



Care for all that is you

2025 **PEBB** Open Enrollment

All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest. 500 NE Multnomah St., Suite 100, Portland, OR 97232. ©2023 Kaiser Foundation Health Plan of the Northwest.

Copyright ©2023 Kaiser Foundation Health Plan of the Northwest



A different kind of care

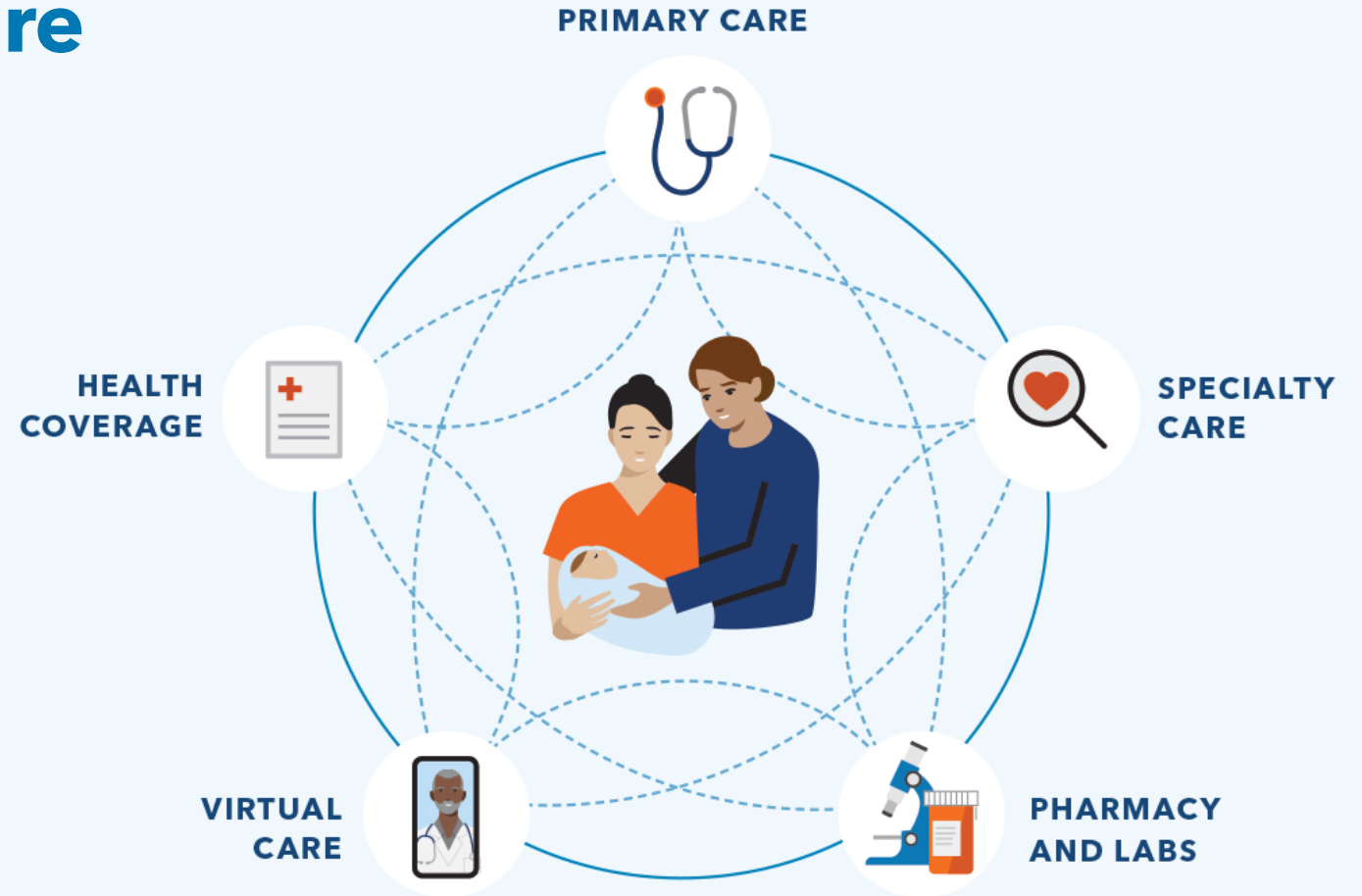
Your health care should make your life easier – with doctors, hospitals, and health plan benefits that are all connected and focused on providing you with exceptional care.

