

Find your healthy place

Many locations

- More than 33 medical centers in Maryland, Virginia, and Washington, DC, with **more on the way** in 2021-2022.
- 14 centers with extended hours or 24-hour care—**Urgent Care or Advanced Urgent Care**—even on holidays. Plus, X-ray, lab, pharmacy, and more in the same location.

Quality care

- In person, phone, online, video—you choose how to **get care** from top doctors and a top-rated health plan^{1,2,3}
- A care team who knows your medical history to help you make the right decisions for your health

Why Kaiser Permanente?

- We're different from other health care providers. Our connected system means that your health coverage and care—doctors, pharmacy, lab, and hospital—work together to provide quality care to you and your family. To learn more, visit kp.org/myhealthyplace.
- Care is convenient when it fits your life. Manage your family's care with kp.org and the **Kaiser Permanente app**—check most lab results, schedule appointments, and more.⁴

Check out my.kp.org/maryland to:

- Take a look at **Plans and services** to locate your plan documents.
- Learn about the **State of Maryland Wellness Program**.
- Visit your **Healthy extras** page for ways to live healthier—mind, body, and spirit.



Health Benefits Together, we are working toward a *healthier community*



¹If 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.

²The physicians who practice at Kaiser Permanente are recognized as Top Doctors in *Washingtonian* magazine (2020), *Northern Virginia Magazine* (2021), and *Baltimore* magazine (2020).

³In NCOA's Private Health Insurance Plan Ratings 2019-2020, the private health plan of Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., was rated 5 out of 5.

⁴To use the Kaiser Permanente app, you must be a Kaiser Permanente member registered on kp.org.

Your lifelong partner in health care

At Kaiser Permanente, we know that good health is key to a good life. That's why we're your health care partner for any age and any stage.

Mental health and well-being

Mental or emotional issues can disrupt your daily life. But you're not alone. Our commitment to your total health means helping you achieve and maintain optimal, mental, physical, and emotional wellness. Visit kp.org/mentalhealth for details.

Maternity care

If you're expecting—congratulations! We are here to support you from first signs to first steps. That means we're with you through every stage of pregnancy, labor, and delivery—plus your baby's first few weeks at home.

Visit kp.org/maternity for details.

Covered wherever you are

Seamless care goes where you do. Connect with us 24/7 in Maryland, Virginia, or Washington, DC. Plus, you can also get care at our facilities in California, Colorado, Georgia, Hawaii, Oregon, and Washington State.¹

Visit us at kp.org/newmasfacilities.

You're also covered for urgent and emergency care anywhere in the world.²

Learn more at kp.org/travel.

2022 State of Maryland Kaiser Permanente IHM benefit highlights³

Benefits and services	
Preventive care	
Routine physical exam	\$0
Outpatient services (per visit or procedure)	
Primary care office visit (copay waived for children under age 5)	\$15
Specialty care office visit	\$15
Most X-rays and lab tests	\$0
MRI, CT, PET scans	\$0
Outpatient surgery	\$0
Chiropractic and acupuncture services	\$15
Inpatient hospital care (per admission)	
Room and board, surgery, anesthesia, X-rays, lab tests, medications	\$0
Maternity	
Routine prenatal care visits and first postpartum visit	\$0
Delivery (per admission)	\$0
Telehealth	
In-office e-consult with specialist	\$0
Video chat ⁴ with a doctor	\$0
Emergency and Urgent Care (per visit or trip)	
Emergency care	\$150
Urgent Care	\$15
Ambulance	\$0
Prescription drugs (generic/brand)	
Prescription drug coverage	Not covered under medical plan
Maximum out-of-pocket	
Per person	\$1,500
Maximum per family	\$3,000

For more information on rates and benefits, visit dbm.maryland.gov/benefits.

Need to talk to a live person? Call Member Services, 7 days a week, 7 a.m. to 11 p.m., at **855-839-5763** (TTY 711).

¹Routine services aren't covered. Routine services include prevention, exams, checkups, follow-up care, and services for ongoing medical conditions, such as dialysis.


²Please refer to your *Evidence of Coverage* or other coverage documents for details.

³This is a summary of the features of the Kaiser Permanente plan. For more information, read your Kaiser Permanente *Summary of Benefits and Coverage*. All benefits are subject to the definitions, limitations, and exclusions set forth in the *Evidence of Coverage*. This document can be downloaded by visiting the plans and benefits section of my.kp.org/maryland. The emergency copay is waived if admitted to the hospital within 24 hours for the same condition or if admitted directly to the hospital as an inpatient.

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.

Kaiser Permanente medical facilities (with premier hospitals)

Maryland

- 1 Abingdon Medical Center
- 2 Annapolis Medical Center
- 3 **OPENING TBD**
Medical Center in Aspen Hill
- 4 Kaiser Permanente Baltimore Harbor Medical Center
- 5 **OPENING 2021**
Bowie Fairwood Medical Center
- 6 Camp Springs Medical Center
- 7 Columbia Gateway Medical Center
- 8 Kaiser Permanente Frederick Medical Center
- 9 Gaithersburg Medical Center
- 10 **OPENING 2022**
Medical Center in Hyattsville
- 11 Kensington Medical Center
- 12 Largo Medical Center
- 13 **OPENING 2022**
Lutherville-Timonium Medical Center
- 14 Marlow Heights Medical Center
- 15 North Arundel Medical Center
- 16 Prince George's Medical Center
(will close when the Medical Center in Hyattsville opens)
- 17 Shady Grove Medical Center
- 18 Silver Spring Medical Center
- 19 South Baltimore County Medical Center
- 20 Towson Medical Center
(will close when Lutherville-Timonium Medical Center opens)
- 21 **OPENING TBD**
Medical Center in Waldorf
- 22 **OPENING 2021**
 Friendship Heights
by KAISER PERMANENTE.
- 23 White Marsh Medical Center
- 24 Woodlawn Medical Center

