



City of Seattle Medicare Advantage plans for Retirees

Understanding your Kaiser Permanente Medicare Advantage health plan choices

Presented by Hannah Bachelder, Retiree Consultant for Kaiser Foundation Health Plan of Washington

Kaiser Permanente Medicare Advantage HMO service area



Please note that we only offer partial coverage in:

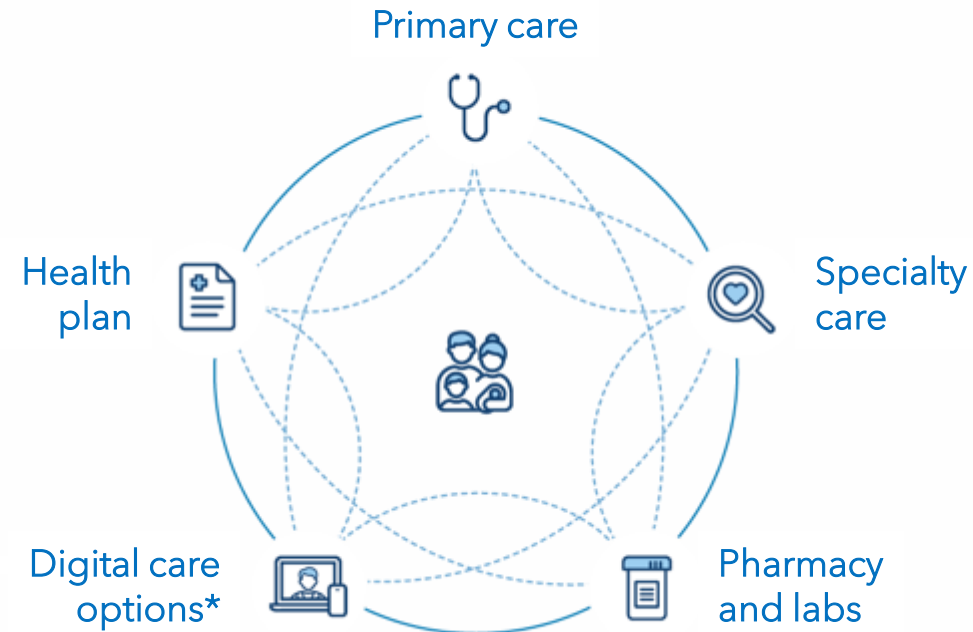
Mason County: 98524, 98528, 98546, 98548, 98555, 98584, 98588, 98592 **Grays Harbor County:** 98541, 98557, 98559, 98568

We help make it easy to find your healthy place with connected care

We combine care and coverage:

- Doctors
- Medical facilities
- Health plan

Care feels easier and faster and is centered around you.



*When appropriate and available

Convenient ways to get care



Virtual visits

- E-visit* for common medical issues
- Care Chat* for online, real-time medical care
- Phone or video appointment* with your doctor
- Consulting Nurse Service to speak with a nurse for advice
- Email your doctor** with nonurgent questions



In person

- An appointment with your doctor at a medical facility
- A visit to urgent care

*When appropriate and available. If you travel out of state, virtual care could be limited due to state laws that may prevent doctors from providing care across state lines. Laws differ by state.**When you get care at a Kaiser Permanente medical facility.

High Medicare Star Quality Ratings You Can Depend On*

Kaiser Permanente region	Star rating*
California	★★★★★
Colorado	★★★★★
Georgia	★★★★★
Hawaii	★★★★★
Mid-Atlantic States (MD, VA, D.C.)	★★★★★
Northwest (OR, SW Washington)	★★★★★
Kaiser Permanente Washington	★★★★☆

Check out our highly rated* 2021 Medicare health plans at kp.org/medicarestars.

*Every year, Medicare evaluates plans based on a 5-star rating system. This Star rating applies to Kaiser Foundation Health Plan of Washington.

