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Health care is better when it all works together

Our connected care is designed to deliver the right support at every step.

- **Proactive, high-quality care**
- **Mental health support**
- **Virtual visits**
- **Pharmacy and labs**

Discover care that grows with you at choose.kp.org/adobe



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Connected care for a seamless experience

IN PERSON

Many services often under one roof

Timely primary care appointments and lab results

VIRTUAL CARE

Connect with doctors who know your health history

Phone, video, and online options[1]

AWARD-WINNING APP

24/7 access to your health records

Message your care team, manage appointments, view most lab results, and refill most prescriptions[2]

1. When appropriate and available. **2.** These features apply to care you get at Kaiser Permanente facilities.

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Get care now

24/7 NURSE ADVICE LINE

Clinical advice available 24/7. Our nurse advice service can help you connect with a doctor, schedule an appoint, and offer personalized care guidance based on your need.

PHONE APPOINTMENTS

High-quality care over the phone — just like an in-person visit. Schedule an appointment or get fast, personalized support.

VIDEO VISITS

Meet face-to-face with a clinician from whenever you are with a video appointment —get timely care, expert guidance, and convenience without the trip to the office.

E-MAIL

Email your care team for non-urgent questions to get convenient guidance without an appointment — saving you time while keeping your care connected.

E-VISIT

Get quick, convenient care by completing a short questionnaire about your symptom online and clinician-guided treatment or advice, a prescription for medication, or a recommendation to see a doctor within 4 hours or sooner.



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Care that’s convenient

Manage your health online from home or on the go

- Email your care team
- View most lab results
- Refill most prescriptions
- Schedule routine appointments
- View health history
- Get personal notifications
- Complete pre-visit tasks and forms
- Access your digital ID card
- Pay bills and estimate costs
- Print vaccination records
- Check your plan’s benefits and view claims
- Manage a family member’s health care[1]

Download on the App Store

GET IT ON Google Play

[1]Due to privacy laws, certain features may not be available if they’re being accessed on behalf of a child younger than 18. Your child’s physician may also be prevented from giving you certain information without your child’s consent.



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Health care that moves with you

Mail-order pharmacy

- One-tap refills and automated reminders
- Home delivery or same-day pickup for most prescriptions[1]

Care while traveling

- Coverage for urgent and emergency care anywhere in the world
- Care by phone or online across the U.S.[2]

1. Not all prescriptions can be mailed, and restrictions may apply. Please check with your local pharmacy.
2. When appropriate and available. If you travel out of state, phone appointments and video visits may not be available in select states due to licensing laws. Laws differ by state.

Holistic support for your mind and body



Mental health support

- Access to licensed therapists without a referral within Kaiser Permanente
- Mindfulness apps and self-care resources[1]

Fitness and lifestyle

- Digital fitness resources and gym memberships[2]
- Wellness Coaching by Phone
- Health Classes

Our members are:

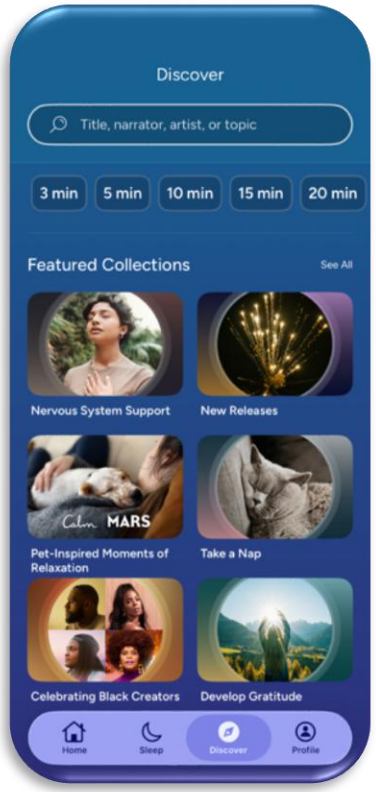
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as likely to be screened for depression.[3]

1. The apps and services described above are not covered under your health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. The apps and services may be discontinued at any time. **2.** See note 1. **3.** NCQA Quality Compass® 2025.

