



City of Seattle Medicare Advantage plans for Retirees

Understanding your Kaiser Permanente Medicare Advantage health plan choices

Presented by Victoria Lindholm, Medicare Specialist for Kaiser Foundation Health Plan of Washington



Kaiser Permanente Medicare Advantage HMO Service Area

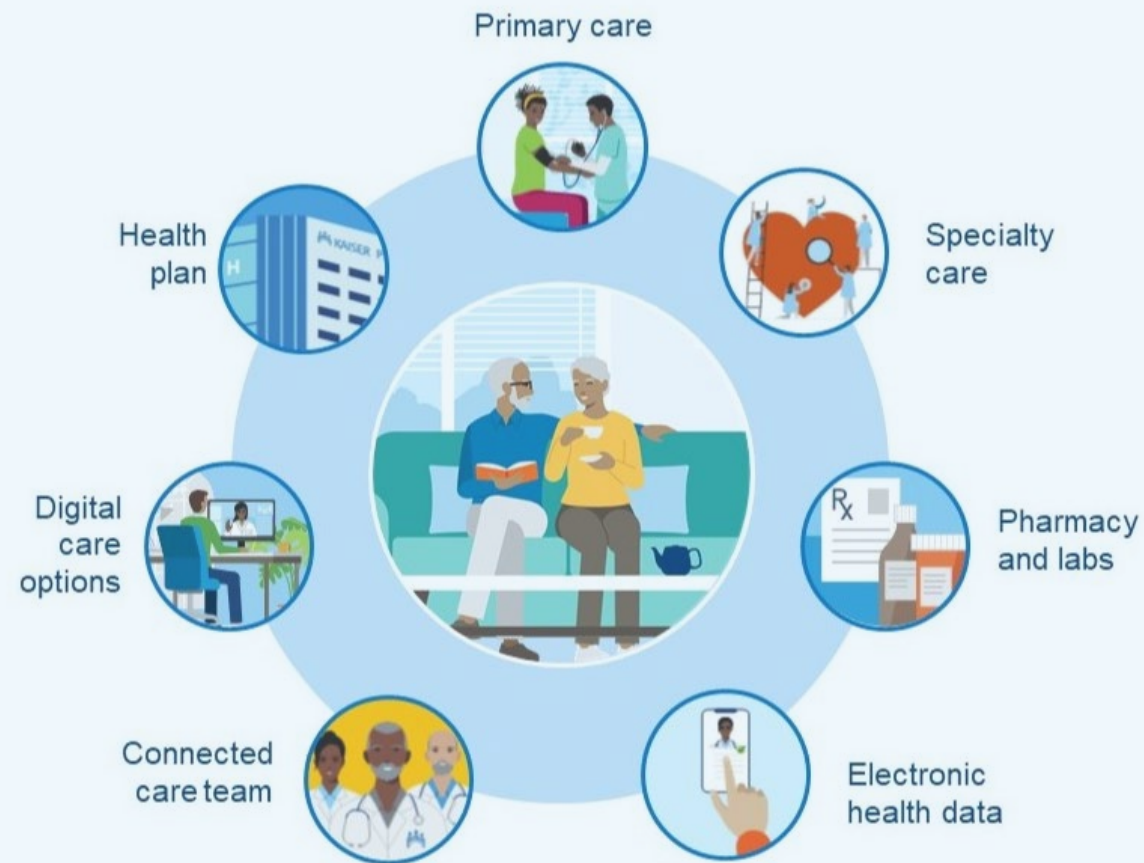


Please note that we only offer partial coverage in:

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



It's easier to find your healthy place with connected care



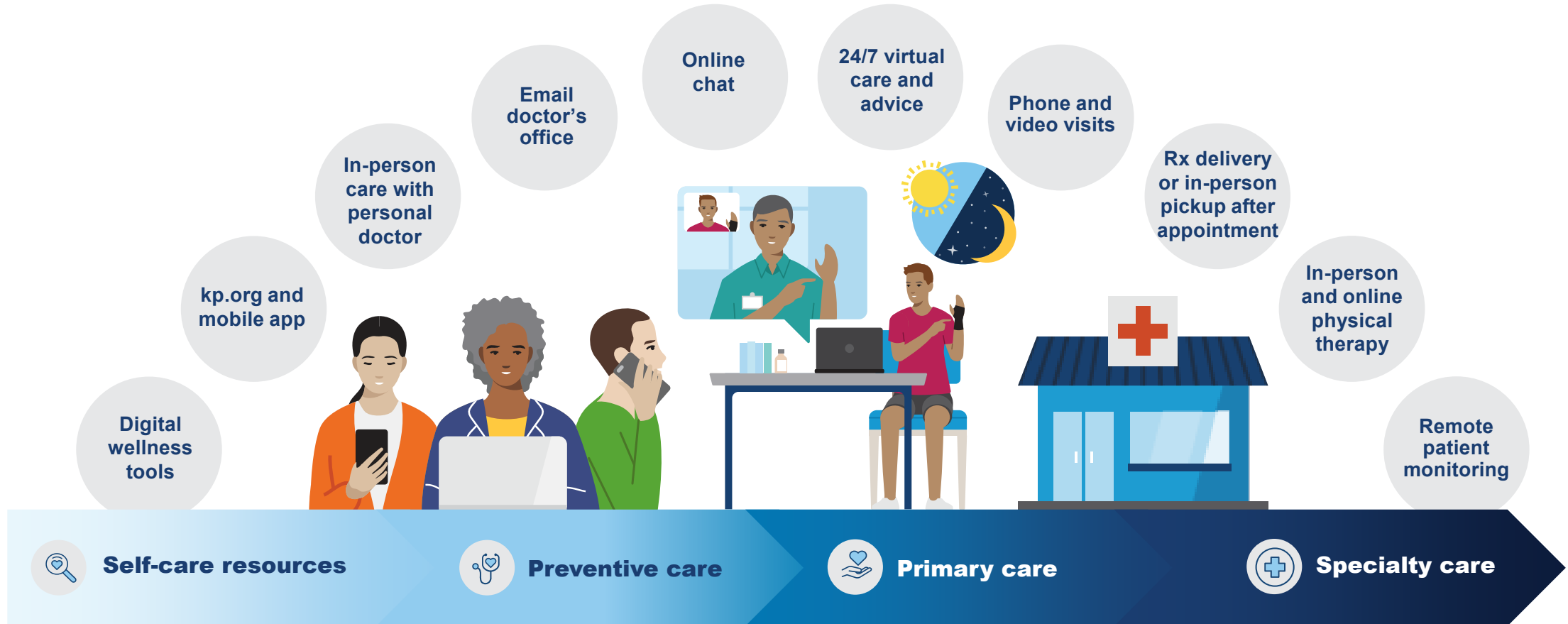
We combine care and coverage:

- **Doctors**
- **Health plan**

Care feels easier and faster and is centered around all that is you.



A seamless experience — no matter how members choose to engage



Self-care resources



Preventive care



Primary care



Specialty care





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* 2023 Medicare health plans at kp.org/medicarestars.

*Every year, Medicare evaluates plans based on a 5-star rating system.



Take advantage of Silver&Fit®

Available at **no additional cost**, the Silver&Fit® Exercise and Healthy Aging Program can help you get active and stay healthy.

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- All Kaiser Permanente Medicare health plan members can receive all of the following:
 - Fitness facility membership
 - Home fitness program with over 1,500 online classes
 - Take part in live, daily classes on Facebook and YouTube
 - Additional benefits include a resource library, rewards program, and a quarterly newsletter
 - Learn more, register, and find a nearby fitness facility at: **SilverandFit.com**

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



Need a ride to the doctor? Your plan covers that

You can get a ride to and from your doctor visits at no charge.*

You can get a ride for:

- Doctor appointments
- Medical services, such as labs or X-rays
- Picking up medications or medical equipment

Types of transportation available:

- Rideshare, taxi, or other private transportation (can accommodate wheelchairs and walkers that collapse and fit into the trunk)
- Wheelchair van or gurney van service available for those who are unable to sit in a private vehicle for the duration of the ride



Stay active from anywhere

Try yoga, cardio, and bootcamp — without leaving home.