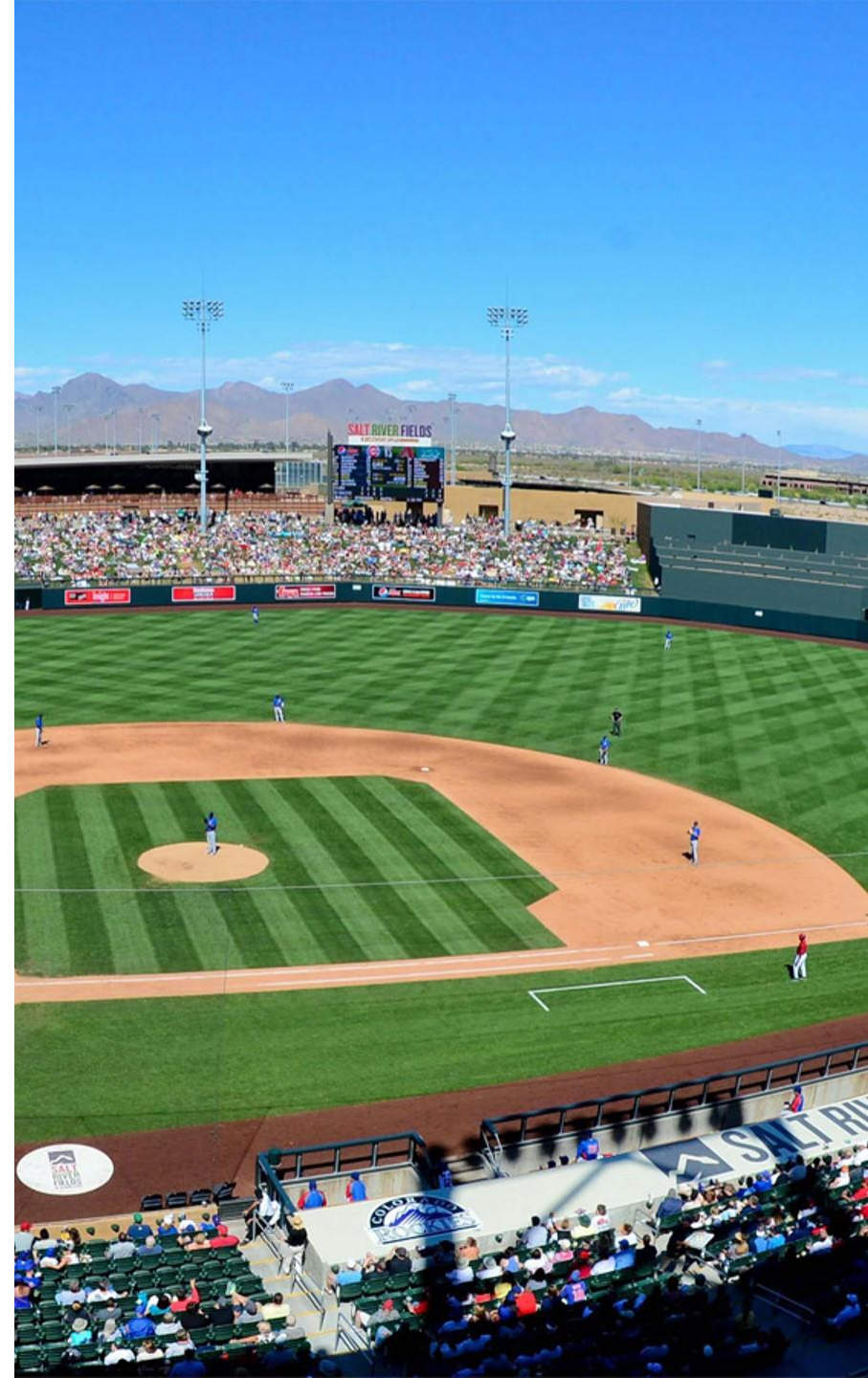
Transportation to medical appointments



- The City of Seattle Medicare Advantage plan offers help with transportation to your medical appointments: 12 one-way trips, or 6 round trips.
- A friend can travel with you as part of this benefit.

Travel Benefit for Arizona

- As a Kaiser Permanente Washington Medicare Advantage member, when you visit Pima or Maricopa county you can receive in-network care with Banner Healthcare
- To find the nearest provider you can call Member Services
- Cost shares may apply depending on service accessed.
- Referrals and preauthorization requirements may apply.





Support to help you thrive

- Fulfill your vision prescription at locations outside of Kaiser Permanente eye care locations.
- 24/7 Consulting Nurse helpline¹
- Secure online Care Chat with no copay^{1,2}
- 3-month supply for only 2 copays for your prescriptions
- Online healthy lifestyle programs, videos, podcasts, recipes, and more¹
- Chiropractic, acupuncture, and massage benefits **included**
- You are covered for urgent and emergency care worldwide

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.

