

Health care that just works

City of Vancouver Retirees
Kaiser Permanente NW Region

Stephanie King

Date 10.30.25



Integrated care centered around you

Quality care begins with our integrated care delivery system, which offers you:

- Care and coverage together in one package
- A coordinated, connected care team
- Many convenient services under one roof



Your **care**, your **way**

With Kaiser Permanente, you can get care when, where, and how you want it.

Video Visits*

Connect with your doctor online. It's convenient, safe, and secure, and it often doesn't require a copay.



In person

Same-day appointments may be available.



Phone

Schedule a telephone appointment and get advice 24/7.



Email

Message your doctor anytime with nonurgent questions.



App

Download our app to schedule appointments, manage prescriptions, see test results, and more.

*When appropriate and available.



Kaiser Permanente NW Medicare service area



Kaiser Permanente NW locations

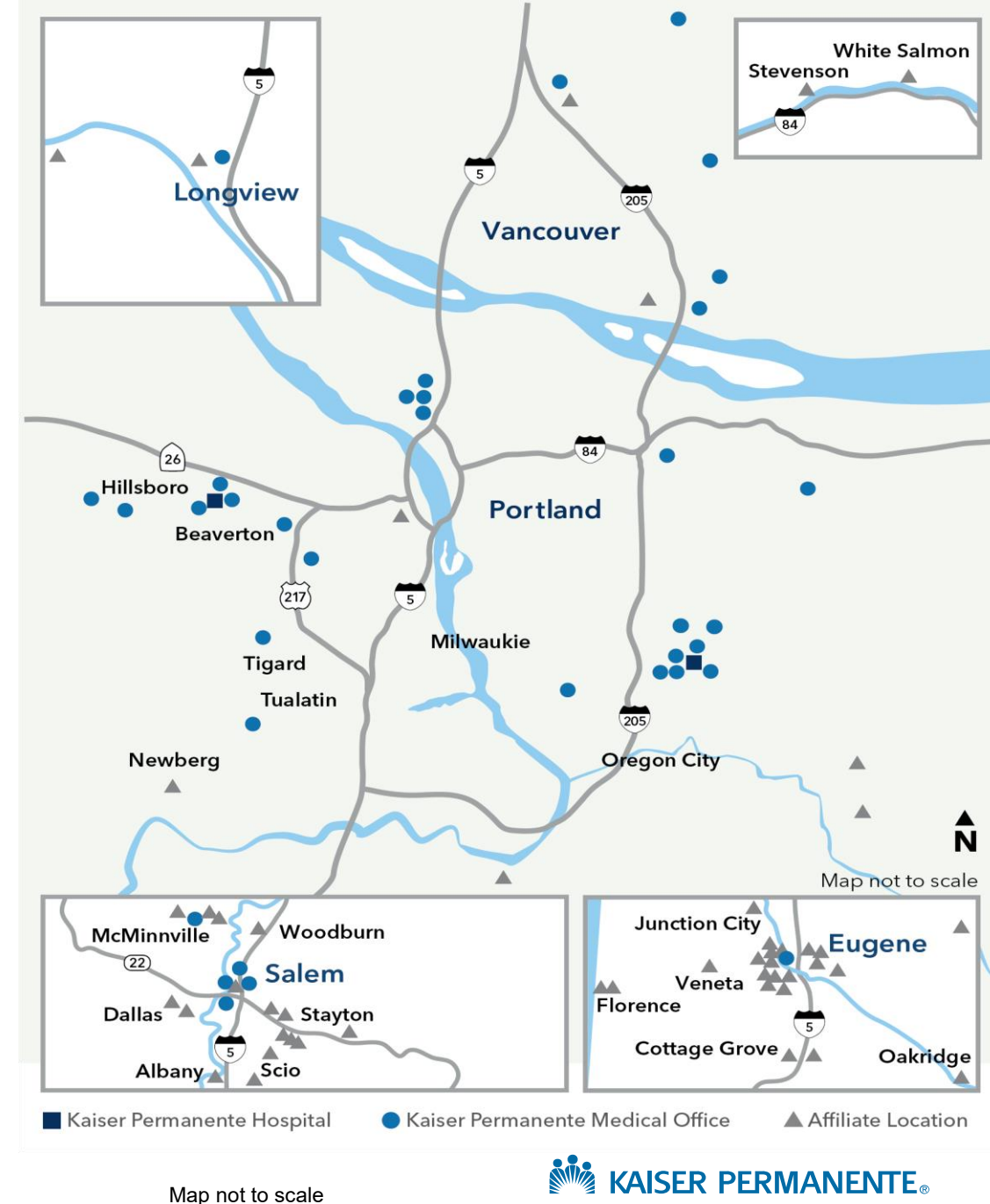
Care near you

- 31 medical offices
- 6 urgent care clinics
- 2 hospitals
- Affiliated hospitals and medical offices

Serving Oregon and Southwest Washington

- Healthgrades Top 100 Hospitals
- NCQA's Best Health Plans
- Diversity Inc. Top 50 Hall of Fame
- Highest in customer loyalty 10 years in a row

Visit kp.org/locations to find your nearest facility.



Southwest Washington-area care options



CLOSE WHEN YOU NEED US

- 5 medical offices
- 2 contracted hospitals
- 1 urgent care clinic

Visit **kp.org/locations** to find your nearest facility

City of Vancouver Senior Advantage

2025 City of Vancouver, Senior Advantage (Medicare)

1959 – 140 & 141	Kaiser Permanente NW Senior Advantage
Annual deductible	None
Annual out-of-pocket costs	\$600 per person per year
Preventive care	\$0 copay
Telehealth (phone/video)	\$0 copay
Primary care office visit	\$0 copay
Specialty care office visit	\$0 copay
Urgent care	\$0 copay
Lab tests and radiology	\$0 copay
Outpatient surgery	\$0 copay
Hospitalization	\$0 copay
Emergency care	\$50 copay
Ambulance Services (per transport)	\$75 copay
Chiropractic Services (up to 12-visit limit/year)	\$0 copay
Hearing aids (every 36 months)	\$500 plan allowance per ear
