

# Care for all that is you

2024-2025 Open Enrollment

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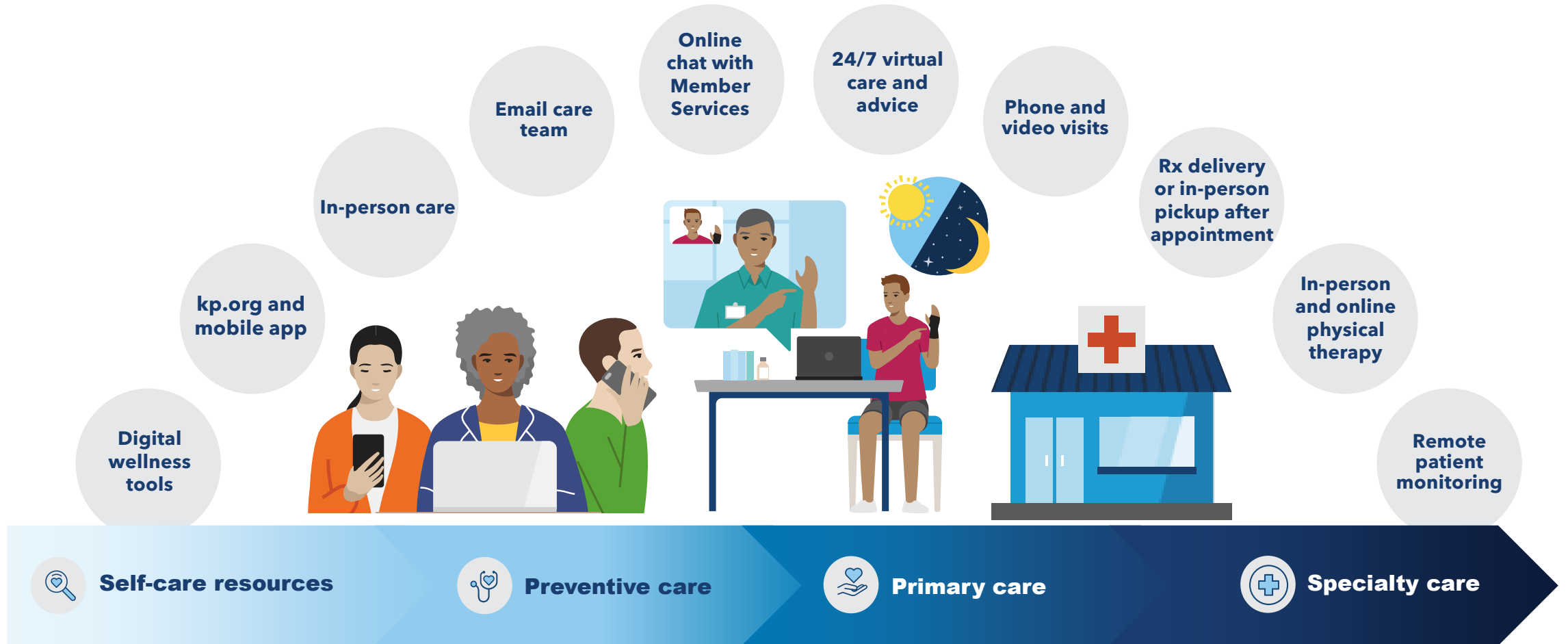
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# Easy and Convenient Care



Watch our [intro video](#) to learn about care that puts you at the center.



# 2024-2025 medical plan benefits

	Plan 1	Plan 2A	Plan 2B	Plan 3
<b>Yearly deductible</b>	\$0	\$800 individual \$2,400 family	\$1,200 individual \$3,600 family	\$1,600 individual \$3,200 family
<b>Annual OOP Maximum</b>	\$1,500 individual \$3,000 family	\$4,000 individual \$12,000 family	\$4,500 individual \$13,500 family	\$6,550 individual \$13,100 family
<b>Primary Care</b>	\$20	\$25	\$30	20% after deductible
<b>Specialty Care</b>	\$30	\$35	\$40	20% after deductible
<b>Preventive Care</b>	\$0	\$0	\$0	\$0
<b>Prenatal/Well-baby Care</b>	\$0	\$0	\$0	\$0
<b>Outpatient Surgery</b>	\$75	20% after deductible	20% after deductible	20% after deductible
<b>Emergency Room</b>	\$150	20% after deductible	20% after deductible	20% after deductible
<b>Lab/X-ray/Diagnostics</b>	\$20	\$25	\$30	20% after deductible
<b>Specialty Scan (MRI/PET/CT)</b>	\$70	\$75	\$80	20% after deductible
<b>Prescriptions</b>	\$10 generic \$30 formulary brand \$50 non-formulary brand 25% up to \$150 specialty	\$10 generic \$30 formulary brand \$50 non-formulary brand 25% up to \$150 specialty	\$10 generic \$30 formulary brand \$50 non-formulary brand 25% up to \$150 specialty	20% after deductible
<b>Self-referred alternative care: Chiropractic &amp; Acupuncture</b>	\$20 20 visit limit for chiropractic 12 visit limit for acupuncture	\$25 20 visit limit for chiropractic 12 visit limit for acupuncture	\$30 20 visit limit for chiropractic 12 visit limit for acupuncture	20% after deductible 20 visit limit for chiropractic 12 visit limit for acupuncture

