

# Welcome to Kaiser Permanente

Get started in 3 easy steps



# Greetings

We're glad to be your partner on this journey, and we look forward to a long and healthy relationship with you.

This reference guide will help you make the most of your membership with Kaiser Permanente. It puts important details at your fingertips, including how to get care, important phone numbers, and information about Urgent Care centers. You will also find information about pharmacies, getting care away from home, and understanding your costs.

This reference guide will also walk you through the most important steps for accessing your membership. The sooner you choose a doctor and sign up on our website, the more you'll get out of your new health plan.

We encourage you to take a few minutes to read through this brochure and keep it nearby for quick reference.

Get started today by calling us at **888-225-7202** (TTY **711**) or visiting **kp.org/newmember**. Take advantage of all that life has to offer by being as healthy as you can be.

## Welcome to Kaiser Permanente.



Ruth Williams-Brinkley  
*Regional President, Kaiser Permanente*

► **To learn more about the details of your plan, open the fold on the cover.**

Stay in the know with all things Kaiser Permanente. For a valuable member resource full of useful health information, facility updates, and even member discounts, check out **insider.kp.org**.

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Your plan is governed by the Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc. (KFHP-MAS), *Group Agreement and Evidence of Coverage (EOC)*. Inside this booklet, it is referred to as your "plan document."

In the event of ambiguity or conflict between this member guide and the KFHP-MAS *Group Agreement and EOC*, the KFHP-MAS *Group Agreement and EOC* shall control.

# How your Kaiser Permanente health plan works

## Your Select Deductible HMO plan

You are enrolled in the Select Deductible HMO plan, which includes two key highlights:

- The Select network
- A deductible

**Your network:** With this plan, you have access to the Select network, which gives you quality care from over 1,700 physicians of the Mid-Atlantic Permanente Medical Group, P.C. (Permanente), who practice in state-of-the-art Kaiser Permanente facilities, and thousands of network physicians who have private practices in the community.

Getting care in Kaiser Permanente's integrated health system empowers you to:

- View most lab results, refill most prescriptions, email your doctor's office, schedule routine appointments, and more at [kp.org](https://www.kp.org).<sup>1</sup>
- Save time. If you have more than one appointment, test, or procedure, you may be able to have them done in one place on the same day.
- Call for medical advice anytime, and get video advice from a doctor who is connected to your personal care team.<sup>2</sup>
- Make a video appointment with your primary care doctor during regular office hours.<sup>3</sup>

Here's what to expect when using the Select network:

To choose a doctor who does not practice in a Kaiser Permanente facility, go to [kp.org](https://www.kp.org) and select [Doctors & Locations](#) and choose your region from the list. Then click [Search our affiliated and network physicians/providers](#). When you find your physician, call Member Services at **800-777-7902** with your selection. Please have the physician's name and address ready.

- If you choose a network community physician instead of a Permanente physician, that network community physician will coordinate your care. Speak with your network community physician on how their care team is organized to support your care.
- If you receive care from a network community physician, a preauthorization is required unless you are receiving primary care services. To request a preauthorization, your network community physician must download the Uniform Consultation Referral Form at [providers.kp.org/mas](https://providers.kp.org/mas) under the [Forms](#) section. Then fax the completed form to the Kaiser Permanente Utilization Management Department at **800-660-2019**.
- If your primary care provider is a Permanente physician and you are requesting an external service, your Permanente physician will complete and submit an external referral request on your behalf.
- For questions about your benefits, preauthorizations, or external referral requests, call Member Services at **800-777-7902** (TTY **711**), Monday through Friday, 7:30 a.m. to 9 p.m. (except holidays).

<sup>1</sup>These features are available for care provided at Kaiser Permanente medical centers.

<sup>2</sup>If 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.

# Your health savings account

## Your deductible

Your plan has a deductible. A deductible is the amount you pay for covered health care services before your insurance plan starts to pay. After you reach your deductible, you will only need to pay applicable copayment and coinsurance for most covered services for the remainder of your plan year.

Preventive care services, including routine physicals, and well-child visits are covered at no extra cost, even if your deductible has not been met.

## How your deductible plan works

This table covers the deductible process that takes place between the start and end dates of your plan year.<sup>1</sup>

	Before medical deductible is met	After medical deductible is met	After out-of-pocket maximum is met
Preventive care <sup>2</sup>	<b>No charges</b>	<b>No charges</b>	<b>No charges</b>
Some covered medical services (services not subject to deductible) <sup>3</sup>	<b>Copays</b>	<b>Copays</b>	<b>No charges</b>
	<b>Coinsurance</b>	<b>Coinsurance</b>	
All other covered medical services <sup>3</sup>	<b>Full charges</b>	<b>Copays</b>	<b>No charges</b>
		<b>Coinsurance</b>	

<sup>1</sup>See your plan document for plan details, including the date your deductible and out-of-pocket maximum will start over.

<sup>2</sup>Most preventive care services are covered at no extra cost, even before you reach your deductible.

<sup>3</sup>See your plan document for details on what services are subject to the deductible and out-of-pocket maximum.

# Let's get started

Making the most of your membership takes only **3 easy steps**.

Ready to go?



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### Need help getting started?

Call our New Member Activation Desk at **855-392-4851 (TTY 711)**, Monday through Friday, 7 a.m. to 7 p.m.

Our onboarding agents can help you with everything from choosing a doctor, to registering on **kp.org**, transferring your prescriptions, and making your first doctor's appointment.

# Step 1

## Create your online account on **kp.org**

Start using our secure website, **kp.org**, to manage your health on your time<sup>1</sup>

Visit **kp.org** anytime, from anywhere, to:

- Schedule an appointment to see physicians and providers by video visit.<sup>2</sup>
- View most lab results.
- Refill most prescriptions.
- Email your doctor's office with nonurgent questions.
- Schedule and cancel routine appointments.
- Print vaccination records for school, sports, and camp.
- Manage a family member's health care.
- Get a personalized cost estimate.
- Use our new Chat with KP feature.
- And much more.

### Caregiver access

Caregivers can have access to certain features of **kp.org** for their loved ones who are Kaiser Permanente members. Nonmembers can be caregivers on **kp.org** as long as they are at least 18 years old and have either:

1. Permission from you, or
2. Legal rights to make health care decisions on your behalf, or legal rights to access your health care information.