Virginia

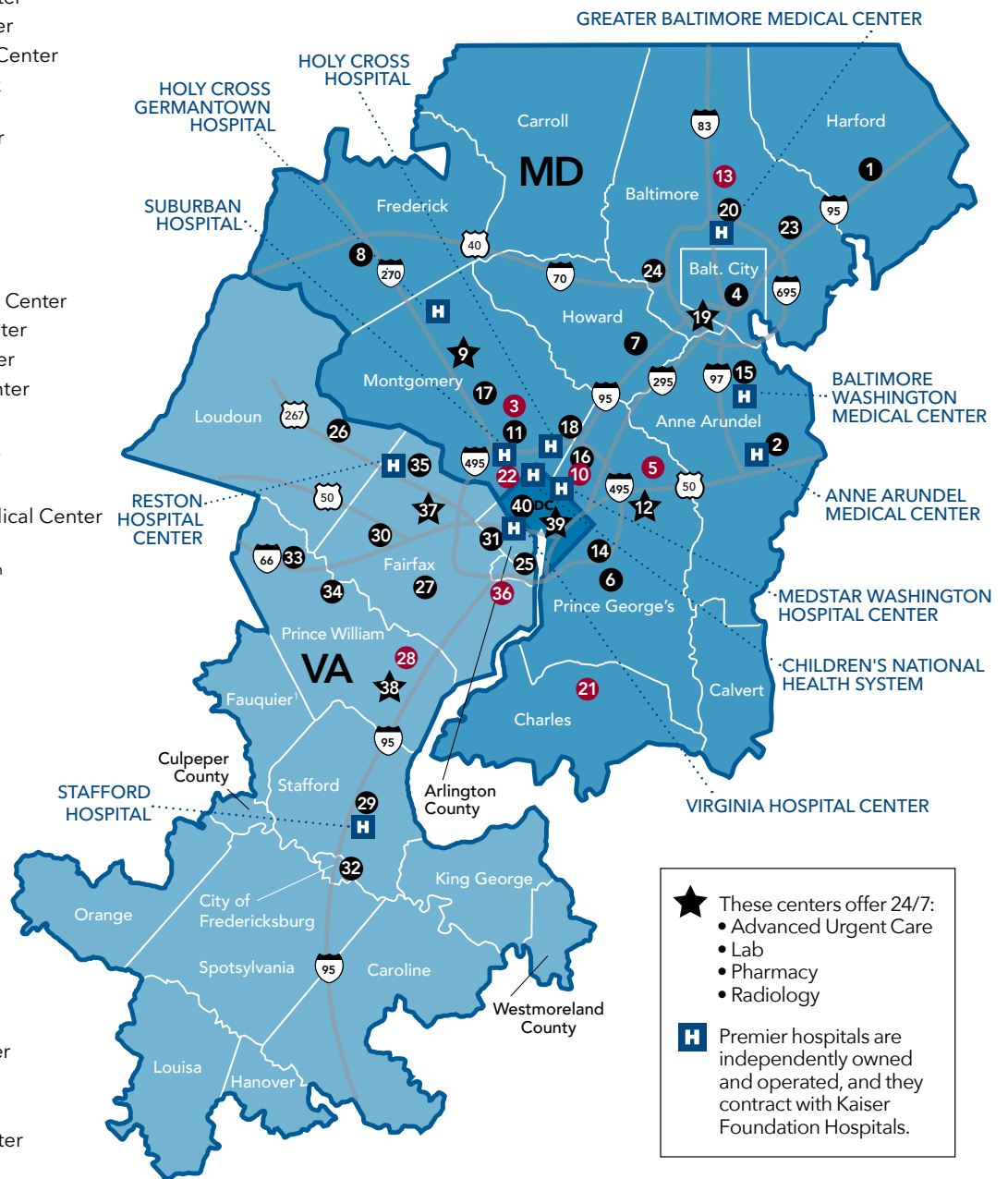
- 25 Alexandria Medical Center
- 26 Ashburn Medical Center
- 27 Burke Medical Center
- 28 **OPENING 2022**
Caton Hill Medical Center
- 29 Colonial Forge Medical Center
- 30 Fair Oaks Medical Center
- 31 Falls Church Medical Center
- 32 Fredericksburg Medical Center

- 33 Haymarket Crossroads Medical Center
- 34 Manassas Medical Center
- 35 Reston Medical Center
- 36 **OPENING 2022**
Springfield Medical Center
(adjacent to current facility)
- 37 Tysons Corner Medical Center

- 38 Woodbridge Medical Center
(will close when Caton Hill Medical Center opens)

Washington, DC

- 39 Kaiser Permanente Capitol Hill Medical Center
- 40 Northwest DC Medical Office Building



★ These centers offer 24/7:

- Advanced Urgent Care
- Lab
- Pharmacy
- Radiology

H Premier hospitals are independently owned and operated, and they contract with Kaiser Foundation Hospitals.

Please check [kp.org/facilities](https://www.kp.org/facilities) for the most up-to-date listing of services available at Kaiser Permanente Medical Centers.

*Kaiser Permanente's service area in Fauquier County includes the following ZIP codes: 20115, 20116, 20117, 20119, 20128, 20137, 20138, 20139, 20140, 20144, 20181, 20184, 20185, 20186, 20187, 20188, 20198, 22406, 22556, 22639, 22642, 22643, 22720, 22728, and 22739.