Kaiser Permanente members get a special rate on ClassPass, which offers:



Unlimited on-demand video workouts

4,000+ online fitness classes — including cardio, dance, meditation, bootcamp, and more



Livestreams of top-rated fitness classes

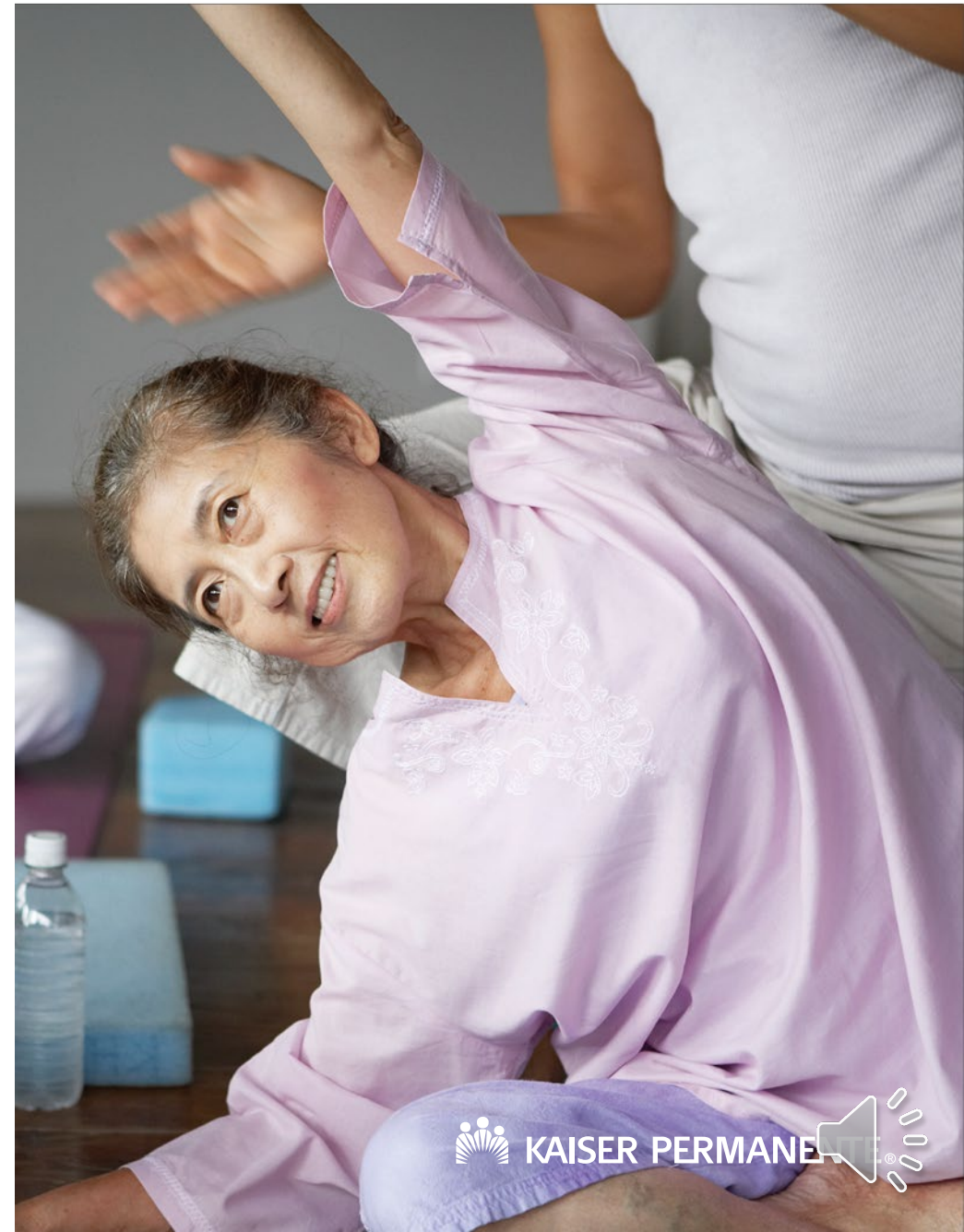
Reduced rates for real-time online classes from top studios and instructors from around the world



In-person gym classes

Reduced rates for classes at some of the top gyms and fitness studios in your area

Get started at kp.org/exercise



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.



Self-care at your fingertips – for free

An app to help you improve your awareness and change behaviors.