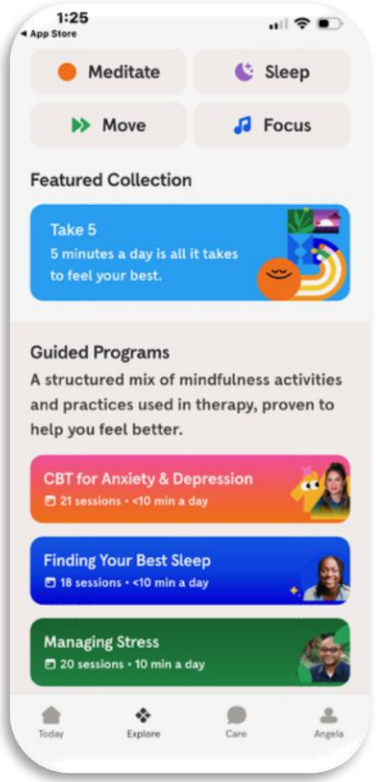
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Self-care apps – Calm and Headspace



Calm

The #1 app for meditation and sleep is designed to help lower stress, reduce anxiety, and build resilience.



Headspace

Connect with an emotional support coach by text, self-care activities, and more — available 24/7.

Get Calm and Headspace now at kp.org/selfcareapps

*The apps and services described above are not covered under health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in members' *Evidence of Coverage* or other plan documents. The apps and services may be discontinued at any time. Calm can be used by members 13 and over. The Headspace app and services are not available to any members under 13 years old. Eligible Kaiser Permanente members can text with a coach using the Headspace app for 90 days per year. After the 90 days, members can continue to access the other services available on the Headspace app for the remainder of the year at no cost.

One Pass Select Affinity program

Program includes:

- Five membership tiers, ranging from $10/month for digital access to $249/month for premium gyms and boutique fitness studios
- Access to up to 19,000 gyms and boutique studio locations
- 23,000+ on-demand and livestreamed classes
- No contracts — change tiers anytime or cancel within 30 days
- Groceries and household essentials delivered with Walmart+ and Shipt

Digital (24K+)	Classic (12K+)	Standard (14K+)	Premium (15K+)	Elite (19K)
DAILY BURN	LA FITNESS	CYCLEBAR	pure barre	LIFE TIME HEALTHY WAY OF LIFE
fitbit premium	planet fitness	ROW HOUSE	CRUNCH FITNESS	F45
yogaworks	ANYTIME FITNESS	CITY SPORTS CLUB	RUMBLE	9Round
VOLT	snap fitness 24/7	IN-SHAPE FITNESS	barre3	STRETCH LAB
FITNESS ON DEMAND	EOS FITNESS		YOGASIX	TITLE
FAN HUDDLE				orangetheory FITNESS
				CLUB PILATES

Learn more at kp.org/exercise



Wellness coaching by phone

One-on-one guidance from a dedicated wellness coach, all from the comfort of your home.

Wellness coaching topics:

- Manage weight
- Eat healthy
- Get active
- Reduce stress
- Quit tobacco

Learn more at **kp.org/coaching** or call **1-866-862-4295** to make an appointment.

