

FIND YOUR HEALTHY PLACE

Many locations

- 35+ medical centers in Maryland, Virginia, and Washington, DC, with **more on the way**.
- 15 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

- 24/7 access to care by phone and 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

Visit myhealth.kp.org/maryland to:

- Locate your State of Maryland plan documents.
- Find out about State of Maryland's wellness program.
- Learn more about why you should choose Kaiser Permanente.



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 (2021), *Northern Virginia Magazine* (2022), and *Baltimore* magazine (2021).

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

CARE AWAY FROM HOME

Life doesn't stop when you leave home, and neither should your healthcare. Kaiser Permanente members can receive care anywhere in the world.

In the United States

Kaiser Permanente operates in California, Colorado, the District of Columbia, Georgia, Hawaii, Maryland, Oregon, Virginia, and Washington State.

In states where Kaiser Permanente does not operate, members can get urgent and emergency care from Cigna's PPO network¹ of healthcare professionals, MinuteClinic[®] locations and pharmacies, and Concentra clinics.² For help locating care, call **951-268-3900**.

Internationally

Traveling outside the United States? For help locating care emergency and urgent care, call **001-951-268-3900** (from a landline phone) or **951-268-3900** (from a mobile device).³

Learn more about care while traveling at kp.org/travel.

2023 State of Maryland Kaiser Permanente IHM benefit highlights⁴

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 ⁵ 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).

¹The Cigna PPO network refers to the health care providers (doctors, hospitals, specialists) contracted as part of the Cigna PPO for Shared Administration. Cigna is an independent company and not affiliated with Kaiser Foundation Health Plan, Inc., and its subsidiary health plans. Access to the Cigna PPO Network is available through Cigna's contractual relationship with the Kaiser Permanente health plans. The Cigna PPO Network is provided exclusively by or through operation subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

²MinuteClinic and Concentra payment experiences vary by plan.

³This number can be dialed inside and outside the United States. Before the phone number, dial "001" for landlines and "+1" for mobile lines if you're outside the country. Long-distance charges may apply, and we can't accept collect calls. The phone line is closed on major holidays (New Year's Day, Easter, Memorial Day, July Fourth, Labor Day, Thanksgiving, and Christmas). It closes early the day before a holiday at 10 p.m. Pacific time (PT), and it reopens the day after a holiday at 4 a.m. PT. ⁹ MinuteClinic

⁴This 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 myhealth.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.

⁵If 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)

Centros de atención médica de Kaiser Permanente (con hospitales premier)

Maryland

- 1 Abingdon Medical Center
- 2 Annapolis Medical Center
- 3 **FUTURE OPENING/APERTURA PRÓXIMA**
Medical Center in Aspen Hill
Centro Médico en Aspen Hill
- 4 Kaiser Permanente Baltimore Harbor Medical Center
- 5 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 Kensington Medical Center
- 11 Largo Medical Center
- 12 Lutherville-Timonium Medical Center
- 13 Marlow Heights Medical Center
- 14 North Arundel Medical Center
- 15 Prince George's Medical Center
(will close when West Hyattsville Medical Center opens/cerrará cuando abra el West Hyattsville Medical Center)
- 16 Shady Grove Medical Center
- 17 Silver Spring Medical Center
- 18 South Baltimore County Medical Center
- 19 **FUTURE OPENING/APERTURA PRÓXIMA**
Medical Center in Waldorf
Centro Médico en Waldorf
- 20  Friendship Heights
by KAISER PERMANENTE.
- 21 **OPENING 2022/ABRE EN 2022**
West Hyattsville Medical Center
- 22 White Marsh Medical Center
- 23 Woodlawn Medical Center