To set up an account, go to **kp.org/register** and follow the prompts for caregiver access.

Personalize your **kp.org** experience: Use your member ID card and our new Member Photo Upload feature to add your digital image to **kp.org**

### Download the Kaiser Permanente app

Now you can download the Kaiser Permanente app to your smartphone.

1. From your smartphone, go to your preferred app site: App Store<sup>SM</sup> (iOS) or Google Play<sup>®</sup> (Android<sup>TM</sup>).<sup>3</sup>
2. Search for the Kaiser Permanente app, then download it to your smartphone.
3. Use your **kp.org** user ID and password to activate the app, and you'll be ready to go.

### Digital membership card

Access your membership information anytime, anywhere with an electronic version of your membership card to:

- Check in for appointments.
- Pick up prescriptions.
- Access your family's membership information.

To use your digital membership card, tap the card icon at the bottom of the Kaiser Permanente app dashboard.



#### Creating an account is easy

Go to **kp.org/newmember** from a computer or mobile device and follow the sign-on instructions. You'll need your medical record number, which you can find on your member ID card.

<sup>1</sup>These features are available when you get care at Kaiser Permanente facilities.

<sup>2</sup>If 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. If you have an HSA-qualified deductible plan, you may need to pay the full charge for scheduled phone appointments and video visits until you reach your deductible. Once you reach your deductible, you won't pay anything for scheduled phone appointments and video visits. The deductible may be waived for COVID-19 vaccinations, once available, and COVID-19 testing-related services for the duration of the public health emergency.

<sup>3</sup>Apple is a trademark of Apple, Inc., registered in the U.S. and other countries. App Store is a service mark of Apple, Inc. Google Play and Android are trademarks of Google, Inc.

# Step 2

## Choose your doctor—and change anytime

Select from a wide range of great doctors and change anytime, for any reason

To help you find a personal doctor (also called a primary care physician) who's right for you, you can browse our online doctor profiles. There, you'll see information related to their education, credentials, specialties, and interest areas, as well as whether or not they're accepting new patients. Women should choose an ob/gyn in addition to their primary care physician.

### You can choose a personal doctor with any of these specialties:

- Adult medicine/internal medicine
- Family medicine
- Pediatrics/adolescent medicine (for children up to 18)
- Obstetrics-gynecology

Each covered family member may choose his or her own personal doctor. If you do not choose a primary care physician or ob/gyn within the first 30 days of enrollment, one will be assigned to you.

If the doctor you'd like to select isn't accepting new patients, you can call us for assistance.

### See specialists, some without a referral

You don't need a referral for the following specialties. Just call for an appointment:

- **800-777-7904** for optometry
- **866-530-8778** for behavioral health—initial consultation (except inpatient care) and chemical dependency or addiction medicine

For other types of specialty care, your doctor will refer you. If you have an affiliated or network physician, contact that doctor's office directly.

Go to [kp.org/doctor](https://kp.org/doctor) to browse our doctor profiles and find a doctor who matches your needs. You can also call **800-777-7904** (TTY **711**), 24 hours a day, 7 days a week.



# Step 3

## Get prescriptions

We make it easy to get your prescriptions

We have two ways to help you transfer your prescriptions from your current pharmacy to a Kaiser Permanente pharmacy.

1. Go to [kp.org/newmember](https://kp.org/newmember) and follow the steps to complete the online form.
2. Simply choose a Kaiser Permanente pharmacy at [kp.org/facilities](https://kp.org/facilities) and call us.

Remember to contact us before you need a refill, as it can take 2 or more business days to transfer your prescriptions.



### Get prescription refills by phone

Call us at **800-700-1479 (TTY 711)**, 24 hours a day, and follow the instructions to request refills for most prescriptions.



### Get prescription refills online

Register on [kp.org](https://kp.org) or the Kaiser Permanente app to request refills for most prescriptions online.



### What drugs are covered?

Visit [kp.org/formulary](https://kp.org/formulary) for a list of approved drugs.



### Picking up your order

You can fill your prescriptions at the Kaiser Permanente pharmacies located in our medical centers. Just select the Kaiser Permanente pharmacy where you'd like to pick them up. Visit [kp.org/facilities](https://kp.org/facilities).

## Here's what you'll need

To transfer a prescription, please have the following information ready when you call:

- Your Kaiser Permanente medical record number
- The name and telephone number of your current pharmacy
- The name, strength, and directions for use of the prescribed medication
- The prescription number of the prescribed medication

## Prescription home delivery

Get medications delivered fast (within 3 to 5 days) at no extra cost with prescription home delivery.<sup>1</sup> Register at [kp.org](https://kp.org) to start using prescription home delivery<sup>1</sup> or call **800-733-6345**. Some prescriptions are even available for same-day delivery for a small fee. Members with eligible prescriptions can select the same-day delivery option at checkout.

## Try our My KP Meds app

Keep track of your medications right in the palm of your hand. Review your history, refill medications, schedule reminders, and view changes made by your doctors in your medical records. The My KP Meds app is available at no extra cost from the App Store<sup>SM</sup> (iOS) or Google Play<sup>®</sup> (Android<sup>™</sup>).<sup>2</sup>

## Using network pharmacies

You may also have access to participating network pharmacies, including Rite Aid, Giant, Walmart, Walgreens, Safeway, Harris Teeter, and others. You will not be able to use Kaiser Permanente prescription home delivery if you fill your prescriptions using network pharmacies. Check your plan document to see if your plan gives you access to network pharmacies.

For a list of Kaiser Permanente pharmacies and phone numbers, see page 5.

<sup>1</sup>Some medications are not eligible for prescription home delivery. Prescription home delivery can mail to addresses in MD, VA, DC, and certain locations outside the service area.

<sup>2</sup>Apple is a trademark of Apple, Inc., registered in the U.S. and other countries. App Store is a service mark of Apple, Inc. Google Play and Android are trademarks of Google, Inc.

# Pharmacies

There is a pharmacy in each Kaiser Permanente medical center.  
See page 11 for locations on a map.