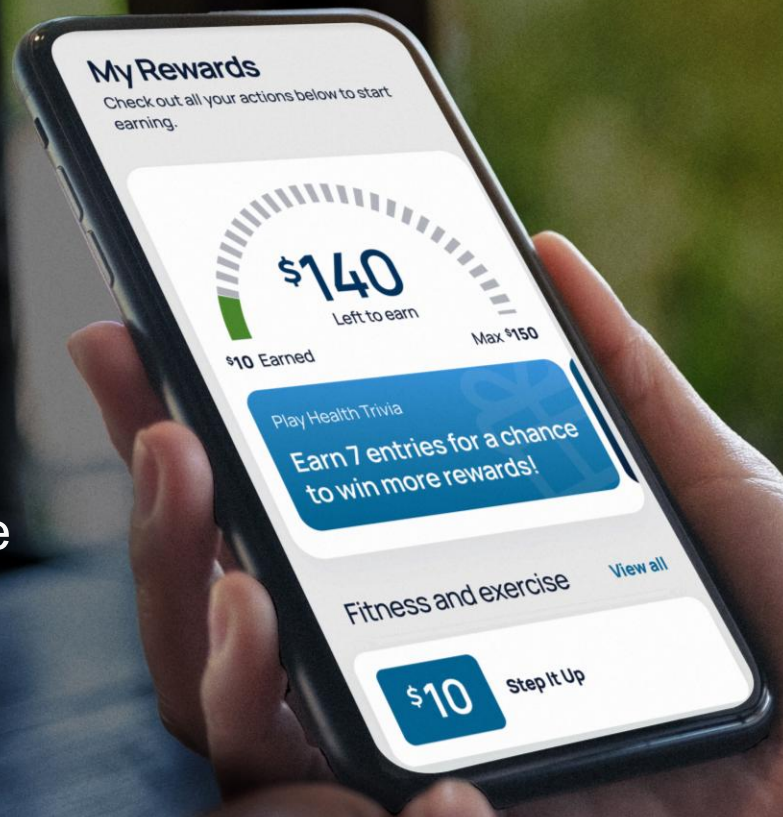


Kaiser Permanente rewards (California only)

Support for healthy habits included in care and coverage.

- ✓ Simple, lifestyle-focused activities
- ✓ Rewards members for completing approved activities
- ✓ Integrated into the Kaiser Permanente care experience
- ✓ Earn up to $150 in rewards

For more information visit kp.org/rewards



About your Kaiser Permanente Health Plan

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Preventive care

PREVENTIVE SERVICES

- Cancer screenings
- Cholesterol and high blood pressure screenings
- Diabetes screenings
- Immunizations
- Routine prenatal care
- Well-child visits
- Mammogram screenings

WHAT'S NEW FOR 2026

- Additional breast cancer screening services for women at average risk
- Patient navigation services for breast and cervical cancer screening



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Traditional HMO Plan- CA

This table shows an example of some of your group's benefits.*

Benefits	Details
Yearly deductible	None
Maximum yearly out-of-pocket costs	$3,000 individual / $6,000 family
Covered services	**You pay**
Preventive Care	No charge
Primary care office visit/ Urgent Care	$25 per visit
Specialist visit	$25 per visit
Telehealth visit	No charge
Lab tests and radiology	$10 per encounter
Outpatient surgery	$100 copay per procedure
Hospitalization	$250 per admission
Emergency care	$100 per visit
Prescribed medications (30-day supply)	$15 copay (generic medication), mail- order $30 copay up to 100-day supply $45 copay (brand-name medication), mail- order $90 copay up to 100-day $45 copay (specialty drugs)
Chiropractic and Acupuncture office visits (up to a combined total of 30 visits per 12-month period)	$25 per visit
Hearing Aids Benefit	$1,000 per ear every 36 months
Infertility**	3 oocyte retrievals per lifetime Cost shares will match medical services (i.e. $25 doctors visit and $10 lab tests per encounter)

*This is a summary of some benefits and their copays and coinsurance. For specific information about your covered health plan benefits, limitations, and exclusions, including those not listed in this summary, please see your *Evidence of Coverage*.

**IVF coverage details are pending regulatory/state approval

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Fertility Benefits (SB 729)[1] (California)



WHAT'S COVERED:

- Fertility diagnosis & treatment
- Intrauterine insemination (IUI)
- In vitro fertilization (IVF) egg retrievals & embryo transfers
- Fertility medications related to covered treatment

HOW TO GET STARTED

- Talk with your OB-GYN or Personal Doctor
- Referral to fertility specialist as needed

Visit kp.org/fertility for more details

[1] Pending regulatory approval. For additional information regarding service limits and maximum please refer to the applicable EOC

