

**Kaiser Permanente 2022–23 medical benefits**

# **Meeting today's challenges with tomorrow's health care**

**May 17, 2022**

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# A unique approach to caring for your employees

With care and coverage together, seamless coordination and communication are possible across all care touch points.



**Doctors who focus on providing the right care, not unnecessary testing or treatment**



**Working together to help manage our members' overall health**



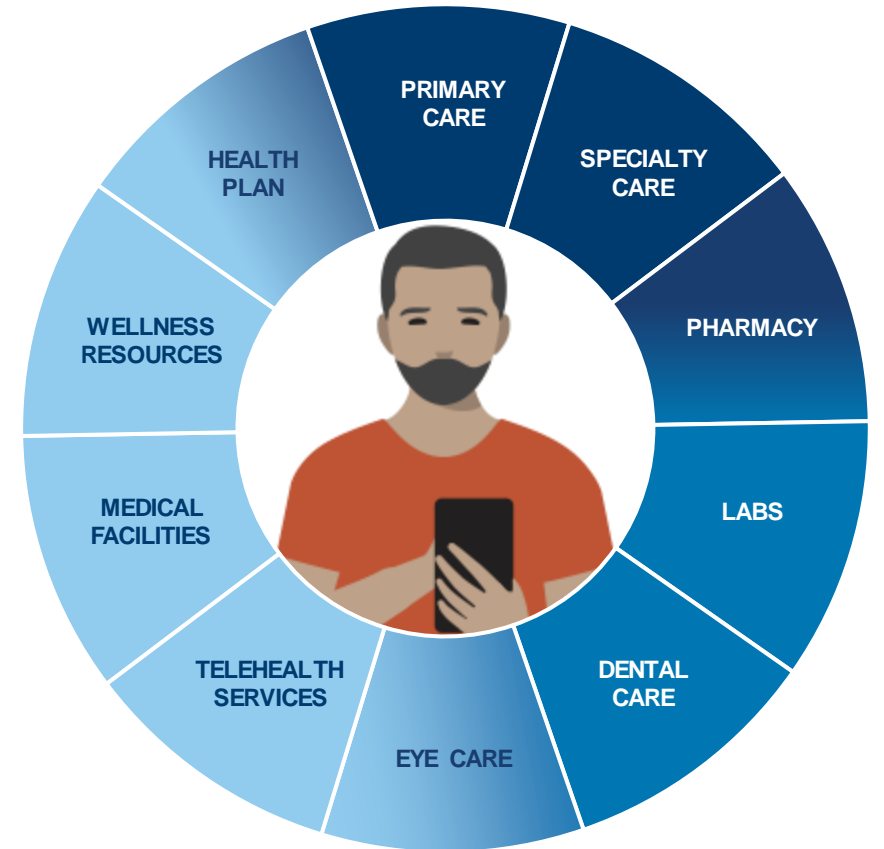
**Closing health gaps**



**Care all under one roof**



**High-quality care for maternity, cancer, cardiac, and more**



# Care that is close to home or work

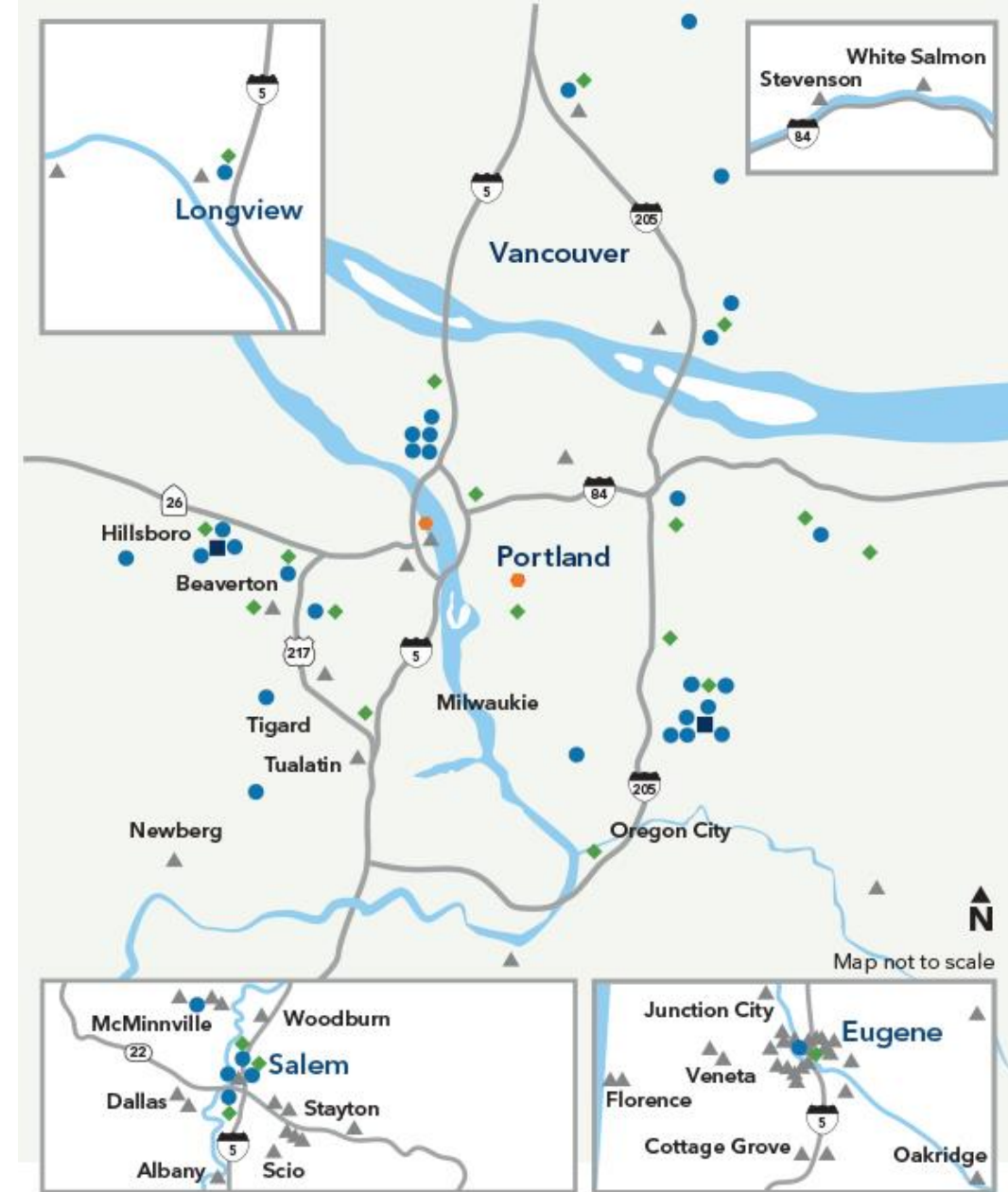
No matter what life throws their way, our members have many ways to connect to convenient, high-quality care.