## Maryland

Abingdon Medical Center  
Pharmacy: **410-515-5450**

Annapolis Medical Center  
Pharmacy: **410-571-7360**

Kaiser Permanente Baltimore  
Harbor Medical Center  
Pharmacy: **410-637-5750**

Bowie Fairwood Medical Center  
Pharmacy: **301-867-1330**

Camp Springs Medical Center  
Pharmacy: **301-702-6175**

Columbia Gateway  
Medical Center  
Pharmacy: **410-309-7500**

Kaiser Permanente  
Frederick Medical Center  
Pharmacy: **240-529-1800**

Gaithersburg Medical Center  
Pharmacy: **240-632-4150**

Kensington Medical Center  
Pharmacy: **301-929-7175**

Largo Medical Center  
Pharmacy: **301-618-5552**

Marlow Heights Medical Center  
Pharmacy: **301-702-5190**

North Arundel Medical Center  
Pharmacy: **410-508-7675**

Prince George's (Hyattsville)  
Medical Center  
Pharmacy: **301-209-6688**

Shady Grove Medical Center  
Pharmacy: **301-548-5755**

Silver Spring Medical Center  
Pharmacy: **301-572-1055**

South Baltimore County  
Medical Center  
Pharmacy: **410-737-5200**

Towson Medical Center  
Pharmacy: **410-339-5655**

White Marsh Medical Center  
Pharmacy: **410-933-7626**

Woodlawn Medical Center  
Pharmacy: **443-663-6116**

## Virginia

Alexandria Medical Center  
Pharmacy: **703-721-6310**

Ashburn Medical Center  
Pharmacy: **571-252-6005**

Burke Medical Center  
Pharmacy: **703-249-7750**

Colonial Forge Medical Center  
Pharmacy: **540-602-6300**

Fair Oaks Medical Center  
Pharmacy: **703-934-5800**

Falls Church Medical Center  
Pharmacy: **703-237-4430**

Fredericksburg Medical Center  
Pharmacy: **540-368-3800**

Haymarket Crossroads  
Medical Center  
Pharmacy: **571-445-7300**

Manassas Medical Center  
Pharmacy: **703-257-3030**

Reston Medical Center  
Pharmacy: **703-709-1560**

Springfield Medical Center  
Pharmacy: **703-922-1234**

Tysons Corner Medical Center  
Pharmacy: **703-287-4650**

Woodbridge Medical Center  
Pharmacy: **703-490-7624**

## Washington, DC





Kaiser Permanente  
Capitol Hill Medical Center  
Pharmacy: **202-346-3300**

Northwest DC  
Medical Office Building  
Pharmacy: **202-419-6900**

Your plan may allow you to use non-Kaiser Permanente pharmacies. For information, call Member Services at **800-777-7902** (TTY **711**), Monday through Friday, 7:30 a.m. to 9 p.m. (except holidays). If your plan is through your employer, check with your benefits manager to find out if your plan includes non-Kaiser Permanente pharmacies.







# The right care

Services	Contact	Availability
 <p><b>Seeing your doctor</b> For an expected care need, like a recommended preventive screening or a visit for a health issue currently being treated, or a new health concern or change in an existing health condition that is not an urgent care need.</p>	<p>At Kaiser Permanente facilities: <b>800-777-7904 (TTY 711)</b> or online at <b>kp.org/appointments</b>.</p> <p>If you have an affiliated or network physician, contact your doctor's office directly.</p>	<p>Call or go online 24 hours a day, 7 days a week to schedule appointments with Permanente physicians.</p> <p>If your doctor is not a Permanente physician, call the doctor's office for business hours.</p>
 <p><b>Video visits<sup>1</sup></b> See physicians and providers by video visit—wherever you need. You can also meet a physician on demand with Video Visits Now. Short wait times may apply.</p>	<p>With doctors who practice at Kaiser Permanente medical centers: Visit <b>kp.org</b> or call <b>800-777-7904 (TTY 711)</b>.</p>	<p>Call or go online 24 hours a day, 7 days a week to schedule video visits with Permanente physicians.</p>
 <p><b>Medical advice by phone</b> Whenever you need medical advice or are unsure whether you need urgent care.</p>	<p><b>800-777-7904 (TTY 711)</b></p>	<p>Call a nurse for medical advice 24 hours a day, 7 days a week.</p> <p>If you have a Permanente primary care physician and receive services at Kaiser Permanente medical centers, our advice nurses will be able to access your personal medical information when you call.</p>
 <p><b>Urgent care</b> You are covered at any Kaiser Permanente Urgent Care or Advanced Urgent Care center.</p>	<p><b>800-777-7904 (TTY 711)</b> Unsure if you need urgent or emergency care? Call <b>800-677-1112 (TTY 711)</b>.</p>	<p>14 locations; 6 open 24 hours a day, 7 days a week.</p> <p><b>kp.org/urgentcare/mas</b></p> <p>Members are welcome to walk in without an appointment.</p>

<sup>1</sup>If 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. If you have an HSA-qualified deductible plan, you may need to pay the full charge for scheduled phone appointments and video visits until you reach your deductible. Once you reach your deductible, you won't pay anything for scheduled phone appointments and video visits. The deductible may be waived for COVID-19 vaccinations, once available, and COVID-19 testing-related services for the duration of the public health emergency.