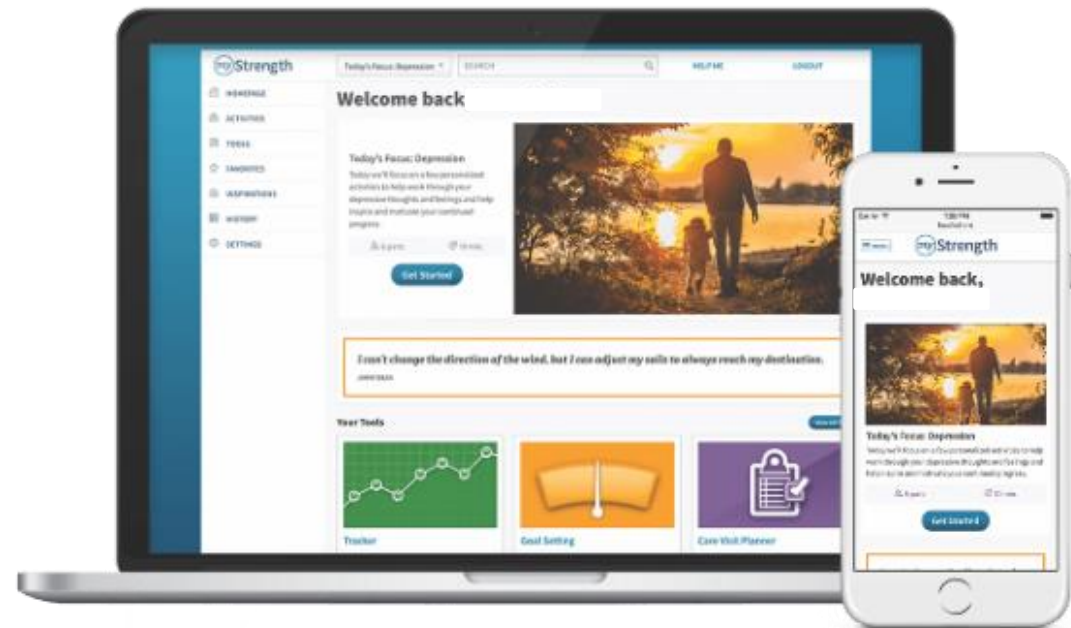
² When appropriate and available.



Cognitive Behavioral Therapy-based program offering guided programs and tools for a range of mental health needs and challenges:

- Managing Depression
- Controlling Anxiety
- Reducing Stress
- Practicing Mindfulness & Meditation
- Improving Sleep
- Balancing Intense Emotions
- Managing Chronic Pain

Register by visiting www.kp.org/wa/mhw



CLASSPASS¹

Try yoga, cardio and bootcamp – without leaving home!

This perk provides:

- **On-demand video workouts at no cost** – 4,000+ online fitness classes – including cardio, dance, meditation, bootcamp, and more.
- **Reduced rates on livestream and in-person fitness classes** – members can try a video workout from home, or take a class in more than 2,500 cities around the globe

Sign on to Kaiser Permanente Washington and search for ClassPass



¹These 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.

Calm for Self-Care and Better Sleep¹

Calm helps your employees build resilience and mental fitness through better sleep, mindfulness, and meditations.

Features include:

- Guided meditations
- Programs taught by world-renowned experts
- Sleep Stories narrated by celebrity guests
- Mindful movement videos

Register by visiting www.kp.org/wa/mhw

¹These 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.



Meditation
Sleep Stories
Calm Music
Soothing Nature
And More...





The Silver&Fit[®] Healthy Aging and Exercise program

- LACERA members who enroll in Medicare Advantage get Silver&Fit^{®*} **at no extra cost**
- Silver&Fit[®] provides access to gyms throughout our service area including access to most YMCA's**
- Access to at-home fitness kits along with Healthy Aging classes
- To learn more, find nearby fitness facilities, and to register, visit silverandfit.com

*Silver&Fit[®] is a federally registered trademark of American Specialty Health, Inc.

**Gym initiation fees may apply. Not all YMCA locations participate. See plan for details.

Nonemergency urgent care away from home

In another Kaiser Permanente region

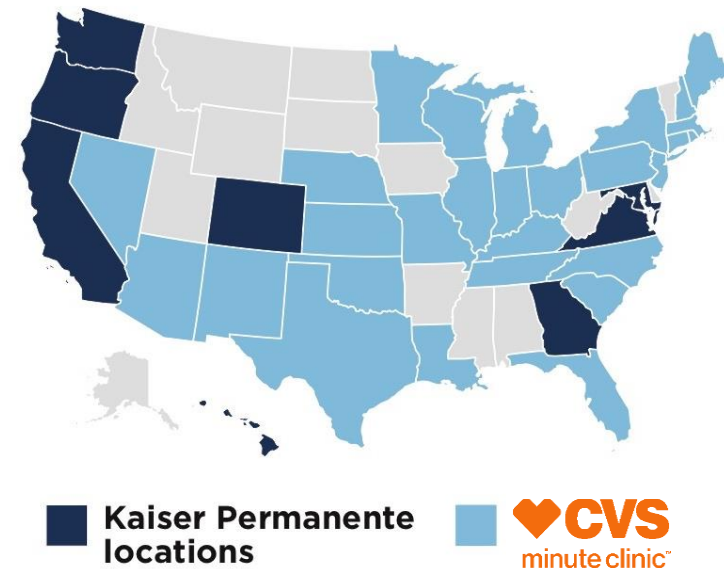
- Nearest Kaiser Permanente urgent care facility