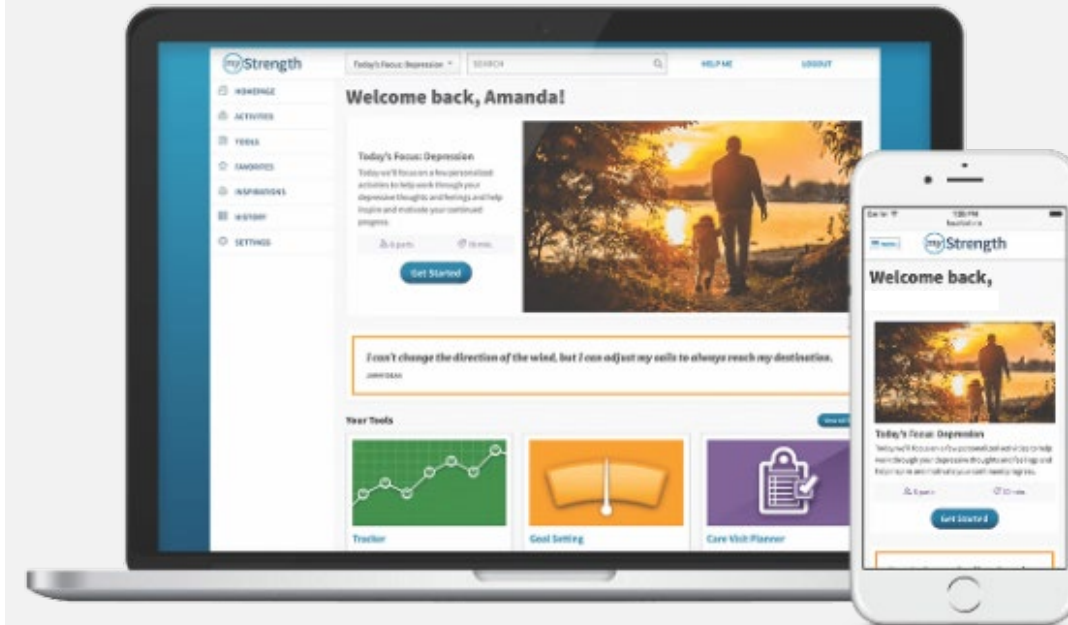
Cognitive Behavioral Therapy-based program offering guided programs and tools for a range of mental health needs and challenges:

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

Register by visiting
www.kp.org/selfcareapps

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



myStrength ^{1,2}

Calm for Self-Care and Better Sleep¹

Calm helps 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/selfcareapps

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



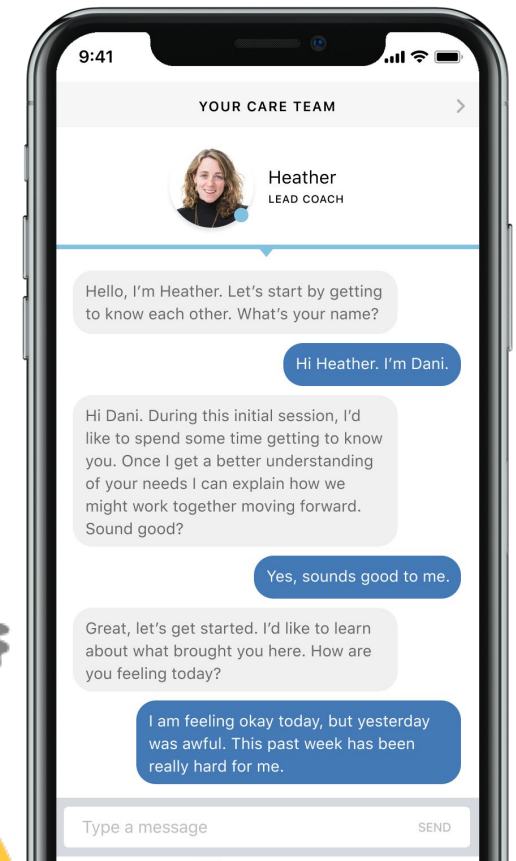
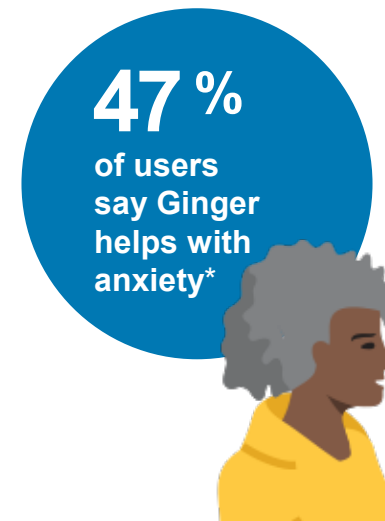
24/7 emotional support coaching app

The Ginger app offers 1-on-1 support for many common challenges — like anxiety, stress, low mood, relationship issues, and more. Adult members can use the app for 90 days a year at no additional cost.