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Traditional HMO Plan- WA

This table shows an example of some of your group's benefits.*

Benefits	Details
Yearly deductible	None
Maximum yearly out-of-pocket costs	$3,000 individual/ $6,000 family
Covered services	**You pay**
Preventive Care	No charge
Primary care office visit/ Urgent Care	$25 copay
Specialist visit	$25 copay
Telehealth visit	No charge
Lab tests and radiology	$10 per visit
Outpatient surgery	$100 per visit
Hospitalization	$250 per admission
Emergency care	$100 per visit
Prescribed medications (30-day supply)	$15 copay (generic medication), mail- order $30 copay up to 90-day supply $45 copay (brand-name medication), mail- order $90 copay up to 90-day Specialty medication- applicable generic or preferred brand cost share apply
Chiropractic Care (Manipulative Therapy) office visits (up to a total of 20 visits per 12-month period)	$25 per visit
Acupuncture office visit (up to a total of 12 visits per 12-month period)	$25 per visit
Hearing Aids Benefit	1 aid per ear every 36 months covered at 80%
Infertility	10% coinsurance

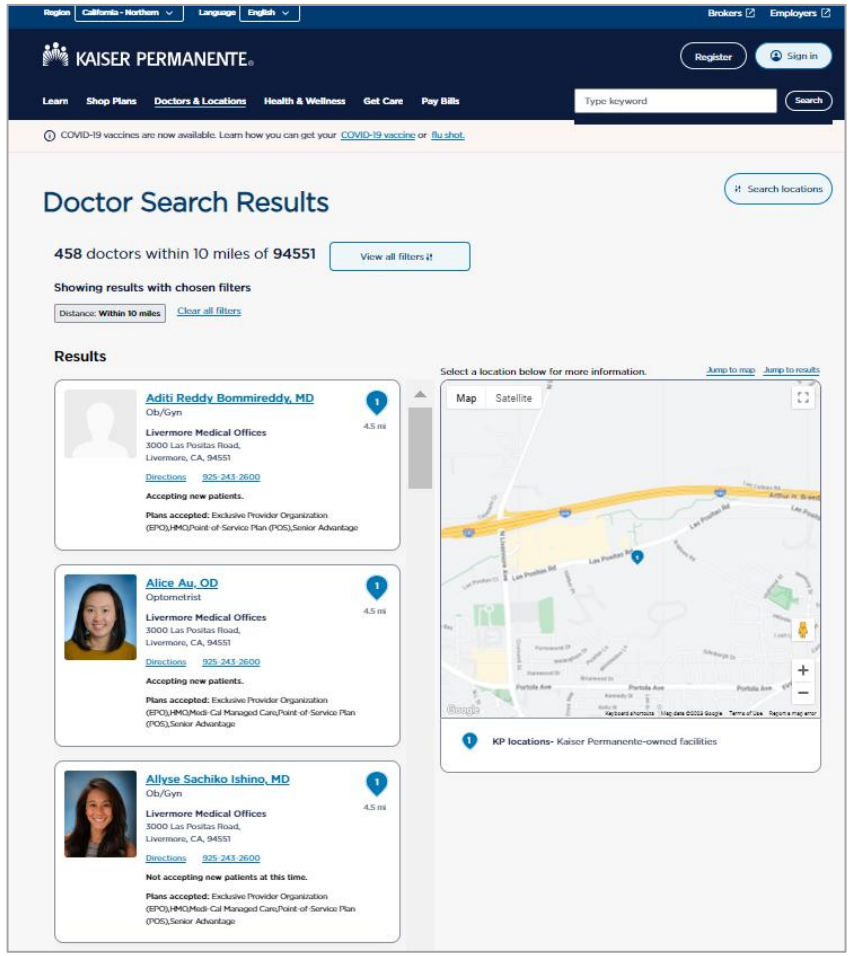
*This is a summary of some benefits and their copays and coinsurance. For specific information about your covered health plan benefits, limitations, and exclusions, including those not listed in this summary, please see your *Evidence of Coverage*.