# 2024-2025 New Benefits

## **Doula Coverage**

A Doula is a non-medical professional who provides physical emotional and informational support to individuals and their families during pregnancy, birth and postpartum.

## **Doula Benefit**

Up to 8 visits plus birth

**Omada for Weight Management** – Find healthy habits and routines that work for you

- A plan built around you
- Dedicated health coach
- Wireless smart scale
- Interactive weekly lessons
- No cost to members



# Mental health and emotional wellness apps

Everyone needs support for total health — mind, body, and spirit. These wellness apps can help members navigate life’s challenges and make small changes to improve sleep, mood, relationships, and more.<sup>1,2</sup> Visit [kp.org/selfcareapps](https://kp.org/selfcareapps) for the most current app offerings.



### Calm<sup>3,5,6</sup>

Meditation and relaxation app designed to help strengthen mental fitness and help with stress, anxiety, insomnia, depression, and more



### ClassPass

Access to thousands of on-demand workout videos, plus live-streaming and in-person exercise classes from top studios worldwide

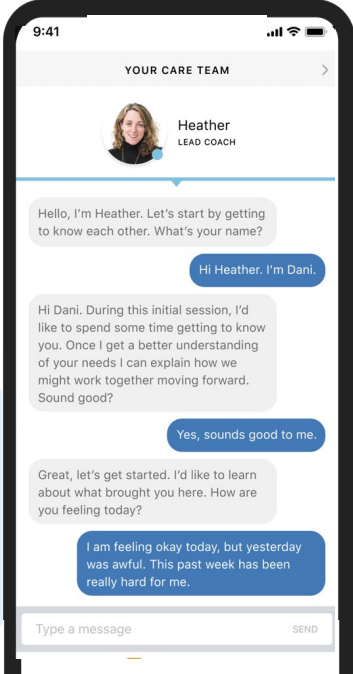
[kp.org/exercise](https://kp.org/exercise)



### Headspace Care<sup>3,4,5</sup>

On-demand emotional support through the Headspace Care app — Headspace Care’s emotional support coaches are available 24/7 to help with stress, low mood, sleep troubles, and more

**47%**  
of users say  
Headspace Care helps  
with anxiety<sup>4</sup>



<sup>1</sup>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 without notice.

<sup>2</sup>The apps and services are neither offered nor guaranteed under contract with the FEHB Program but are available to enrollees and family members who become members of Kaiser Permanente.

<sup>3</sup>Calm can be used by members 13 and over. The Headspace Care app and services are not available to any members under 18 years old.

<sup>4</sup>Some individuals who receive health care services from Kaiser Permanente through state Medicaid programs are not eligible for the Headspace Care app and services.

<sup>5</sup>Eligible Kaiser Permanente members can text with a coach using the Headspace Care app for 90 days per year. After the 90 days, members can continue to access the other services available on the Headspace Care app for the remainder of the year at no cost. Calm and Headspace Care are not available to Kaiser Permanente Dental-only members.

# Resources for everyday wellness

Take advantage of [classes, services, and programs](#) to help you achieve your health and fitness goals.<sup>1</sup>



Reduced rates on gym memberships



Wellness coaching by phone



Healthy lifestyle programs and classes<sup>2</sup>



Help to quit smoking



<sup>1</sup>. These services aren't covered under your health plan benefits and aren't subject to the terms set forth in your *Evidence of Coverage* or other plan documents. These services may be discontinued at any time without notice. <sup>2</sup>. Some classes may require a fee.