What can you do with Ginger?

- Text with a coach anytime, anywhere, 24/7 for 90 days.
- Discuss goals, share challenges, and create an action plan with your coach.
- Get personalized, interactive skill-building tools from a library of more than 200 activities.
- View recaps from each texting session, track progress, and work with your coach to adjust your action plan as needed.



*Sarah Kunkle et al., "Association Between Care Utilization and Anxiety Outcomes in an On-Demand Mental Health System: Retrospective Observational Study," *Journal of Medical Internet Research*, January 2021. This service isn't covered under your health plan benefits and isn't subject to the terms set forth in your *Evidence of Coverage* or other plan documents. It may be discontinued at any time without notice. Coaching services aren't available to members under 18 or members enrolled in Medicaid/Medi-Cal.





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

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² When appropriate and available.





City of Seattle Sponsored Group Retiree Medicare Plans

Kaiser Permanente City of Seattle Medicare Advantage health plans benefit overview 1/1/2023 to 12/31/2023

	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
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)	Preferred generic \$2 copay at a Preferred pharmacy / \$4 copay at a Standard pharmacy Generic \$6 copay at a Preferred pharmacy / \$9 copay at a Standard pharmacy \$40 preferred brand-name / \$90 (Nonpreferred brand-name) / \$150 (specialty) at Preferred and Standard pharmacies	
Vaccines	\$0 copay for preventive vaccines	\$0 copay for preventive vaccines



Kaiser Permanente City of Seattle Medicare Advantage health plans benefit overview 1/1/2023 to 12/31/2023




	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



Care while traveling

Since keeping you safe and healthy is our first priority, you're covered for emergency and urgent care anywhere in the world. You can also get urgent care at MinuteClinic® in select CVS and Target stores when you're traveling outside a Kaiser Permanente area.

How we make getting care while traveling more convenient:

-  Our Away from Home Travel Line is available 24 hours a day, 7 days a week
-  Visit kp.org/travel — a special section of kp.org that's focused on getting care while traveling
-  You can refill eligible prescriptions early in preparation for your travel



Nonemergency urgent care away from home

In another Kaiser Permanente region

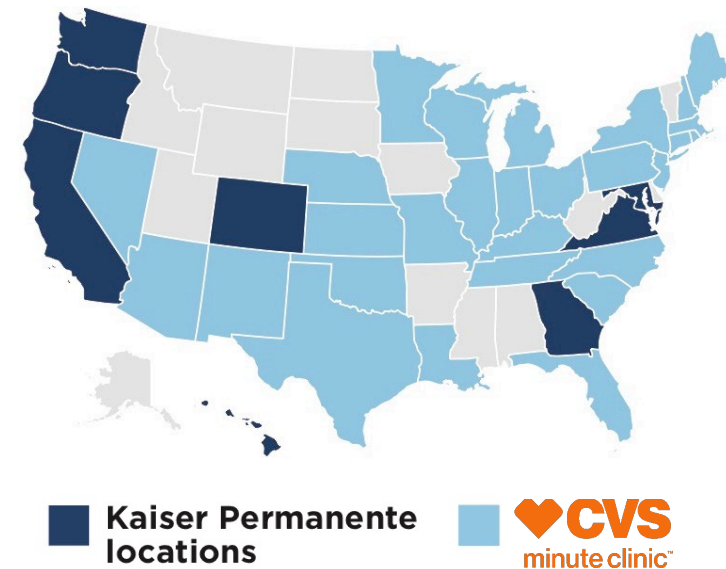
- Nearest Kaiser Permanente urgent care facility

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.