## Kaiser Permanente locations

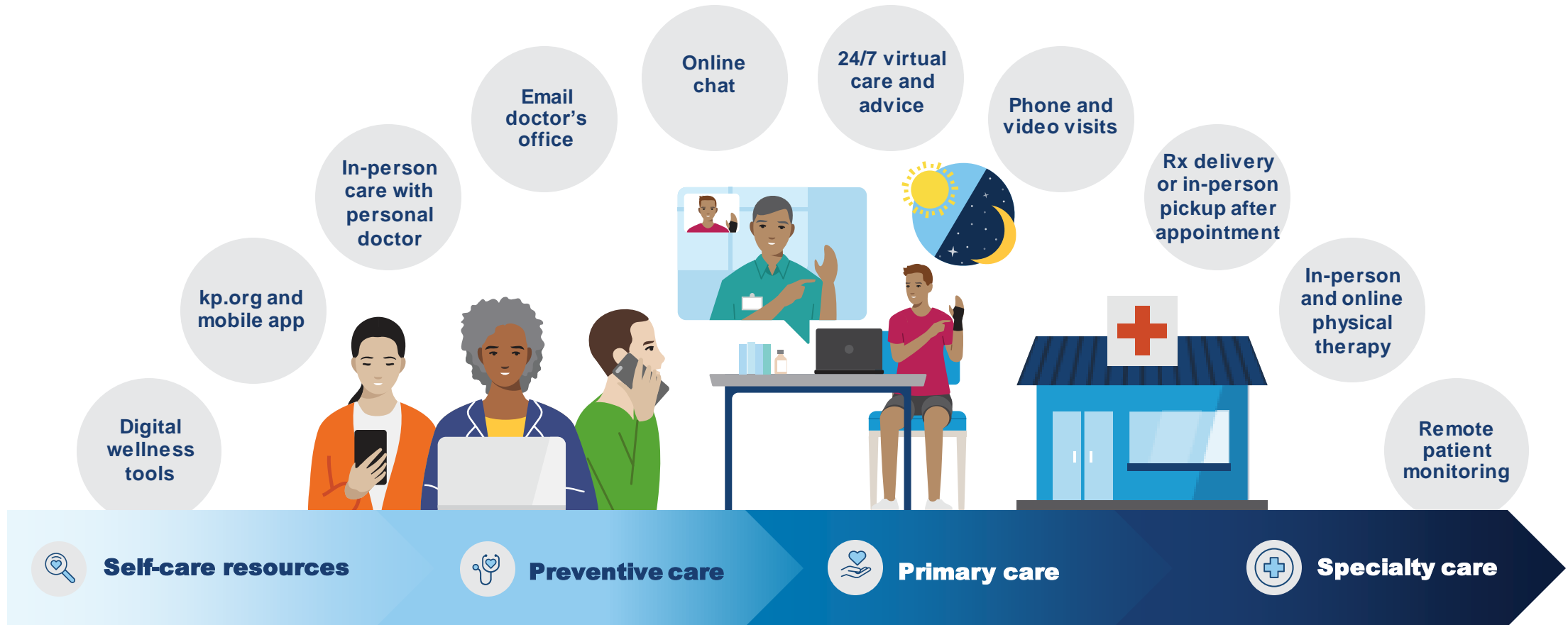
- 31 medical offices
- 21 dental offices
- 2 Kaiser Permanente hospitals
- 2 Care Essentials by Kaiser Permanente clinics