Learn more about this program at  
[mybenefits.kp.org/oebb](https://mybenefits.kp.org/oebb)

# Diabetes prevention

Omada's program combines the science of behavior change with personal support so you can make changes that stick

## **Omada program elements include:**

- Smart tools and technology
- Supportive online peer groups
- Interactive lessons
- Professional health coach

**Members must meet clinical inclusion criteria to participate in this program**

A high-angle photograph of a man and a woman lying on their stomachs on a lush green lawn. The man, on the right, is wearing a blue denim jacket over a black and white striped shirt and glasses. The woman, on the left, is wearing a green shirt and a red necklace. Both are laughing joyfully, looking towards each other. The background is a dense field of green grass.

2024-2025 OEBB Vision Benefits

# Vision Care for all that is you



# 2024-2025 vision plan benefits

	Plan 1	Plan 2A	Plan 2B	Plan 3
<b>Vision exam</b>	\$5	\$5	\$5	20% after deductible
<b>Annual Hardware allowance:</b> Frames, lenses and contact lenses	\$250	\$250	\$250	\$250
<b>Additional benefits</b>				
<b>50/50 protection plan</b>	Members can return their damaged, broken, or chewed glasses purchased at Kaiser Vision Essentials and we'll apply 50% of the original price paid to replace them.			
<b>Second pair of complete glasses</b>	Save 30% on a second complete set of eyeglasses. Choose from styles that are made for different purposes, like sports, reading, blue-blocking computer glasses, and safety glasses.			



## Make use of that hardware allowance

\$100 of OEGB members' \$250 hardware allowance may be used toward non-prescription sunglasses and/or digital eye strain glasses

\*Must be enrolled in a Kaiser Permanente medical plan to enroll in the Kaiser Permanente vision plan.

This is not a contract. This benefit summary does not fully describe your benefit coverage with Kaiser Foundation Health Plan of the Northwest. For more details of your benefit coverage, exclusions and limitations, claims review, and adjudication procedures, please see your *Evidence of Coverage (EOC)*, or call Member Services. In the case of a conflict between this summary and the *EOC*, the *EOC* will prevail.

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

# Vision Care For all that is you

No matter what life throws their way, our members have many ways to connect to convenient, high-quality care.