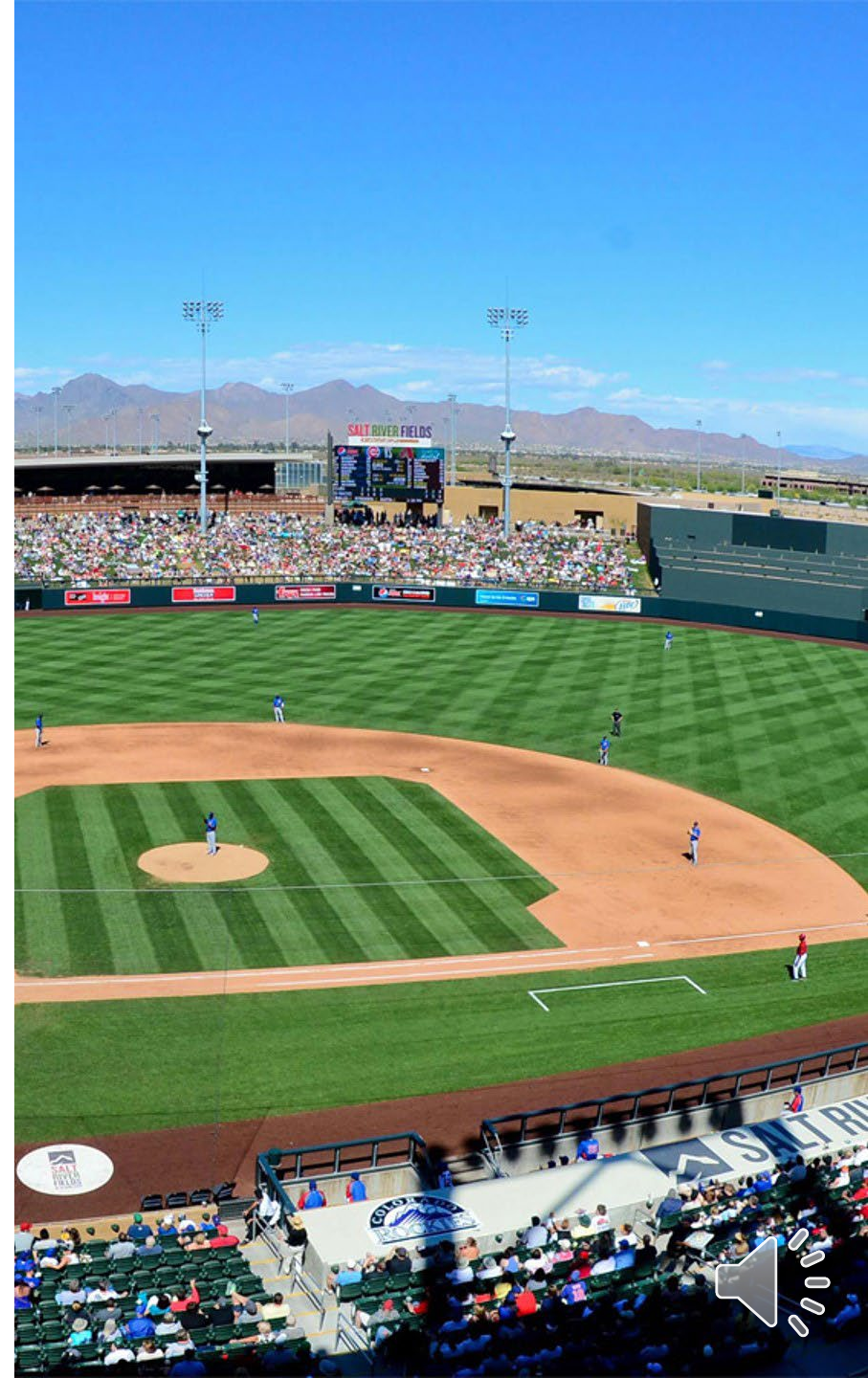
*If you get care at a CVS MinuteClinic or any other urgent care facility within a state where Kaiser Permanente operates, you'll be asked to pay up front for services you receive and file a claim for reimbursement. If you get care at a CVS MinuteClinic outside a state where Kaiser Permanente operates,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



Travel benefit for Arizona snowbirds

Receive in-network care with Banner Healthcare when visiting Pima or Maricopa County

- To find the nearest provider you can call Member Services
- Cost shares may apply depending on service accessed.
- Referrals and preauthorization requirements may apply.





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.