## The right care (continued)

Services	Contact	Availability
 <p><b>Emergency care<sup>1</sup></b> You are covered for urgent and emergency illness or injury anywhere in the world.</p>	<p>If you think you're experiencing a medical emergency, immediately call 911 or go to the nearest emergency facility anytime, day or night. 24 hours a day, 7 days a week.</p> <p>Unsure if you're experiencing an emergency? Call <b>866-677-1112</b> (TTY <b>711</b>).</p>	<p>24 hours a day, 7 days a week.</p>
 <p><b>Behavioral health</b></p>	<p>You can seek initial consultation without a referral from your doctor for outpatient treatment for behavioral health or substance use conditions.</p> <p>Call <b>866-530-8778</b> (TTY <b>711</b>), Monday through Friday, 8:30 a.m. to 5 p.m. (except holidays).</p>	<p>You may be able to receive care from any licensed behavioral health or chemical dependency professional for mental illness, emotional disorders, and drug or alcohol abuse. Please refer to your plan document for more details.</p> <p>Preauthorization is required before receiving inpatient hospital care. Depending on your plan, it may also be required for certain outpatient procedures.</p>
 <p><b>Vision care</b> You don't need a referral from your doctor.</p>	<p><b>800-777-7904</b> (TTY <b>711</b>)</p>	<p>Hours vary by location. <b>kp2020.org</b></p>
 <p><b>Seeing specialty doctors</b></p>	<p>You need a referral from your primary care physician for specialty care. In most cases, an appointment will be coordinated for you by your care team.</p> <p>You do not need a referral for obstetrics-gynecology, optometry, and some behavioral health services.</p> <p>At Kaiser Permanente facilities: <b>800-777-7904</b> (TTY <b>711</b>)</p> <p>If you have an affiliated or network physician, contact your doctor's office directly.</p>	<p>Call or go online 24 hours a day, 7 days a week to schedule appointments with Permanente physicians.</p> <p>If your doctor is not a Permanente physician, call the doctor's office for business hours.</p>

If you are new to Kaiser Permanente or haven't seen your Permanente physician yet, and if you have a chronic condition, were recently hospitalized, or are or think you might be pregnant, please make an appointment as soon as possible. Call **800-777-7904** (TTY **711**).

<sup>1</sup>If you reasonably believe you have an emergency medical condition, call 911 or go to the nearest emergency department. An emergency medical condition is one that, in the absence of immediate medical attention, may result in 1) placing the health of the individual (or, with respect to a pregnant woman, the health of the woman or her unborn child) in serious jeopardy, 2) serious impairment to bodily functions, or 3) serious dysfunction of any bodily organ or part. Refer to your plan document for the complete definition of emergency medical conditions.

# Getting virtual care with Kaiser Permanente

Virtual care allows members to see their personal doctor—as well as any specialists they've been referred to—by video, phone, or email, usually for no copay.<sup>1</sup> When you need medical attention, you can start your journey using any of our virtual care options after registering and logging on to **kp.org** and downloading the Kaiser Permanente (KP) app:



24/7 phone or video visits with our clinicians—available on demand for routine or more serious care



E-visits for personalized advice



Email consultations with your doctor



24/7 advice line and online chat

During a virtual visit, your doctor can access your electronic medical record and consult with other physicians, so your care is seamless, convenient, and connected. All of your post-visit information, prescriptions, lab results, immunization status, emails, and more are available and secure with **kp.org** and the KP app.

For more information on your telehealth options and how to join a video visit, go to **kp.org/getcare**.

## Healthy extras to improve your well-being

You also have access to online resources to help manage your overall mental and physical health. These include:

### Virtual classes at no extra cost

- Managing prediabetes
- Nutrition for cholesterol control
- Nutrition for weight control
- Stress management
- Cataract class

### Fitness classes at no extra cost

- ClassPass on-demand fitness classes

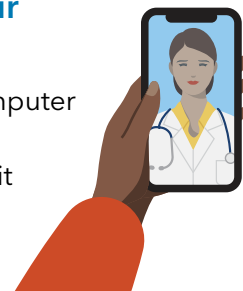
### Self-care apps<sup>2</sup>

- myStrength: Boost your overall well-being and resilience with this easy-to-use app.
- Calm: This meditation app can help reduce stress, improve sleep habits, and enhance mood.

Refer to your plan document for more information.

## Are you ready for your video visit?

Please make sure your computer is working prior to your appointment. To check, visit **kp.org/tipsvideovisits** and click [Tech Check](#).



<sup>1</sup>If 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. If you have an HSA-qualified deductible plan, you may need to pay the full charge for scheduled phone appointments and video visits until you reach your deductible. Once you reach your deductible, you won't pay anything for scheduled phone appointments and video visits. The deductible may be waived for COVID-19 vaccinations, once available, and COVID-19 testing-related services for the duration of the public health emergency.

<sup>2</sup>The apps described above are not covered under your health plan benefits and are not 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. myStrength® is a wholly owned subsidiary of Livongo Health, Inc.





# Urgent care

## Urgent Care centers

Open evenings, weekends, and holidays, our Urgent Care centers are located in Maryland, Virginia, and Washington, DC.

Call **800-777-7904** (TTY **711**) to get the care you need, or come in if you are experiencing any of the following:

- Abdominal pain
- Breathing trouble
- Broken bones
- Deep cuts
- Flu- or cold-like symptoms
- Rash or skin infections
- Sprains and strains
- Urinary tract infections
- Vomiting, diarrhea, or nausea

These are examples of conditions that are treated in Urgent Care. If you think you are experiencing an emergency medical condition,<sup>1</sup> call 911.

## 24/7 Kaiser Permanente Advanced Urgent Care centers

At our medical centers that have 24/7 Urgent Care, you get:

- Physicians trained in emergency medicine
- Lower cost shares<sup>2</sup> than a typical hospital emergency room
- 24/7 pharmacy and laboratory services
- 24/7 advanced imaging services, including CT, MRI, and ultrasound
- An observation unit where patients can be monitored for up to 24 hours

## Video visits for Urgent Care

You may also be able to see an Urgent Care physician by video visit<sup>3</sup> if you cannot come into one of our Urgent Care centers. During your visit, the doctor can access your electronic medical record, so your care is seamless, convenient, and connected.



<sup>1</sup>An emergency medical condition is one that, in the absence of immediate medical attention, may result in 1) placing the health of the individual (or, with respect to a pregnant woman, the health of the woman or her unborn child) in serious jeopardy, 2) serious impairment to bodily functions, or 3) serious dysfunction of any bodily organ or part. Refer to your plan document for the complete definition of emergency medical conditions.

<sup>2</sup>Cost share depends upon your plan. For specific information, please check your plan document.

<sup>3</sup>If 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. If you have an HSA-qualified deductible plan, you may need to pay the full charge for scheduled phone appointments and video visits until you reach your deductible. Once you reach your deductible, you won't pay anything for scheduled phone appointments and video visits. The deductible may be waived for COVID-19 vaccinations, once available, and COVID-19 testing-related services for the duration of the public health emergency.