**6 locations**

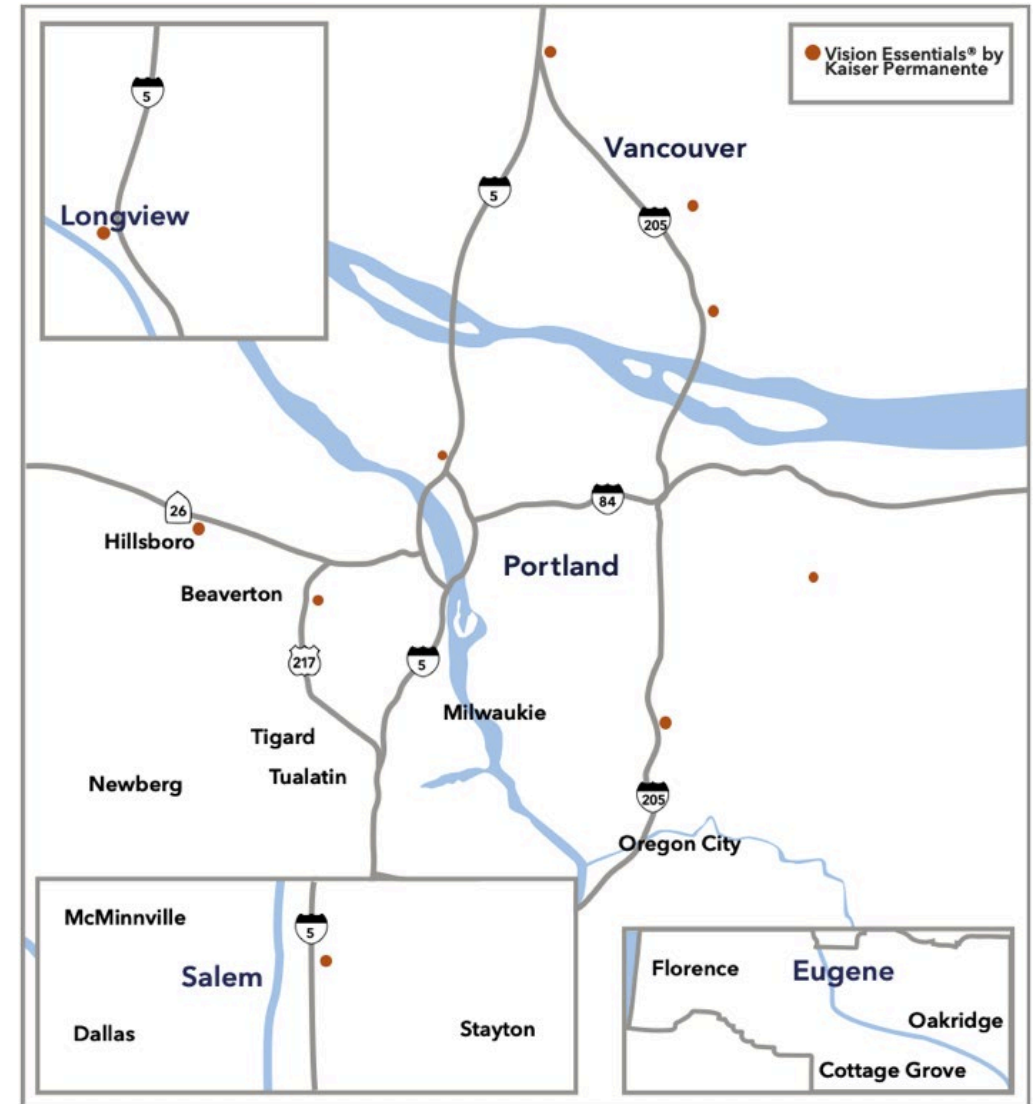


**Contracted partners in Eugene such as:**

- Eugene Eye Care Associates
- Oregon Eye Consultants
- Pacific ClearVision Institute



**Order glasses and contacts online**



2024-2025 OEGB Dental Benefits

# Dental care for all that is you





## KP DENTAL ADVANTAGES **ADD VALUE**

### KP DENTIST

### NON-KP DENTIST

✓	General Dentistry	✓
✓	Specialty Dental Care	✓
✓	Virtual Dentistry Options	✓
✓	Preventive Medical Care*	✗
✓	Diabetes Care Management*	✗
✓	Tobacco Cessation	✗
✓	Cancer Screenings	✗

\*MDI Offices

Glisan, Beaverton, Cedar Hills, Tanasbourne, Salmon Creek Dental Offices

# 2024-2025 dental plan benefits

<b>Yearly deductible</b>	\$0
<b>Annual benefit maximum</b>	\$4,000
<b>Covered service</b>	<b>Members pay</b>
<b>Dental office visit copay</b>	\$20
<b>Preventive services</b>	\$0
<b>Oral exams, X-rays, cleaning, fluoride treatments</b>	\$0
<b>Routine fillings and inlays, simple tooth extractions</b>	\$0
<b>Surgical tooth extractions</b>	\$50
<b>Root canal and related therapy</b>	\$50
<b>Gold or porcelain crowns and onlays</b>	\$250
<b>Full and partial dentures, relines, rebases</b>	\$100
<b>Bridge retainers and pontics</b>	\$250
<b>Orthodontic treatment</b>	\$2,500 copay + \$20/visit
<b>Implant services</b>	50%
<b>Occlusal guards, athletic mouth guards</b>	35%

\*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*.