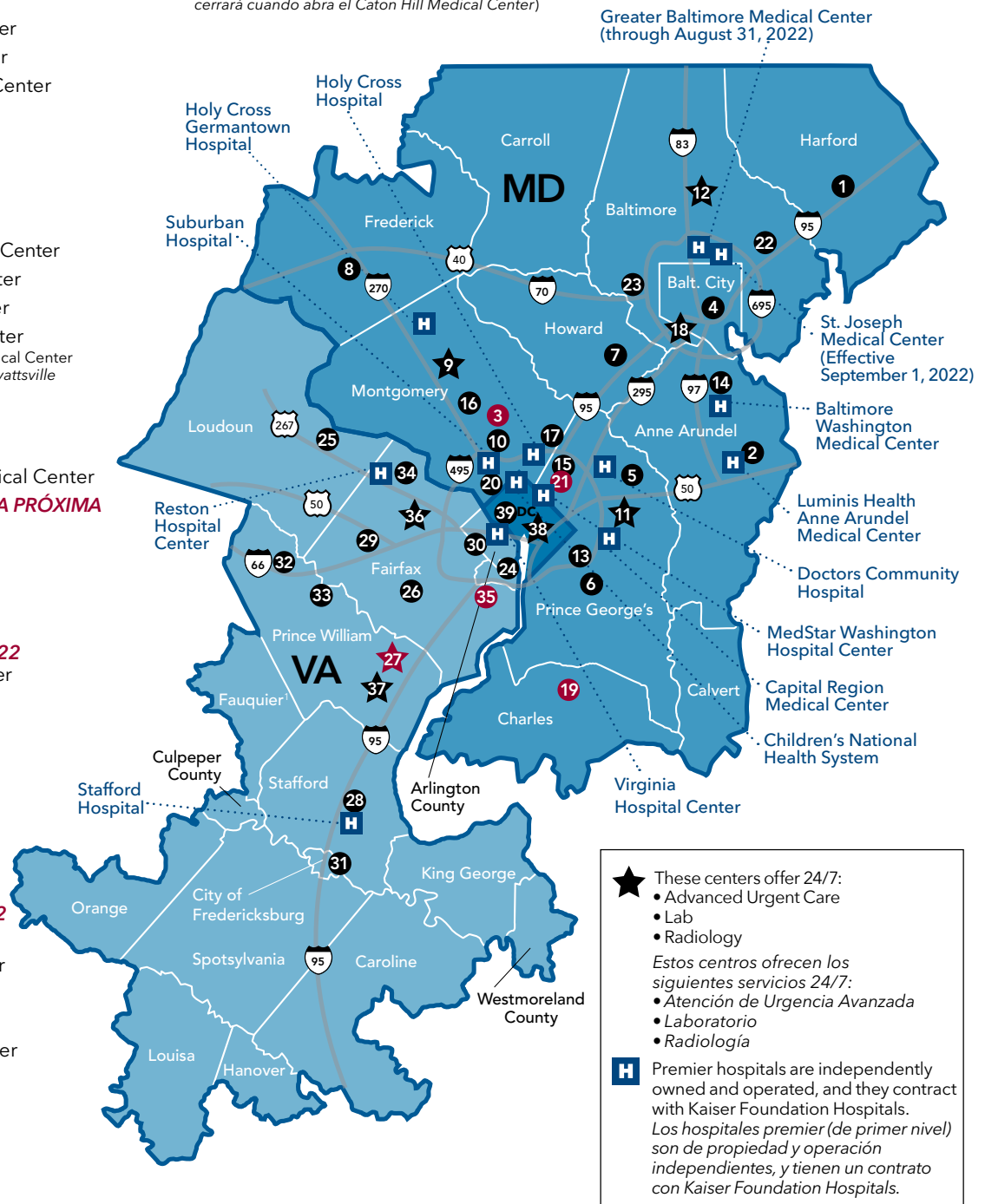
Virginia

- 24 Alexandria Medical Center
- 25 Ashburn Medical Center
- 26 Burke Medical Center
- 27 **OPENING 2022/ABRE EN 2022**
Caton Hill Medical Center
- 28 Colonial Forge Medical Center
- 29 Fair Oaks Medical Center
- 30 Falls Church Medical Center
- 31 Fredericksburg Medical Center
- 32 Haymarket Crossroads Medical Center
- 33 Manassas Medical Center
- 34 Reston Medical Center

- 35 **OPENING 2022/ABRE EN 2022**
Springfield Medical Center
(adjacent to current facility/junto al centro de atención actual)
- 36 Tysons Corner Medical Center
- 37 Woodbridge Medical Center
(will close when Caton Hill Medical Center opens/cerrará cuando abra el Caton Hill Medical Center)

Washington, DC

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



Please check kp.org/facilities for the most up-to-date listing of services available at Kaiser Permanente Medical Centers.

Consulte en kp.org/facilities (en inglés) la lista más actualizada de los servicios que se prestan en los siguientes médicos de Kaiser Permanente.

¹Kaiser Permanente's service area in Fauquier County includes the following ZIP codes/El área de servicio de Kaiser Permanente para Fauquier County incluye los siguientes códigos postales: 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/y 22739.