC SPECIALTY CENTER

Our pediatricians are located throughout the Maryland, Virginia, and Washington, DC area. Our pediatric specialists practice at the Pediatric Center at the Kaiser Permanente Capitol Hill Medical Center. These doctors consult with you and your pediatrician in the areas of:

- | | |
|---------------------|-----------|
| Cardiology | Neurology |
| Endocrinology | Nutrition |
| Gastroenterology | Oncology |
| Hematology/Oncology | Urology |

In addition to exam rooms, the brightly colored center features a play room, family and patient education rooms, and an interactive audiovisual wall that your child can enjoy while waiting to see the doctor.



BENEFIT HIGHLIGHTS

What	High Option	Standard Option	Prosper
Primary care office visit	\$0 through age 4	\$0 through age 17	\$0 through age 4
Specialty care office visit	\$20	\$30	\$40
Most lab tests	\$0	\$0	\$0
Most X-rays	\$0	\$0	\$40
Deductible	\$0	\$0	\$100 per person
Video visits ⁴	\$0	\$0	\$0

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There's no better place to plan, start, and raise your family than with Kaiser Permanente, because you're all at the center of everything we do. Read more about how your health plan supports your family, and discover how your money goes further with us.

YOUR FAMILY DESERVES AWARD-WINNING DOCTORS⁵

- You choose your own and your child's doctor, and you can change at any time for any reason.
- Your entire care team is connected—from your primary care doctor and obstetrician to your pediatrician and other specialists. They work together to make the right decisions for you and your family.
- We have more than 1,700 specially selected physicians, all board certified/board eligible, who are recognized in the community for the quality of care they provide.
- For the ultimate convenience, you may be able to choose doctors who are all located in the same building with a pharmacy, lab, and X-ray department.
- Read more about our doctors and choose the right one for you at kp.org/doctor.



Meet actual Kaiser Permanente obstetricians and our medical maternity experts, and learn about better treatments and outcomes at kp.org/excellence/mas.

KEEPING YOUR FAMILY'S TOTAL HEALTH IN MIND

DENTAL

- Standard and High Options
- Only \$30 per visit for diagnostic and preventive dental services including oral evaluation, cleaning, and certain X-rays
- Other covered services provided at a reduced fee from participating Dominion National dental providers

VISION AND EYEWEAR

- Standard Option, High Option, and Prosper (formerly Basic Option)
- Includes one routine eye exam per year with a Kaiser Permanente optometrist
- Receive \$100 towards your purchase of eyeglass frames, lenses, or a total contact lens package
- Optical centers at many Kaiser Permanente locations

\$0 COPAY FOR VIDEO VISITS⁴

Let us introduce the newest addition to our suite of telehealth offerings—Kaiser Permanente Care Now—with 24/7 access to on-demand video visits and telephone visits with a provider.

Unlike other telehealth solutions typically delivered by third-party vendors, you'll have the comfort of working with a doctor who knows you and your health history. Your health information is stored on your personal electronic medical record, which helps any doctor you visit provide personalized care no matter how you choose to access it—in person or via telehealth.

Video visits are easy, secure, and part of your coordinated care, so you and your family can always get the care you need. They're available with these Kaiser Permanente providers:

- Primary care physicians (regular office hours)
- Pediatricians (regular office hours)
- Emergency medicine physicians (extended hours for urgent needs)

There is no copay or coinsurance to pay and no deductible to meet. And no need to pay a sitter or take time off work, or pay for gas, parking, or cab/train fares.

DOCTOR-TO-DOCTOR VIDEO CONSULTATIONS

If your child has a skin issue, a pediatrician has the ability to send a photograph of the child's skin to a pediatric dermatologist during the office visit. The dermatologist will provide guidance to the pediatrician on the spot—saving you an office visit and copay—or ask for a follow-up appointment if needed.

Endnotes

¹Kaiser Permanente premier hospitals are independently owned and operated hospitals and are not affiliated entities of Kaiser Permanente. The continued availability and/or participation of any hospital cannot be guaranteed. Hospital addresses, telephone numbers, and hours of operation are subject to change. Please see kp.org/premierhospitals for details.

²You pay the deductible, then cost-sharing.

³Deductible is 2x per family. Applies to certain services; does not apply to copays.

⁴If you travel out of state, phone appointments and video visits may not be available due to state laws that may prevent doctors and health care providers from providing care across state lines. Laws differ by state.

⁵The physicians who practice at Kaiser Permanente are recognized as Top Doctors in *Northern Virginia Magazine* (2021), *Washingtonian* magazine (2020), and *Baltimore* magazine (2020).