With Kaiser Permanente, you get:

- Personalized care from top specialists
- 24/7 access to care wherever you are
- Predictable costs and less paperwork



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



Care that's **personalized**

Your doctor is your best health advocate. He or she learns what matters most to you and works with you to build a care plan that fits your health needs, personal preferences, and values.

Care teams that feel reflective of who you are

- Many of our clinicians speak more than 1 language.
- We offer interpretive services for more than 150 languages.
- You can browse doctor profiles and change your personal doctor anytime.

Learn more about our doctors at kp.org/doctors.

Connected by your electronic health record



Your health history lives on your electronic health record.



It helps connect your care through each visit, including with specialists.



Your records are available to you and your care team 24/7.



It helps ensure you don't miss checkups and tests.

Care that is close to home or work

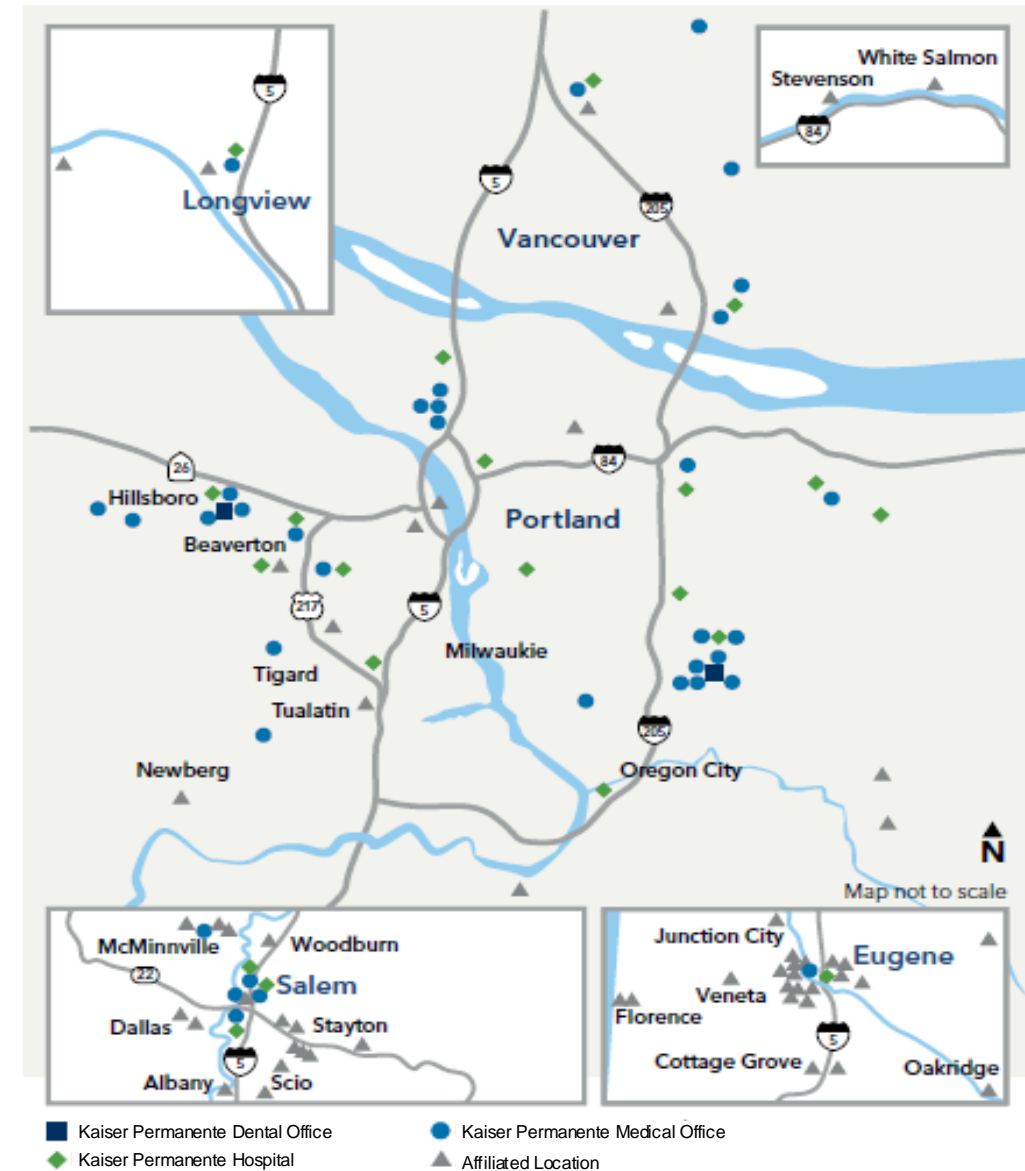
No matter what life throws their way, our members have many ways to connect to convenient, high-quality care.