Vision exam	\$0 copay
Vision hardware (every two calendar years)	\$150 plan allowance
One Pass Fitness	Included, \$0
Prescribed drugs (retail; 30-day supply)	\$0 copay
Outside Service Area Benefit	20% Annual Benefit maximum is \$1250 (in the US only)

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 the plan *Evidence of Coverage*. All Plans offered by Kaiser Foundation Health Plan of the Northwest

Work out your way and find your fit

One Pass® can help you find a fitness routine that's right for you, whether you work out at home or at the gym — and it's available at no extra cost.

At the gym

Choose from a large nationwide network of gyms and fitness locations (included in the Core and Premium networks).

At home

Work out at home with live, digital fitness classes or on-demand workouts.

With new friends

Join a group class or find local clubs and social events that match your interests.

Visit youronepass.com to learn more about the program's features and enroll.

One Pass® is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions and is a voluntary program. The One Pass program and amenities vary by plan, area, and location. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. One Pass is not responsible for the services or information provided by third parties. Individuals should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them.



Maintaining good brain health

Get a complete brain workout, including an initial cognitive test and an ongoing brain training program featuring a collection of games and activities to keep you engaged.

Why is good brain health important?

- Maintaining good brain health is critical, especially as we age, because cognitive functioning declines over time due to various factors, including environment, drugs, stress, growth factors, learning, and aging.

How do you take care of your brain health?

- Following a brain-healthy lifestyle is essential to maintaining cognitive health. This includes exercising, watching your nutrition, managing your stress, and stimulating your brain.

How does the program work?

- It offers a collection of brain games to keep you interested, challenged, and engaged, similar to diversifying workouts with new activities at the gym.