## Kaiser Permanente Urgent Care locations

### Maryland

#### **Kaiser Permanente Baltimore Harbor Urgent Care**

*Temporarily closed*

815 E. Pratt St., Baltimore, MD 21202

#### **Camp Springs Urgent Care**

*Temporarily closed*

6104 Old Branch Ave., Temple Hills, MD 20748

#### **Gaithersburg Urgent Care 24/7**

655 Watkins Mill Road, Gaithersburg, MD 20879

#### **Kensington Urgent Care**

*Temporarily closed*

10810 Connecticut Ave., Kensington, MD 20895

#### **Largo Urgent Care 24/7**

1221 Mercantile Lane, Largo, MD 20774

#### **South Baltimore County Urgent Care 24/7**

1701 Twin Springs Road, Halethorpe, MD 21227

#### **White Marsh Urgent Care**

4920 Campbell Blvd., Nottingham, MD 21236

Mon-Fri: 3-11 p.m.

Sat, Sun, holidays: 9 a.m.-5 p.m.

#### **Woodlawn Urgent Care**

*Temporarily closed*

7141 Security Blvd., Baltimore, MD 21244

### Virginia

#### **Fredericksburg Urgent Care**

1201 Hospital Drive, Fredericksburg, VA 22401

Mon-Fri: 3-11 p.m.

Sat, Sun, holidays: 9 a.m.-5 p.m.

#### **Manassas Urgent Care**

*Temporarily closed*

10701 Rosemary Drive, Manassas, VA 20109

#### **Reston Urgent Care**

1890 Metro Center Drive, Reston, VA 20190

Mon-Fri: 3-11 p.m.

Sat, Sun, holidays: 9 a.m.-9 p.m.

#### **Tysons Corner Urgent Care 24/7**

8008 Westpark Drive, McLean, VA 22102

#### **Woodbridge Urgent Care 24/7**

14139 Potomac Mills Road, Woodbridge, VA 22192

### Washington, DC

#### **Kaiser Permanente Capitol Hill**

**Urgent Care 24/7**

700 2nd St. NE, Washington, DC 20002

The continued availability and/or participation of any facility cannot be guaranteed. Kaiser Permanente reserves the right to relocate, modify, or terminate the location and hours of services for Urgent Care. For the most up-to-date information, visit [kp.org/urgentcare/mas](https://kp.org/urgentcare/mas).

# Hospital care

[kp.org/premierhospitals](https://kp.org/premierhospitals)



Kaiser Permanente carefully selects premier hospitals<sup>1</sup> to team with us in taking great care of you.

We've chosen award-winning hospitals to team with in coordinating your care when you need inpatient or outpatient hospital care. These hospitals are located throughout Maryland, Virginia, and Washington, DC.

## If you're admitted to a hospital that is not one of our premier hospitals

Once your condition has stabilized, we may move you to one of our premier hospital locations where our Kaiser Permanente physicians are on duty. By doing so, we can provide you seamless and coordinated care, both during your hospitalization and in your transition out of the hospital.

### Out-of-network hospitals:

- You can receive inpatient hospitalization services from any licensed or accredited hospitals and facilities.
- When you receive services, you may need to pay allowable charges (such as the contracted amount a provider has agreed to accept) to the hospital, doctor, or other providers, as described in your plan document. You may also need to submit a claim for reimbursement.

## Premier hospitals by region

### Maryland

Anne Arundel Medical Center, Annapolis  
[askAAMC.org](https://askAAMC.org)

Baltimore Washington Medical Center, Glen Burnie  
[umms.org/bwmc](https://umms.org/bwmc)

Greater Baltimore Medical Center, Baltimore  
[gbmc.org](https://gbmc.org)

Holy Cross Hospital, Germantown  
[holycrosshealth.org](https://holycrosshealth.org)

Holy Cross Hospital, Silver Spring  
[holycrosshealth.org](https://holycrosshealth.org)

Suburban Hospital, Bethesda  
[suburbanhospital.org](https://suburbanhospital.org)

### Virginia

Reston Hospital Center, Reston  
[restonhospital.com](https://restonhospital.com)

Stafford Hospital, Stafford  
[maryashingtonhealthcare.com](https://maryashingtonhealthcare.com)

Virginia Hospital Center, Arlington  
[virginiahospitalcenter.com](https://virginiahospitalcenter.com)




### Washington, DC

Children's National Health System  
[childrensnational.org](https://childrensnational.org)



MedStar Washington Hospital Center  
[whcenter.org](https://whcenter.org)

<sup>1</sup>The premier hospitals are independently owned and operated hospitals, and they contract with Kaiser Foundation Hospitals. The continued availability and/or participation of any facility cannot be guaranteed. Kaiser Permanente reserves the right to relocate, modify, or terminate the location for premier hospitals. For the most up-to-date information, visit [kp.org/premierhospitals](https://kp.org/premierhospitals).

# Additional services

Services	What you need to know
<p><b>X-ray and imaging services</b></p> 	<p>For most services, you need a referral from your doctor. He or she will let you know how to schedule your appointment.</p> <p>Most X-ray and imaging services are located wherever Urgent Care or Advanced Urgent Care is offered, so you do not have to make a separate trip to have an X-ray or other imaging test.</p> <p>Call the appointment line to schedule a mammogram. You do not need a referral from a doctor. Your primary care physician or ob/gyn will talk with you about how often you should be screened.</p> <p>Your results from tests done in Kaiser Permanente medical centers will be in your medical record.</p>
<p><b>Lab tests and results</b></p> 	<p>For most routine lab tests, your Permanente physician will send the order electronically to the Kaiser Permanente lab, and you can just walk in without an appointment.</p> <p>Most lab services are located wherever Urgent Care or Advanced Urgent Care is offered, so you don't have to make a separate trip to have a lab test to complete your care. You can also schedule your lab appointment in advance to save time.</p> <p>Your results from tests done in Kaiser Permanente medical centers will be in your medical record.</p> <p>You can read most results online soon after the lab completes your tests, sometimes the same day.</p> <p>If your lab tests are not performed in a Kaiser Permanente medical center, follow your physician's instructions about how to receive your test results.</p>
<p><b>Transferring medical records</b></p> 	<p>To make your transition to Kaiser Permanente as seamless as possible, please bring the following to your first appointment: a list of your allergies, medications, medical conditions, surgeries, cancer screening tests, and immunizations. Please also provide a list of your current and/or recent physicians, including addresses.</p> <p>Kaiser Permanente physicians can often access your electronic medical record from your previous physicians. If your Kaiser Permanente physician determines that additional information is needed, they will provide you with a Targeted Request for Medical Records Form, which you will submit to your previous physician(s) for those specific records.</p> <p>If you already have your records, you can contact our Health Information Management Services (HIMS) Department by email at <a href="mailto:mashimspmr@kp.org">mashimspmr@kp.org</a>, or by fax at <b>855-902-4974</b>. We will only include specific documents in your Kaiser Permanente medical chart. Please also bring records to your first appointment.</p>