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 to verify network participation. Some specialty care services are accessed through referral and prior authorization.

Care that's **convenient**

We make it easy to get high-quality care when and where you want it. No matter how you connect, you'll always talk with a medical professional who can see your health history, so you never have to repeat your story.

Your health at your fingertips

- Get 24/7 care by phone or video.¹
- Email your care team.
- Schedule routine appointments.
- View most lab results and doctor's notes.
- Refill most prescriptions.
- Check in for appointments.
- Pay bills and view statements.



Simplify your health care with the [**Kaiser Permanente app**](#).



Over half of members **avoided a trip to the ER** or urgent care with a video visit.²

1. When appropriate and available. 2. Kaiser Permanente internal data, 2023.

Convenient care in person

We make it easy to get the high-quality care when and where you want it.



Whether you're visiting your Kaiser Permanente primary care physician or getting care at one of our other facilities, you'll always talk with a medical professional who can see your health history and pick up where you left off.



Same-day, next-day appointments are available at most Kaiser Permanente locations.



Many of our facilities have pharmacies and labs in the same building, so you can see your doctor, get your tests, and pick up your prescriptions all in one stop.





Convenient care while traveling

Planning a trip? Have a child going away to college? Before you leave, we'll help you get vaccinated, refill prescriptions, and stay on top of your health while you're away.



You're covered for urgent and emergency care anywhere in the world.



You can always get 24/7 care by phone or online across the U.S.*



Learn more about getting [care away from home.](#)

*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.

2025 New Benefits

Doula Coverage ([Coverage for Birth Doulas | PEBB | Kaiser Permanente](#))

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 during pregnancy and postpartum
- Inpatient hospital services provided by Doula

Omada for Weight Management

Find healthy habits and routines that work for you at no cost to members

- A plan built around you
- Dedicated health coach
- Wireless smart scale
- Interactive weekly lessons

For more information visit omadahealth.com/pebb



2025 medical plan benefits

Plan benefits	Full-Time Traditional Copayment Plan	Full-Time \$250 Deductible Plan	Part-Time Traditional Copayment Plan	Part-Time \$250 Deductible Plan
Plan year deductible	\$0	\$250/individual \$750/family	\$0	\$250/individual \$750/family
Out of pocket maximum	\$600/individual \$1200/family	\$1500/individual \$4500/family	\$1500/individual \$3000/family	\$1500/individual \$4500/family
Preventive care services	\$0	\$0	\$0	\$0
Primary and specialty office visit copay	\$5	\$5	\$30	\$30
Outpatient surgery	\$5	15% after deductible	\$30	15% after deductible
Hospital inpatient care	\$50/day up to \$250/admission	\$50/day after deductible up to \$250/admission	\$500/admission	\$500/admission after deductible
Lab tests and X-rays	\$0	\$15	\$10	\$20
Urgent care	\$5	\$25	\$30	\$50
Emergency room copay	\$150	\$150 after deductible	\$150	\$150 after deductible
Prescriptions	\$5 generic \$25 formulary brand 50% up to \$100 nonformulary \$50 specialty	\$5 generic \$25 formulary brand 50% up to \$100 nonformulary \$50 specialty	\$10 generic \$25 formulary brand \$25 nonformulary brand \$50 specialty	\$10 generic \$25 formulary brand \$25 nonformulary brand \$50 specialty

Alternative Care

- 20-visit limit for chiropractic*
- 12-visit limit for acupuncture*
- 12-visit limit for massage therapy
- Naturopathy services same as primary care benefit
- No referral required
- Services covered by CHP network



Plan benefits	Full-Time Traditional Copayment Plan	Full-Time \$250 Deductible Plan	Part-Time Traditional Copayment Plan	Part-Time \$250 Deductible Plan
Self-referred chiropractic and acupuncture	\$10	\$10	Not covered	\$10
Self-referred massage therapy	Not covered	\$25	Not covered	\$25
Self-referred naturopathy	\$5	\$5	\$30	\$30

*All plans except for the part-time traditional plan have access to chiropractic and acupuncture services.