# Care that is close to home or work

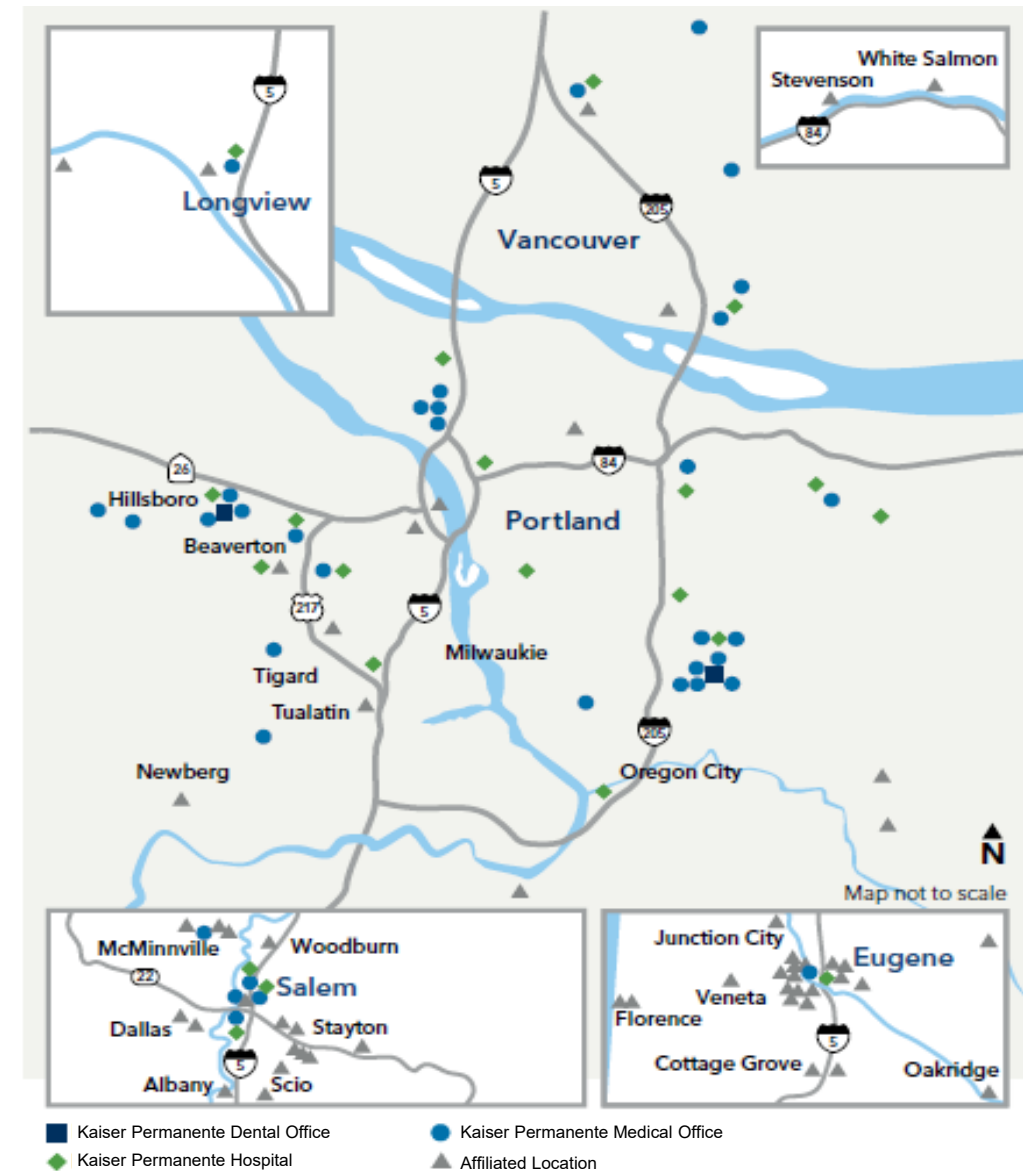
No matter what life throws their way, our members have many ways to connect to convenient, high-quality care.

## Kaiser Permanente locations

- 31 medical offices
- 21 dental offices
- 2 Kaiser Permanente hospitals
- 9 Salud en Español clinics

## Access to affiliate providers including, but not limited to:

- OHSU Doernbecher Children's Hospital
- PeaceHealth Southwest Medical Center
- Salem Hospital
- Willamette Valley Medical Center
- PeaceHealth Eugene\*
  - As of August 3, 2024, KP members can receive primary care at any PeaceHealth location



\*Our partnership with PeaceHealth only includes the Santa Clara, RiverBend Pavilion, Cottage Grove, and Florence locations. Not all providers at these primary care locations are part of our network. Go to [kp.org/doctors](https://kp.org/doctors) to verify network participation. Some specialty care services are accessed through referral and prior authorization.

Choosing a health plan is a big decision **You don't have to make it alone**

## Office Hours

- Set up Time with a dedicated benefits representative at Kaiser Permanente. Click Here for a 1:1 phone appointment: **OfficeHours**
- **<https://www.signupgenius.com/go/20f0f49ada72dabff2-kaiser5#/>**

## New Member Welcome Desk

- Call **1-888-491-1124**, M-F, 7 a.m. to 8 p.m., and Sat 8 a.m. to 4:30 p.m. This dedicated team will assist in transferring prescriptions, medical records, and answering questions for a seamless transition of care.
- Visit **[kp.org/newmember](https://kp.org/newmember)**

## Lane County

- Members in Lane county now have access to a dedicated member support line Call **541-225-3410**, M-F, 8 a.m. to 5 p.m.

**KP Website** here: **[mybenefits.kp.org/oebb](https://mybenefits.kp.org/oebb)**

A person wearing a denim apron and white gloves is holding a black tray filled with small green seedlings in a greenhouse. The background shows rows of plants in white pots.

**Thank you**

For more information visit [mybenefits.kp.org/oebb](https://mybenefits.kp.org/oebb)