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

- OHSU Doernbecher Children's Hospital
- PeaceHealth Southwest Medical Center
- The Portland Clinic
- Salem Hospital
- Willamette Valley Medical Center



# A seamless experience — no matter how members choose to engage



# 2022-2023 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>	\$100	20% after deductible	20% after deductible	20% after deductible
<b>Lab/X-ray/Diagnostics</b>	\$20	\$25	\$30	20% after deductible
<b>Prescriptions</b>	\$5 generic \$25 formulary brand \$45 non-formulary brand 25% up to \$100 specialty	\$5 generic \$25 formulary brand \$45 non-formulary brand 25% up to \$100 specialty	\$5 generic \$25 formulary brand \$45 non-formulary brand 25% up to \$100 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

# Alternative care benefits

OEBB members work hard, and their alternative care benefits should work just as hard. We've revamped alternative care benefits to make it easier for members to understand their costs and get the care they need.

## Changes for 2022-2023

- **Removed the dollar maximum and replaced with visit limits**
  - Chiropractic: 20
  - Acupuncture: 12
- **Member incurred cost now accumulates to the Out-of-Pocket Maximum**
- **Naturopathy services covered as the same as primary care benefit – no dollar or visit maximums**



### **Find an alternative care provider**

Visit the CHP website to find an alternative care provider.

[\*\*chpgroup.com\*\*](https://www.chpgroup.com)

# Omada diabetes prevention program

Omada combines the science of behavior change with personal support so your employees can make changes that stick. It's an approach shown to reduce risk factors for type 2 diabetes and heart disease.\*



## Smart tools and technology

Omada leverages billions of data points to constantly refine the care experience to help members achieve long-term health improvements for change that lasts.



## Health coach and online peer groups

A professional health coach works with members for the entirety of the program and the supportive online peer groups provide real-time encouragement, empathy, and accountability.



## Online resources

Omada's online resources (webinars, videos, blogs + more) help members access relevant trends, powerful insights, live-event learning, multi-disciplinary analysis, and more.

**10/1/22**

**Omada launch  
date for OEBB**



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

1. Citation for Omada claim.



# 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 your sleep, mood, relationships, and more.<sup>1</sup>



## Calm

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



## myStrength<sup>2</sup>

Personalized program with interactive activities to track current emotional states and ongoing life events to help improve awareness and change behaviors



## Ginger — NEW in '22

On-demand emotional support through the Ginger app. Ginger's emotional support coaches are available 24/7 to help with stress, low mood, sleep troubles, and more.

Go to  
**kp.org/selfcare**  
to learn more and  
download apps.



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<sup>2</sup> is a trademark of Livongo Health, Inc., a wholly owned subsidiary of Teladoc Health, Inc.



# Mental health support via the Ginger app

Kaiser Permanente members have access to the Ginger app, which offers behavioral health coaching, therapy, psychiatry, and self-care resources, all from the privacy of the member's smartphone.



## Immediate text-based behavioral health coaching

Behavioral health coaches offer day-to-day support for life's challenges like managing anxiety or getting better sleep — with no need to wait for an appointment. Members get real-time support via text with a behavioral health coach day or night.



## Video therapy and psychiatry

Licensed therapists and psychiatrists are available for regular video sessions, when needed. The Ginger behavioral health coaches, therapists, and psychiatrists work together as a team to provide seamless care.



## Self-guided care resources

Ginger's library of skill-building resources includes activities, podcasts, videos, and articles and is available anytime in the app. New recommendations are suggested regularly based on individual needs, and coaches also assign resources as part of a member's care.

**200+**  
**activities with**  
**more content**  
**added weekly**



Ginger's diverse care team can support any member of any community, including LGBTQ+, racial trauma survivors, veterans, traditionally underserved groups, economically disadvantaged groups, and more.

# New Member/Transition of Care

Kaiser Permanente's unique integrated care model enables us to connect members directly with clinicians who can provide primary and specialty care that new members need. The clinical onboarding process is foundational to our transition of care work.

## Common needs

- Choose a doctor.
- Transfer prescriptions.

## Parent & child needs

- Choose a pediatrician or family practice doctor.
- Connect with an ob-gyn.
- Transfer records and health history.
- Transfer prescriptions.
- Schedule vaccinations.
- Schedule well-child checks.

## Specialty care needs

- Connect with specialists such as oncologists, orthopedic physicians, and ear nose and throat doctors.
- Connect with mental health professionals.
- Determine durable medical equipment needs.

## Complex medical needs

- Connect with specialty care for conditions such as cancer, renal disease, pre-/post-surgery, and transplants.
- Connect with a pharmacy for specialty prescriptions and infusions.





**THANK YOU**

MEMBER SERVICES:  
**1-800-813-2000 (TTY 711)**