## Additional services (continued)

Services	What you need to know
<p><b>Dental</b></p> 	<p>Your medical coverage includes dental care needed after an accident. It does not provide preventive dental care or dental treatment that is not related to an accident. Refer to your plan document to determine your accidental dental coverage, or contact the benefits officer where you work if your employer provides your coverage.</p> <p><b>You may have a plan that includes preventive and other dental benefits</b></p> <p>Refer to your preventive dental plan document, or contact the benefits officer where you work if your employer provides your coverage.</p> <ul style="list-style-type: none"> <li>• Visit <a href="https://dominionnational.com/kaiserdentists">dominionnational.com/kaiserdentists</a> or call Dominion National at <b>855-733-7524 (TTY 711)</b>. Knowledgeable Dominion member service specialists are available Monday through Friday, 7:30 a.m. to 6 p.m., to answer your questions about coverage or to help you find a participating dentist.</li> </ul>
<p><b>Care away from home</b></p> 	<p><b>Coverage anywhere</b></p> <ul style="list-style-type: none"> <li>• You're covered for emergency and urgent care anywhere in the world.</li> <li>• If you need urgent care in a Kaiser Permanente service area/region, visit the nearest Kaiser Permanente Urgent Care clinic.<sup>1</sup></li> <li>• If you need urgent care in a state without Kaiser Permanente, go to the nearest CVS MinuteClinic®, Concentra Urgent Care, or urgent care facility.<sup>2</sup></li> <li>• If you receive urgent or emergency care outside the service area (anywhere outside the District of Columbia, and parts of Maryland and Virginia), you will need to submit bills for reimbursement. You're also covered for urgent and emergency care from any non-Kaiser Permanente provider worldwide.</li> </ul> <p><b>In other Kaiser Permanente service areas</b></p> <p>A wide range of care may be available to you in other Kaiser Permanente areas, including routine, urgent, or emergency care. Always contact Member Services at <b>800-777-7902 (TTY 711)</b> to learn what your coverage options are, as plans vary.<sup>3</sup> Locations include all or part of California, Colorado, Georgia, Hawaii, Oregon, and Washington.</p> <p>Find Kaiser Permanente locations at <a href="https://kp.org/facilities">kp.org/facilities</a>.</p> <p><b>What is not covered</b></p> <p>You are not covered for routine (nonemergency and nonurgent) care outside the service area.</p> <p><b>For more information</b></p> <p>Call <b>951-268-3900</b> or visit <a href="https://kp.org/travel">kp.org/travel</a> for helpful resources to help you plan for your trip, and for claim forms in case you need to file a claim for reimbursement after your trip.</p>

<sup>1</sup>If you get care at a CVS MinuteClinic, Concentra Urgent Care, or any other urgent care facility within a state with Kaiser Permanente providers, you'll be asked to pay up front for services you receive and will need to file a claim for reimbursement.



<sup>2</sup>If you get care at a CVS MinuteClinic or Concentra Urgent Care, you'll be charged your standard copay or coinsurance.

<sup>3</sup>Please refer to your plan document for details.

Services	What you need to know
<p><b>Chat with KP</b></p> 	<p>Check out Chat with KP, our new click-to-chat service available to members at no extra cost. Use Chat with KP to chat virtually with one of our licensed care providers via <a href="https://kp.org">kp.org</a> or the Kaiser Permanente app, Monday through Friday, 7 a.m. to 7 p.m., excluding holidays.</p> <p>This service offers the same benefits as our 24/7 advice line, including quick advice and referrals—all with just a click. You can also share pictures through the chat and see your complete chat history, ensuring your care is seamless, convenient, and connected.</p> <p>To chat with a nurse on your computer, log in to <a href="https://kp.org">kp.org</a>, select <a href="#">Get Care, My Health, Message Center</a>, or <a href="#">Appointment Center</a> pages, then click <a href="#">Chat with a Nurse</a>. To chat with a nurse on your smartphone, log in to the Kaiser Permanente mobile app, visit the <a href="#">Get Care</a> page, and tap <a href="#">Chat with KP</a>.</p>
<p><b>Healthy extras<sup>1</sup></b></p> 	<p>Take advantage of our wide variety of resources to help keep you informed, inspired, and feeling your best:</p> <ul style="list-style-type: none"> <li>• <b>Self-care apps.</b> The Calm and MyStrength apps are available to members at no extra cost. Learn more and download these apps at <a href="https://kp.org/selfcareapps">kp.org/selfcareapps</a>.</li> <li>• <b>Health education classes at our facilities.</b> Registration is required. To register, call <b>800-777-7904</b> or browse courses at <a href="https://kp.org/classes">kp.org/classes</a>.</li> <li>• <b>Partners in Health.</b> This monthly newsletter brings you health tips, member stories, and updates on facilities and services.</li> <li>• <b>Online wellness programs.</b> Learn more at <a href="https://kp.org/healthylifestyles">kp.org/healthylifestyles</a>.</li> <li>• <b>ChooseHealthy®.</b> This discount program is available to you in addition to any benefits for these services that may be covered under your plan. ChooseHealthy allows you to receive discounts on a variety of alternative care and fitness services. Visit <a href="https://kp.org/choosehealthy">kp.org/choosehealthy</a> to learn more.</li> </ul>

<sup>1</sup>The products and services described are provided by entities other than Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., and are neither offered nor guaranteed under your Kaiser Permanente contract. Kaiser Permanente does not endorse or make any representations regarding the quality or medical effectiveness of such products and services, nor the financial integrity of these entities. Kaiser Permanente disclaims any liability for these products and services. Some Kaiser Permanente members may have coverage through their health plan for some of the same services available through ChooseHealthy®. The value-added services available under the ChooseHealthy program are separate and apart from any chiropractic, acupuncture, or massage services available under your contract. Please see your coverage documents for information regarding those services covered under your Kaiser Permanente contract. The ChooseHealthy program is administered by American Specialty Health Administrators, Inc., a subsidiary of American Specialty Health Incorporated (ASH). ChooseHealthy is a federally registered trademark of ASH and used with permission herein.