Review your full plan details at
my.benefits.kp.org/pebb/plans

PEBB vision benefits for 2025 for full-time employees

Vision hardware and optical services (for members age 19 and older)	You pay
Vision exam	\$5
Frames, lenses and contact lenses (up to \$100 of this allowance may be used for nonprescription sunglasses or nonprescription digital eyestrain glasses.)	Any amount over the \$200 annual allowance
Pediatric vision hardware and optical services ²	You pay
Vision exam (limited to one exam per year)	\$5
Standard eyeglasses (limited to one pair per year)	\$0
Contact lenses, in lieu of eyeglasses (limited to one pair per year for conventional lenses or up to a 12-month supply of disposable contact lenses per year.	\$0



2025 PEBB Dental Benefits

Dental care for all that is you



Our focus on total health

Your dentist will build a care plan based on your needs and work with your care team to deliver high-quality, personalized care.



Preventive dental care is at the core of our philosophy

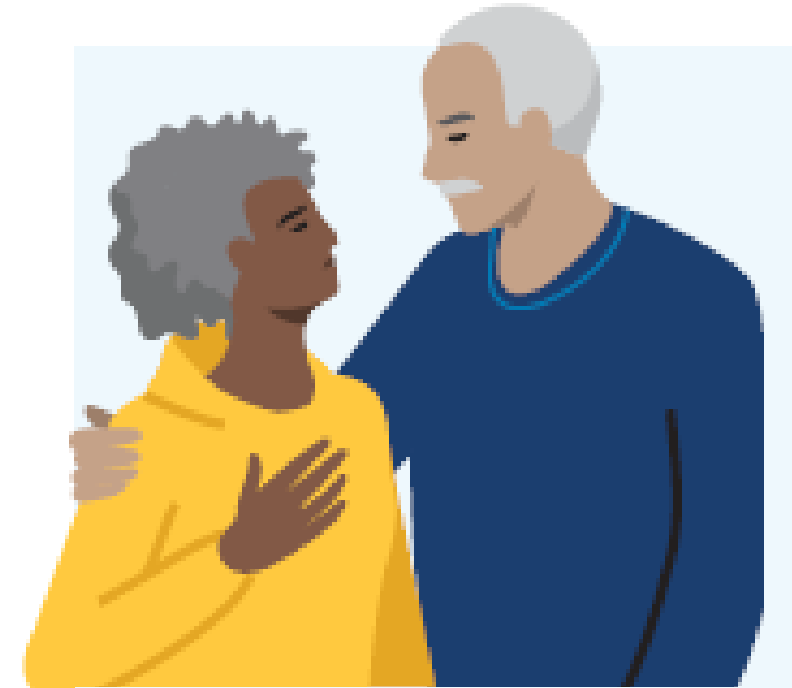


Personalized prevention and treatment plan



Independently recognized as a leader in high-quality dental care¹

1. Continuously accredited by the Accreditation Association for Ambulatory Health Care (AAAHC) since 1990. Kaiser Permanente Dental is the only AAAHC-accredited dental home in the Northwest, and the third in the nation to achieve dental home accreditation. 2. According to the Press Ganey survey for January 2022–December 2022.



95% of our member say they would recommend Kaiser Permanente Dental to family and friends.²

PEBB dental benefits for 2025

	Full-Time	Part-Time
Yearly deductible	n/a	n/a
Annual benefit maximum	\$1,750	\$1,250
Plan benefits*	Full-Time	Part-Time
Dental office visit copay	\$5	\$5
Oral exams, X-rays, cleaning, fluoride treatments, and space maintainers	\$0	\$0
Routine fillings, inlays, and simple tooth extractions	20%	50%
Surgical tooth extractions	20%	50%
Periodontics	20%	50%
Endodontics	20%	50%
Major restorative, crowns and bridges	20%	50%
Full and partial dentures, relines, rebases	50%	50%
Orthodontic treatment (\$1,500 lifetime benefit maximum)	50%	Not Covered
Implant services	50% up to the benefit maximum	Not Covered

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

*Services must be provided by a contracted Kaiser Permanente provider for benefits to be payable. See *Evidence of Coverage* for details.

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.

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/pebb**

A person wearing denim overalls and white gloves is holding a black tray filled with small green seedlings. The background is a blurred garden with various plants and pots. The image has a blue tint.

Thank you

For more information visit mybenefits.kp.org/pebb