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Finding the right doctor

Personalized care, built around you

- Browse our doctor profiles online by location, specialty, and more.
- Doctors who get to know your medical history, lifestyle, and goals.
- Doctors who can help you create a personal care plan and refer you to specialists when needed.
- Care teams that reflect diverse communities and languages.
- Your care team can see your medical history through your electronic health record for seamless, coordinated care.
- Freedom to change your doctor at any time, for any reason.



Find a doctor who's right for you at kp.org/doctors

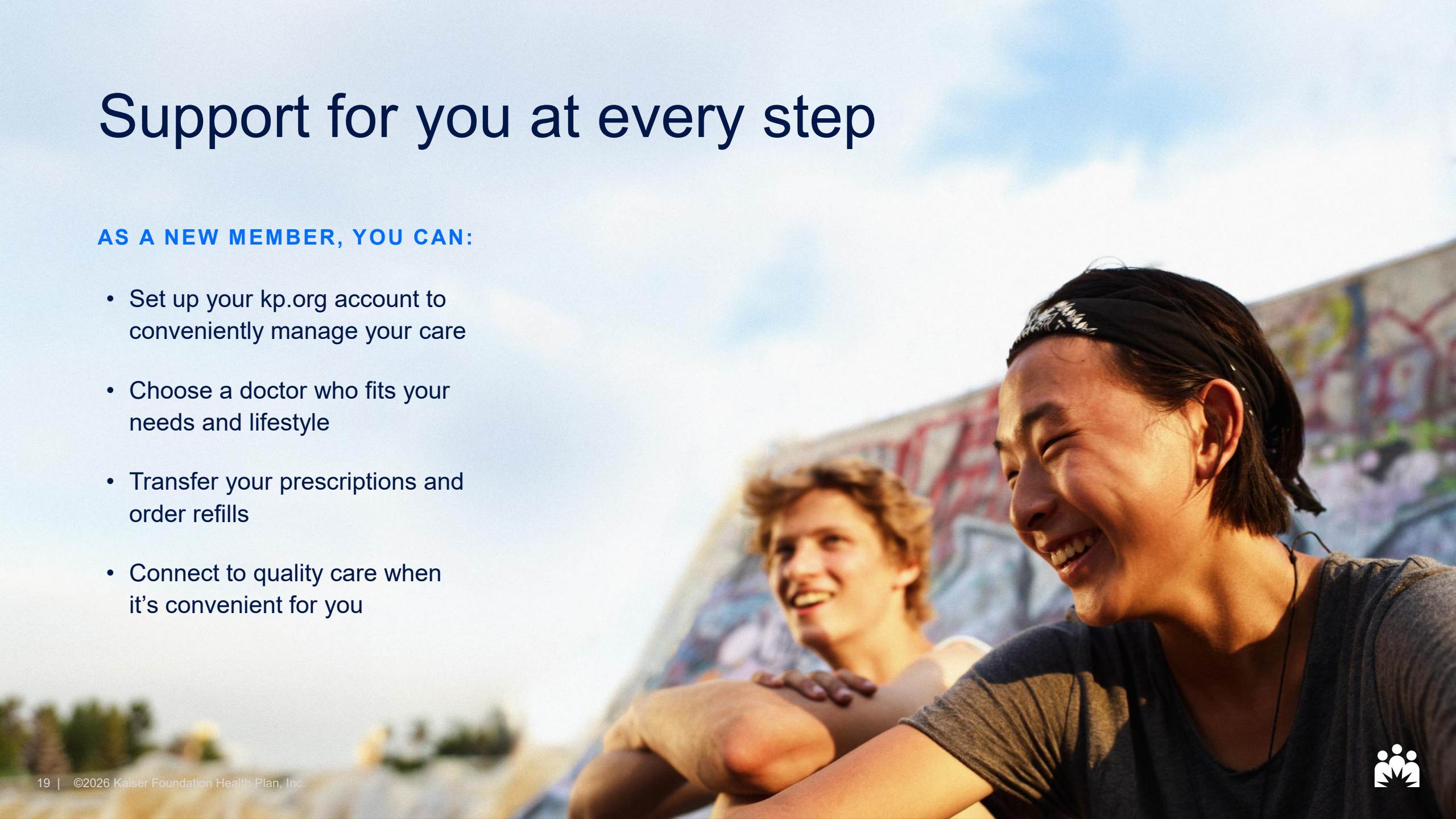
Next Steps

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Support for you at every step