# Additional services (continued)

Services	What you need to know
<p><b>Chronic care management</b></p> 	<p><b>Get help managing your ongoing health conditions.</b> If you have diabetes, asthma, depression, high blood pressure, chronic obstructive pulmonary disease, or coronary artery disease and want information to help manage your condition, you can join our disease management program.</p> <p>Leave a message anytime at <b>703-536-1465</b> in the Washington, DC, metropolitan calling area or at <b>410-933-7739</b> in the Baltimore area. Please leave your name, medical record number, address, and the condition for which you are requesting information, and we will return your call within 2 business days.</p>
<p><b>Coordination of benefits</b></p> 	<p><b>Do you have coverage from another plan, too?</b> If you have other health coverage in addition to your coverage with Kaiser Permanente, please notify Member Services at <b>800-777-7902 (TTY 711)</b>.</p> <p>If the other plan is your primary insurance, we reserve the right to bill the other health plan for the services we provide or authorize for you. Having more than one health care plan doesn't affect your ability to access Kaiser Permanente services.</p> <p>If you have a work-related injury or an injury caused by another party, please notify Member Services.</p>



# Understanding your costs and benefits

## You pay \$0 cost share for in-network preventive care

Preventive care includes routine physicals, well-child visits, and certain screenings and tests (such as mammograms), so there's no need to delay making your first appointment with your primary care physician.

If you have symptoms of a condition, your doctor may order a service to help find out what it is or help treat it. Since you've shown symptoms, this service doesn't qualify as preventive. It's actually diagnostic, since it's used to diagnose your condition, and cost sharing may apply.

You may also get services to help treat a condition that's already been diagnosed. Since you're being treated for an existing condition, these services are also non-preventive, and cost sharing may apply.

Tests or services ordered for or during a routine physical or well-child visit may result in cost sharing if those services are related to diagnosing, monitoring, or treating an existing condition.

You may have a copay for most other care, such as appointments with specialists, urgent care, and some tests and services. Please refer to your plan document.

You can estimate the cost of your next visit at [kp.org/costestimates](https://kp.org/costestimates).

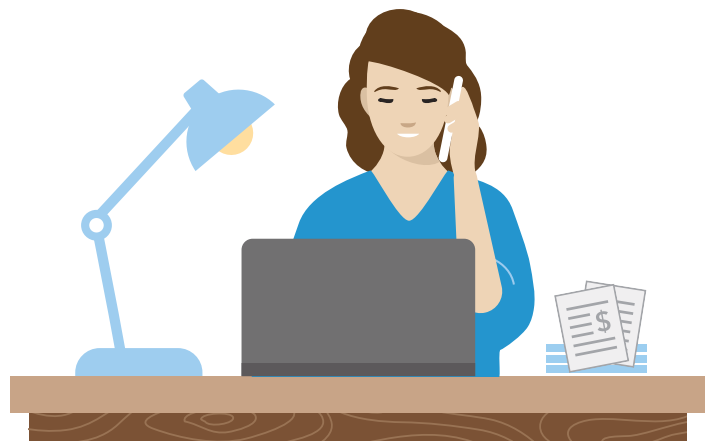
You'll need to be registered on [kp.org](https://kp.org) to use this secure tool.





# Your share of costs

“Cost share” refers to what you pay as part of your share for health care costs. Refer to your plan document to learn more about your plan’s specific cost shares.



Type of cost share	What it is	When you pay
<b>Copayments (copays)</b>	<p>The set fee you pay for a covered service (e.g., non-preventive office visit) every time that service is provided. Copayments vary depending on your plan and do not count toward a deductible. However, they do count toward your annual out-of-pocket maximum for most services.</p>	<p>Nearly all plans have copayments or coinsurance. A copayment or coinsurance may be owed on the day you receive services, for each visit, even if multiple visits occur on the same day.</p>
<b>Coinsurance</b>	<p>The percentage of the cost for a covered service. For example, if your coinsurance is 15% and your allowed office visit cost is \$100, then you pay \$15 and the health plan pays \$85. Coinsurance varies according to your plan and does not apply toward the deductible. However, it counts toward your annual out-of-pocket maximum for most services.</p>	<p>There is no copay or coinsurance for preventive care for non-grandfathered plans. What you owe depends on your plan’s benefits and the services you receive.</p>
<b>Out-of-pocket maximum</b>	<p>The maximum amount you pay out of pocket each contract year for most covered services. Once the amounts you have paid equal the out-of-pocket maximum, you pay nothing for those covered services for the remainder of the contract year.</p>	<p>Depending on your plan, the copayments, coinsurance, and deductibles you pay for most services will count toward the out-of-pocket maximum.</p>
<b>Deductible</b> (Visit <a href="http://kp.org/deductibleplans">kp.org/deductibleplans</a> for more information on deductible plans and to find helpful cost tools)	<p>The set amount you must pay each contract year for covered medical services before the health plan begins to pay its share. Not all services may be applied to the deductible. Deductibles vary depending on the plan you have.</p> <p>Once you have met your deductible, you will be required to pay only the applicable copayment or coinsurance for most covered services for the remainder of your plan’s contract year. Certain conditions may apply.</p>	<p>If you have a deductible, you will be billed for the full allowed amount for each service that is subject to the deductible during check-in or after the service via mailed bill. You may also receive an estimate of your charges before your office visit for certain services, and you may choose to make a deposit payment based on that estimate.</p>

# Claims

## You will not file claims for services if:

- You get medical care and services from network providers.
- You get an authorized referral from your network provider to see an out-of-network provider.
- Your amount paid was for a copayment

## If you file a claim:

- You have up to 180 days from the date you received care to submit your claim.
- Kaiser Permanente will review the claim and decide what payment or reimbursement may be owed you.
- Care must be medically necessary. Please refer to your plan document.

