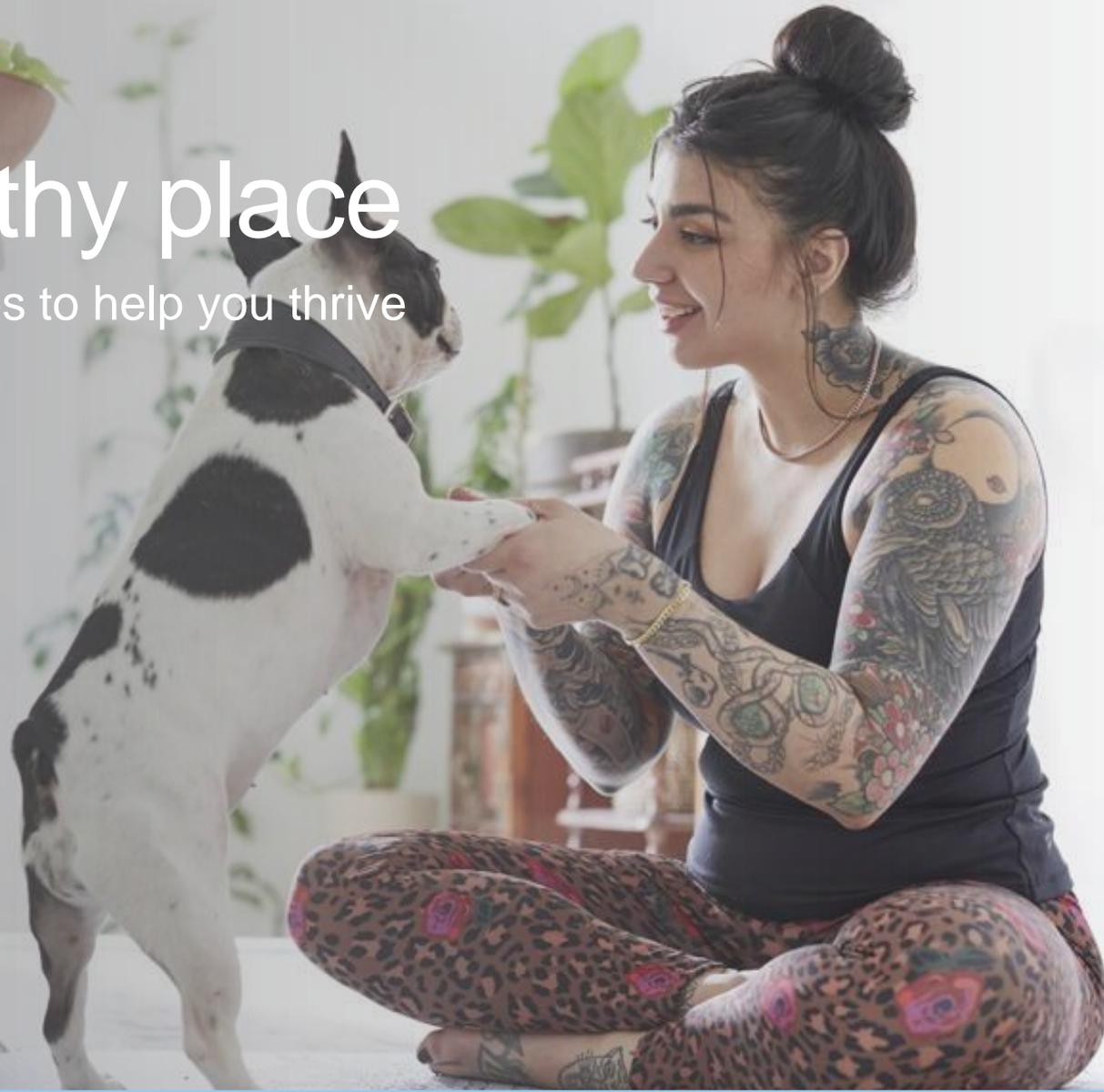


2021-2022 Open Enrollment

Find your healthy place

Additional medical plan features to help you thrive



OEBB Medical Benefits for 2021-2022

This table shows your alternative care benefits that you may seek without a referral.

Plan benefits	Plan 1	Plan 2A (formerly plan 2)	Plan 2B	Plan 3
Chiropractic	\$20	\$25	\$30	20% after deductible
Naturopathy	\$20	\$25	\$30	20% after deductible
Acupuncture	\$20	\$25	\$30	20% after deductible



\$2,000 combined annual benefit maximum applies to alternative care services. Please see your Member Handbook, also known as the *Evidence of Coverage (EOC)* or call Member Services for more details.

*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*.

Extras for your total health*

CLASSPASS

Get moving with fitness options that fit your schedule and lifestyle, including Pilates, dance, boxing, cardio, strength training, and yoga.

- **Reduced rates on fitness classes** — Take real-time online and in-person classes from top fitness studios
- **Online video workouts at no cost** — 4,000+ on-demand fitness classes

Calm

Calm uses meditation and mindfulness to help lower stress, reduce anxiety, and improve sleep quality. Available at no additional cost to adult members.

- A new 10-minute Daily Calm meditation every day
- Guided meditations for anxiety, stress, gratitude, and more
- Sleep Stories (soothing bedtime tales for grown-ups)

*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.

Added support to help you thrive¹



ClassPass reduced rates on fitness classes



Self-care apps Calm and myStrength²



Wellness coaching by phone



Online healthy lifestyle programs, videos, podcasts, wellness tools, recipes, and more



Reduced rates on specialty care services like massage therapy and gym memberships



On-site health education classes and support groups³



Get support to quit smoking, including classes, coaching, online programs, and tobacco-cessation prescriptions

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. 2. myStrength[®] is a trademark of Livongo Health, Inc., a wholly owned subsidiary of Teladoc Health, Inc. 3. Classes vary at each location and some may require a fee.



Care while traveling

- If you get hurt or sick while traveling, you're covered for emergency and urgent care anywhere in the world.
- Get urgent care at a MinuteClinic (in select CVS and Target stores) or Concentra urgent care center 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***
or [kp.org/travel](https://www.kaiserpermanente.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.

Thank you