* Mid-Atlantic region partners with BrainHQ to provide cognitive health programs.
All other regions partner with CogniFit, part of the One Pass platform.



HEAR WELL AND LIVE WELL WITH YOUR **HEARING AID BENEFIT**

Good hearing means you can participate in life more fully – Confident, secure and more connected to your world.

What's Covered?

Hearing aid evaluations, fittings, adjustments, and devices. If your plan includes a hearing aid benefit, your allowance and any applicable cost share, benefit eligibility and exclusions and limitations are available in your Evidence of Coverage

How do I get hearing aids?

You must be diagnosed with hearing loss to get a hearing aid. If you believe you have hearing loss and are interested in purchasing hearing aids, make an appointment with your audiologist.

How do I schedule a routine hearing test with a Kaiser Permanente audiologist?

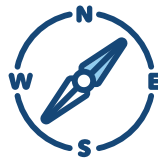
To schedule an appointment, visit the **kp.org** appointment center and select "Hearing Testing/Audiology" from the appointment types or call **503-331-3060** (TTY **711**) in Oregon or **1-855-512-5983** (TTY **711**) in Washington.

Access from **anywhere**

- If you get hurt or sick while traveling, you're covered for emergency and urgent care anywhere in the world.
- Get urgent care from a Cigna provider, MinuteClinic in select CVS and Target stores when you're traveling outside a Kaiser Permanente area.
- We can also help you before you leave town by checking to see if you need a vaccination, refilling eligible prescriptions, and more. Just call us or go online:



24/7 Away from
Home Travel Line:
951-268-3900*



kp.org/travel

*This 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 United States. 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.





Self-care apps for emotional wellness

Get help with anxiety, stress, sleep, mood, and more – 24/7, at **no cost** to Kaiser Permanente members.



Calm is the number one app for sleep, meditation, and relaxation*



Headspace provides live text-based emotional support coaching and hundreds of self-guided resources

¹ 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. Only available to Kaiser Permanente members with medical coverage. The products and services described above are neither offered nor guaranteed under our contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to the Medicare health plan grievance process.

*Calm is the number one app for sleep, meditation, and relaxation. Learn more at calm.com/blog/about.

Contact Information

If you have questions about the City of Vancouver, Kaiser Permanente Medicare health plans, contact your HR Benefits Department.

Kaiser Permanente Member Services: 1-800-813-2000 (TTY 711)

