

STATE OF MARYLAND EMPLOYEES

CARE FOR ALL THAT IS YOU



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. Learn more at kp.org/allthatisyou.
- 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.¹

QUALITY CARE

- There are so many ways to get care—in person and virtually—from top doctors and our top-rated health plan. View all the options at kp.org/getcare and choose the one that best suits your care needs.^{2,3}
- Our care teams know your medical history to help you make the right decisions for your health.

EXPLORE YOUR NEW DIGITAL HUB

Check out myhealth.kp.org/maryland to:

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



¹To use the Kaiser Permanente app, you must be a Kaiser Permanente member registered on kp.org.

²The physicians who practice at Kaiser Permanente are recognized as Top Doctors in these local publications: *Arlington* magazine (2023), *Bethesda* magazine (2023), *Northern Virginia Magazine* (2023), *Baltimore* magazine (2022), and *Washingtonian* magazine (2022).

³In the NCQA Commercial Health Plan Ratings 2022, our commercial plan is rated 5 out of 5, the highest rating in the nation.

YOUR LIFELONG PARTNER IN HEALTH CARE

CARE FOR EVERY AGE AND PHASE

All bodies are different and every member is unique. That's why we offer a wide range of specialty care services, no matter your age, lifestyle, or situation.

With preventive care, we work hard to keep you healthy. But if you do get sick, our team of skilled specialists works together to tailor treatment to your needs and develop a plan based on the latest protocols, technologies, and techniques. Plus, our connected system means we can tap into the expertise of 20,000+ Permanente physicians nationwide.

Learn more about our specialty care at kp.org/specialties/mas.

CARE AT HOME AND AWAY

Local. Find care near you at 35+ medical centers in Maryland, Virginia, and Washington, DC. And 15 centers offer extended hours or 24-hour care—Urgent Care or Advanced Urgent Care—even on holidays. Plus, find X-ray, lab, pharmacy, and more in the same location.

National. Kaiser Permanente operates in the District of Columbia and the states of California, Colorado, Georgia, Hawaii, Maryland, Oregon, Virginia, and Washington. In states where we do not operate, members can get urgent and emergency care from the Cigna HealthcareSM PPO Network¹ of health care professionals, MinuteClinic[®] locations and pharmacies, and Concentra clinics.² For help locating care, call **951-268-3900**.

International. Traveling outside the US? For help locating 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.

2024 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	\$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.

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.

⁵When appropriate and available. 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.

Kaiser Permanente medical facilities (with premier hospitals)

Maryland

- 1 Abingdon Medical Center
- 2 Annapolis Medical Center
- 3 **FUTURE LOCATION**
Medical Center in 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 Shady Grove Medical Center
- 16 Silver Spring Medical Center
- 17 South Baltimore County Medical Center
- 18 **FUTURE LOCATION**
Medical Center in Waldorf
- 19 *well* Friendship Heights
by KAISER PERMANENTE.
- 20 West Hyattsville Medical Center
- 21 White Marsh Medical Center
- 22 Woodlawn Medical Center