AS A NEW MEMBER, YOU CAN:

- Set up your kp.org account to conveniently manage your care
- Choose a doctor who fits your needs and lifestyle
- Transfer your prescriptions and order refills
- Connect to quality care when it’s convenient for you



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Take the next step toward a better care experience

Explore your plan options
at choose.kp.org/adobe

Connect with your company's benefits administrator for details about your employer-sponsored health plan.

Talk to an enrollment specialist:

1-800-514-0985 (TTY **711**)
Monday through Friday,
7 a.m. to 6 p.m. Pacific time

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Service area updates

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Updates in Northern California

NOW OPEN

- Sports Medicine Center at Sacramento Medical Center (opened April 2026)
- Modesto Medical Offices 2 (opened February 2026)
- Fresno Orchard Plaza Medical Offices (opened October 2025)

New and upgraded urgent care locations

NOW OPEN

- Dublin
- Folsom*
- Fremont
- Fresno
- Manteca
- Oakland
- Redwood City
- Roseville
- San Francisco
- San Jose
- San Leandro
- Santa Clara
- Santa Rosa
- Scotts Valley
- South Sacramento
- Vacaville

COMING SOON

- Modesto
- Napa*
- Sacramento

*Satellite location: non-medical center-based locations with limited diagnostic capabilities.



Modesto Medical Offices 2



Sports Medicine Center at Sacramento Medical Center

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Updates in Southern California

NOW OPEN

Sports Medicine Center at Intuit Dome

State-of-the-art center at the home of the LA Clippers. Services include:

- Care from official team physicians of the LA Clippers
- Physical therapy
- Endurance lab
- Rehabilitation
- 7,000-square-foot gym

Aliso Creek Medical Offices

Brand-new facility. Services include:

- Dermatology*
- Family medicine
- Ob-gyn
- Pediatrics
- Physical therapy*
- Radiology/diagnostic imaging*



Sports Medicine Center at Intuit Dome



Aliso Creek Medical Offices

COMING SOON

- Kern Outpatient Surgery Center (scheduled for early 2027)
- Menifee Medical Offices (scheduled for spring 2027)
- Riverside Medical Center expansion (154 more beds, scheduled for late 2027)

*By referral only.

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Updates in Washington

Consistently among the top-ranked medical groups in the state — Washington Permanente Medical Group has been one of the top-ranked medical groups in the state for high-quality care 19 years in a row[1]

Top-rated health plans in Washington — Of the 12 commercial health plans in Washington rated by the National Committee for Quality Assurance, ours are the top-rated HMO plans in the state[2]

Recognized with 17 awards for best practices by the Bree Collaborative Trailblazer awards in 2024[3]

More than 100 Kaiser Permanente doctors were recognized in Seattle's Top Docs 2024 list in *Seattle* magazine and *Seattle Met* magazine



Updated Everett Medical Center opened June 3, 2025.

1. Washington Health Alliance 2008–2026 Community Checkup reports, www.wacommunitycheckup.org. The 2017–2026 year rankings apply to Kaiser Permanente Washington's medical group, Washington Permanente Medical Group, P.C. Ranking for years prior to 2017 apply to the then-named Group Health Cooperative's medical group, formerly named Group Health Permanente, P.C. and now named Washington Permanente Medical Group, P.C. **2.** NCQA's Private Health Insurance Plan Ratings 2025–2026, National Committee for Quality Assurance, 2025: Kaiser Foundation Health Plan of the Northwest — HMO (rated 4.5 out of 5); Kaiser Foundation Health Plan of Washington — HMO (rated 4 out of 5). **3.** Bree Collaborative Awards, accessed February 28, 2024.

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