















# The right plan for good health

Get what you need to live well—together in one easy-to-use package. Take a look at everything that comes with your plan, and you'll agree that Kaiser Permanente is the best choice for your health.

The experience...	With some health plans	With Kaiser Permanente*
<b>Choosing your doctor</b> 	Eeny, meeny? Often your choice is based on nothing more than if the doctor accepts your insurance.	 You choose a doctor who's right for you. You can even view all our doctors' profiles online. And you can change your doctor at any time.
<b>Making an appointment</b> 	Call. Get placed on hold. Call back. Seeing your doctor starts to feel like trying to win a radio contest.	 Schedule or cancel routine appointments with your doctor online or from your mobile device.
<b>During your visit</b> 	Your doctor flips through a big file, asking about your medical history. Every visit seems to begin with this pop quiz.	 Your doctor, backed by a secure, innovative electronic health record system, is always up to speed and ready to take care of you.
<b>Getting other services</b> 	You go to different places to take lab tests, get X-rays, or fill prescriptions. Half your day is spent in the car.	 At many locations, your doctor, lab services, X-rays, and pharmacy are all under one roof, so you can save time and do more in one visit.
<b>Visiting a specialist</b> 	Show up with your fingers crossed that your primary care doctor faxed or mailed your records.	 When you arrive, your specialist will have your health information right at his or her fingertips, making your care virtually seamless.
<b>Remembering your doctor's instructions</b> 	Take lots of notes during your visit or listen carefully and trust your memory later. Now, was it ice <i>then</i> heat?	 You get a printed summary at the end of each visit. You can also view most test results online as soon as they're available.
<b>Asking routine questions without a visit</b> 	Call your doctor's office. Leave a message. Hope you don't miss the return phone call.	 Email your doctor's office, and get a reply back normally within 48 hours.

To learn more about Kaiser Permanente, visit [kp.org/thrive](https://kp.org/thrive).

\*These features are available when you receive care at Kaiser Permanente facilities.

Your health benefits will be self-insured by your **<employer>** **<union>** **<Plan sponsor>**. Kaiser Permanente Insurance Company will provide certain administrative services for the Plan and will not be an insurer of the Plan or financially liable for health care benefits under the Plan.

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|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
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