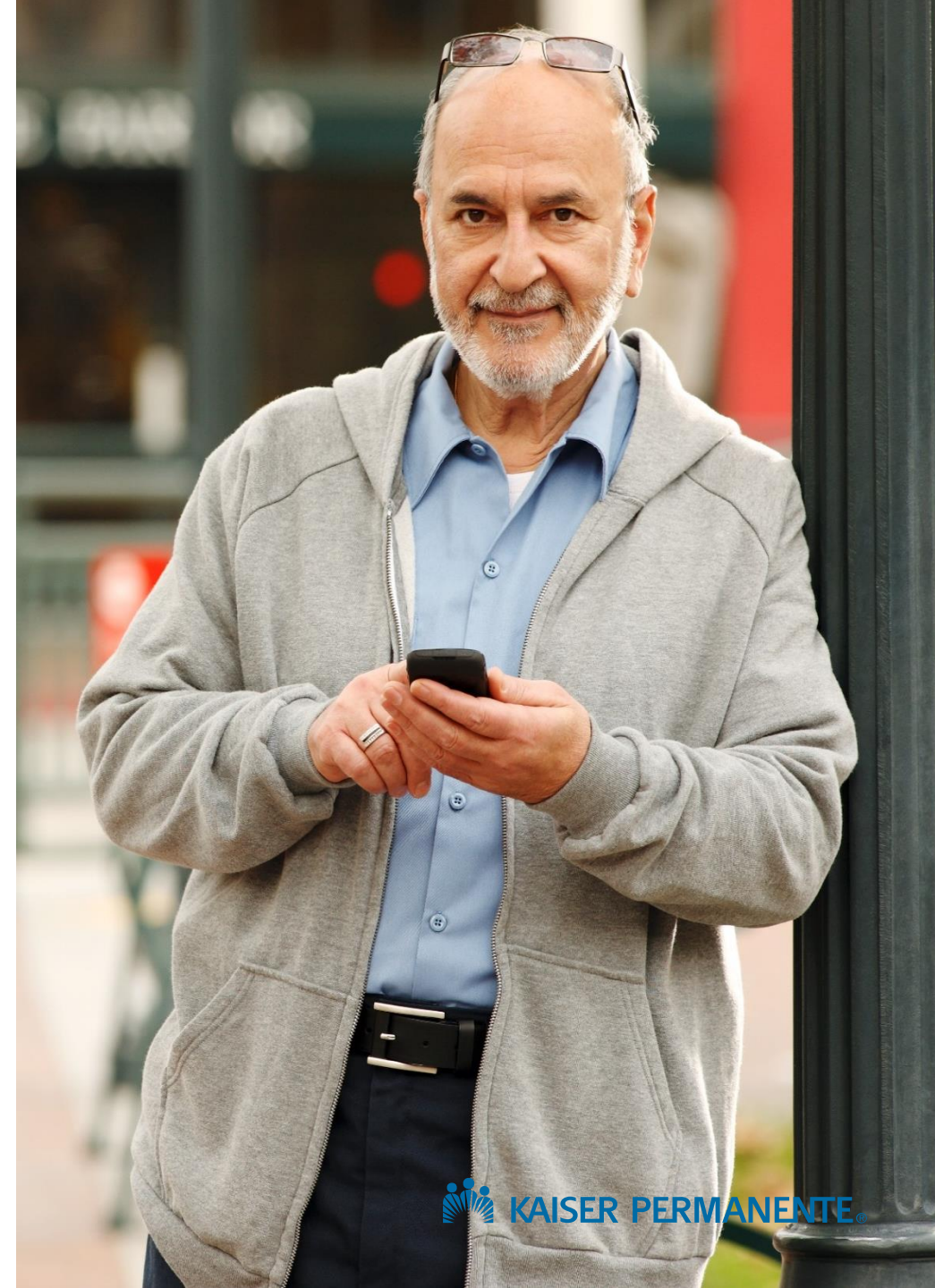
7 days a week, 8 a.m. to 8 p.m.

Social Security: 1-800-772-1213 (TTY 1-800-325-0778)

Monday through Friday, 7 a.m. to 7 p.m.

Medicare: 1-800-MEDICARE (1-800-633-4227) TTY 1-877-486-2048

24 hours a day, 7 days a week.



Thank you from Kaiser
Permanente

Call 1-866-523-6056 (TTY
711), Monday through Friday,
8 a.m. to 5 p.m.,
to speak to a Kaiser
Permanente Medicare
specialist.





Appendix

2025 City of Vancouver, Senior Advantage (Medicare)

1959 – 143	Kaiser Permanente NW Senior Advantage
Annual deductible	None
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Specialty care office visit	\$0 copay
Urgent care	\$0 copay
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Outpatient surgery	\$0 copay
Hospitalization	\$0 copay
Emergency care	\$50 copay
Ambulance Services (per transport)	\$75 copay
Chiropractic Services (up to 12-visit limit/year)	\$0 copay
Hearing aids (every 36 months)	\$1500 plan allowance per ear
Vision exam	\$0 copay
Vision hardware (every two calendar years)	\$150 plan allowance
One Pass Fitness	Included, \$0
Prescribed drugs (retail; 30-day supply)	\$10 copay generic, \$20 copay brand
Outside Service Area Benefit	20% Annual Benefit maximum is \$1250 (in the US only)

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