In a state without Kaiser Permanente

- Nearest CVS MinuteClinic*

International travel

- Nearest urgent care*
- Nearest hospital*



Before accessing in-person care, members should call Member Services at 1-888-901-4636 (TTY 711), 8 a.m. to 8 p.m., 7 days a week to find the closest care option.

*If you get care at a CVS MinuteClinic or any other urgent care facility within a state where Kaiser Permanente operates, you'll be asked to pay up front for services you receive and file a claim for reimbursement. If you get care at a CVS MinuteClinic outside a state where Kaiser Permanente operates, you'll be charged your standard copay or coinsurance.

Emergency care away from home



Call 911 in the United States. If abroad, call the local emergency number or visit the closest emergency room.

If admitted to a hospital, call our **Hospital Notification Line** at **1-888-457-9516** as soon as reasonably possible.

Visit kp.org/wa/travel for more details.

City of Seattle Medicare Advantage Plans

Kaiser Permanente City of Seattle Medicare Advantage health plans benefit overview 1/1/2021 to 12/31/2021

	Medicare Advantage Plan 3	Medicare Advantage Plan 4
Yearly deductible	\$0 per individual	\$0 per individual
Maximum yearly out-of-pocket costs	\$2,500 per individual	\$2,500 per individual
Covered service		
Preventive care	\$0 copay	\$0 copay
Doctor's office visit	\$10 copay primary care / \$10 copay specialty care*	\$15 copay primary care / \$15 copay specialty care*
Lab tests and radiology	\$0 copay	\$0 copay
Outpatient surgery	\$10 copay	\$50 copay per procedure
Hospitalization	\$0 copay	\$100 copay per admit
Emergency care	\$75 copay per visit	\$75 copay per visit
Ambulance	\$150 per trip	\$150 per trip
Non-urgent Transportation	\$0 per trip (6 round trips covered per calendar year)	\$0 per trip (6 round trips covered per calendar year)
Prescribed medications (30-day supply)	\$3 copay (preferred generic) / \$7 copay (generic) / \$40 (preferred brand-name) / \$90 (Nonpreferred brand-name) / \$150 (specialty)	\$3 copay (preferred generic) / \$7 copay (generic) / \$40 (preferred brand-name) / \$90 (Nonpreferred brand-name) / \$150 (specialty)
Vaccines	\$0 copay for preventive vaccines	\$0 copay for preventive vaccines

Kaiser Permanente City of Seattle Medicare Advantage health plans benefit overview 1/1/2021 to 12/31/2021

	Medicare Advantage Plan 3	Medicare Advantage Plan 4
Durable Medical Equipment	20% coinsurance	20% coinsurance
Outpatient Rehabilitation (physical, occupational, speech therapy)	\$10 copay	\$15 copay
Manipulative Therapy (chiropractic)	\$10 copay, 10 visits per calendar year for non-spinal manipulations	\$15 copay, 10 visits per calendar year for non-spinal manipulations
Naturopathy	\$10 copay, 3 visits per medical diagnosis per calendar year	\$15 copay, 3 visits per medical diagnosis per calendar year
Acupuncture	\$10 copay, 8 visits per calendar year	\$15 copay, 8 visits per calendar year
Massage Therapy	\$10 copay, 10 visits per calendar year when medically necessary	\$15 copay, 10 visits per calendar year when medically necessary
Telehealth	\$0 copay	\$0 copay
Eyewear Allowance	\$250 allowance every calendar year	\$150 allowance every calendar year
Hearing Aid Allowance	\$1,000 combined benefit per calendar year	\$750 combined benefit per calendar year



Thank you for your time today!

City of Seattle Retirees Division: 206-386-1292

Medicare Member Services: 1-888-901-4600

TTY WA Relay: 1-800-833-6388 or 711

8 a.m. to 8 p.m., Monday through Friday



Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.

Kaiser Foundation Health Plan of Washington; 1300 SW 27th Street Renton, WA 98057