## How to file the claim

To request payment or reimbursement, download a member reimbursement form. To download the form, log on to [kp.org](http://kp.org), select [Coverage & Costs](#), then click [Submit a claim](#). The member reimbursement form will be under the [Claim forms](#) section.

Along with your member reimbursement form, the following information is required for all claims:

- Itemized bills (should include date of service, services received, and cost of each item)
- Medical records (copies of original medical reports, admission notes, emergency room records, and/or consultation reports)
- Proof of payment (receipts or bank or credit card statements)

You can also mail your member reimbursement form and required documents to:

National Claims Administration -  
Mid-Atlantic States  
P.O. Box 371860  
Denver, CO 80237-9998

## What you'll receive from us

An Explanation of Benefits that will detail what you need to pay and what the health plan will pay.

## Filing an appeal

It is your right to file an appeal if you disagree with a decision not to pay for a claim. Read your plan document for more information.



## NONDISCRIMINATION NOTICE

Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc. (Kaiser Health Plan) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Kaiser Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. We also:

- Provide no cost aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats, such as large print, audio, and accessible electronic formats
- Provide no cost language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, call **1-800-777-7902** (TTY: **711**)

If you believe that Kaiser Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance by mail or phone at: Kaiser Permanente, Appeals and Correspondence Department, Attn: Kaiser Civil Rights Coordinator, 2101 East Jefferson St., Rockville, MD 20852, telephone number: 1-800-777-7902.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 1-800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

In the event of dispute, the provisions of the approved English version of the form will control.

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## HELP IN YOUR LANGUAGE

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call **1-800-777-7902** (TTY: **711**).

**አማርኛ (Amharic) ማስታወሻ:** የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያገዝዎት ተዘጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ **1-800-777-7902** (TTY: **711**)።

**العربية (Arabic) ملحوظة:** إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-800-777-7902** (TTY: **711**)።

**Bàsòò Wùdù (Bassa) Dè dɛ nià kɛ dyédé gbo:** ɔ jũ ké ñ Bàsòò-wùdù-po-nyò jũ ní, nií, à wudu kà kò dò po-poò béin ñ gbo kpáa. **Đá 1-800-777-7902** (TTY: **711**)

**বাংলা (Bengali) লক্ষ্য করুন:** যদি আপনি বাংলা, কথা বলতে পারেন, তাহলে নিঃখরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। **১৮০০-৭৭৭-৭৯০২** (TTY: **৭১১**)।

**中文 (Chinese) 注意:** 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-800-777-7902** (TTY: **711**)。

**فارسی (Farsi) توجه:** اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با **1-800-777-7902** (TTY: 711) تماس بگیرید.

**Français (French) ATTENTION:** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-800-777-7902** (TTY: 711).

**Deutsch (German) ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung.  
Rufnummer: **1-800-777-7902** (TTY: 711).

**ગુજરાતી (Gujarati) સુચન:** જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો **1-800-777-7902** (TTY: 711).

**Kreyòl Ayisyen (Haitian Creole) ATANSYON:** Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele **1-800-777-7902** (TTY: 711).

**हिन्दी (Hindi) ध्यान दें:** यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। **1-800-777-7902** (TTY: 711) पर कॉल करें।

**Igbo (Igbo) NRUBAMA:** O buru na i na asu Igbo, oru enyemaka asusu, n'efu, diiri gi.  
Крор **1-800-777-7902** (TTY: 711).

**Italiano (Italian) ATTENZIONE:** In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-800-777-7902** (TTY: 711).

**日本語 (Japanese) 注意事項:** 日本語を話される場合、無料の言語支援をご利用いただけます。**1-800-777-7902** (TTY: 711) まで、お電話にてご連絡ください。

**한국어 (Korean) 주의:** 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-800-777-7902** (TTY: 711) 번으로 전화해 주십시오.

**Naabeehó (Navajo) Díí baa akó nínízin:** Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éi ná hóló, koji' hódíilnih **1-800-777-7902** (TTY: 711).

**Português (Portuguese) ATENÇÃO:** Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para **1-800-777-7902** (TTY: 711).

**Русский (Russian) ВНИМАНИЕ:** если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-800-777-7902** (TTY: 711).

**Español (Spanish) ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-777-7902** (TTY: 711).

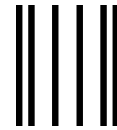
**Tagalog (Tagalog) PAUNAWA:** Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad.  
Tumawag sa **1-800-777-7902** (TTY: 711).

**ไทย (Thai) เรียน:** ถ้านคุณพูดภาษาไทย คุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร **1-800-777-7902** (TTY: 711).

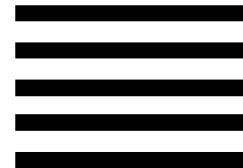
**أردو (Urdu) خبردار:** اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں **1-800-777-7902** (TTY: 711)۔

**Tiếng Việt (Vietnamese) CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-800-777-7902** (TTY: 711).

**Yorùbá (Yoruba) AKIYESI:** Ti o ba nso ede Yoruba ofe ni iranlowo lori ede wa fun yin o. E pe ero ibanisoro yi **1-800-777-7902** (TTY: 711).



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UNITED STATES



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4621 BOSTON WAY  
LANHAM MD 20706-9906

DETACH HERE



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## Want a printed provider directory?

Just complete the information requested on the back, fold along the dotted line, tape the card shut, and mail. Or go to [kp.org/doctor](http://kp.org/doctor) to browse our doctor profiles and find a doctor who matches your needs.

[kp.org](http://kp.org)

# Find the right doctor for you



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## SELECT DIRECTORY

For a printed copy of the physician directory, complete the information below, fold along the dotted line, tape the card shut, and mail.

NAME

ADDRESS 1

ADDRESS 2

CITY

STATE

ZIP CODE

[kp.org](http://kp.org)

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