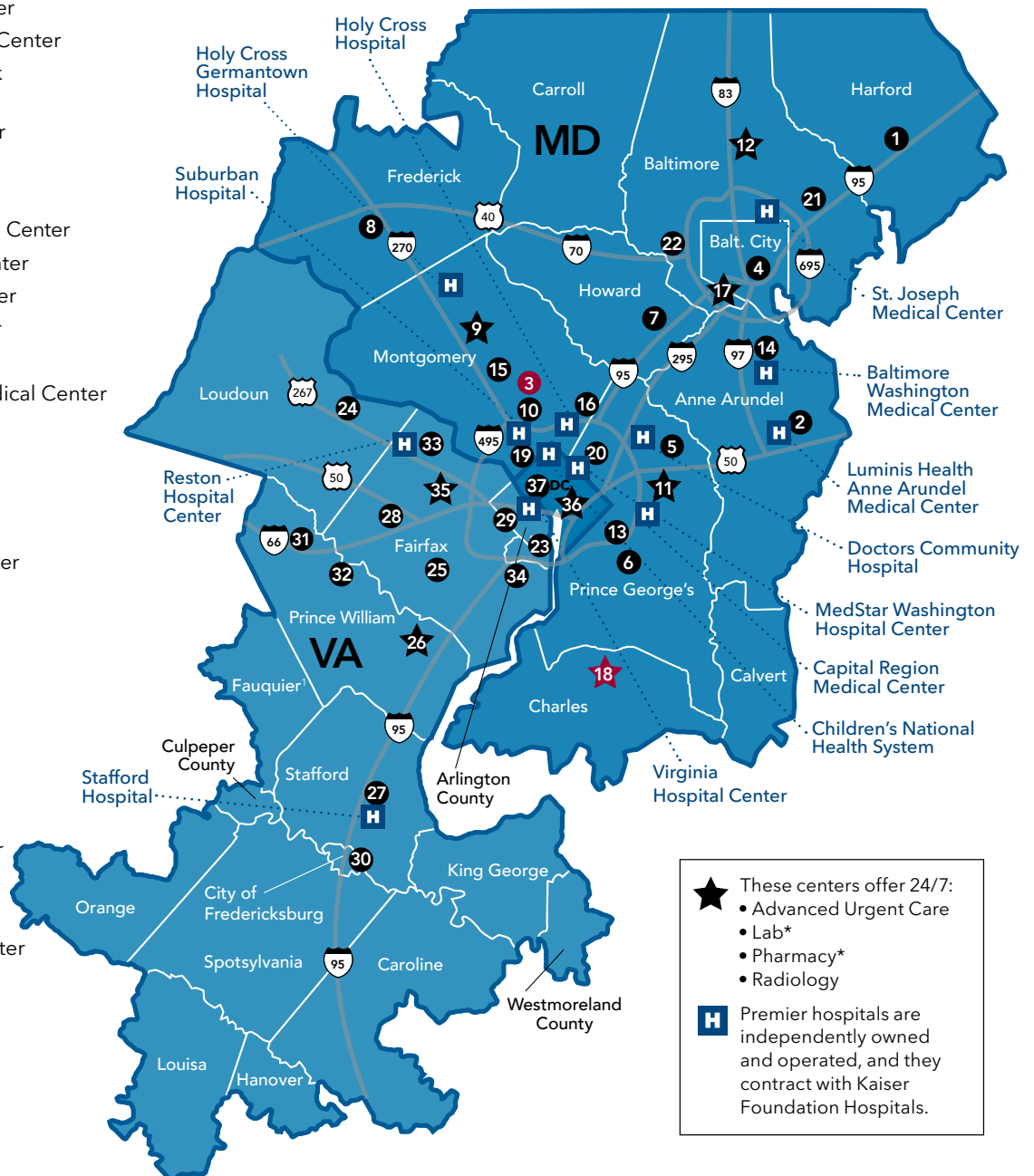
Virginia

- 23 Alexandria Medical Center
- 24 Ashburn Medical Center
- 25 Burke Medical Center
- 26 Caton Hill Medical Center
- 27 Colonial Forge Medical Center
- 28 Fair Oaks Medical Center
- 29 Falls Church Medical Center
- 30 Fredericksburg Medical Center
- 31 Haymarket Crossroads Medical Center
- 32 Manassas Medical Center

- 33 Reston Medical Center
- 34 Springfield Medical Center
- 35 Tysons Corner Medical Center

Washington, DC

- 36 Kaiser Permanente Capitol Hill Medical Center
- 37 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.

*Extended pharmacy hours at Gaithersburg and Lutherville-Timonium and extended lab hours at Tysons Corner.

For our most up-to-date listing of facilities and services available, please check [kp.org/facilities](https://www.kaiserpermanente.org/facilities).

*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.