



Kaiser Permanente Northwest Medical Plans

High-quality care with predictable costs for SEBB members in Southwest Washington

Choosing a plan that works for you is important, but it doesn't have to be complicated.

Look for convenience:

- Most of our locations let you see your doctor, get lab work or X-rays, and pick up a prescription – all in one trip.
- Skip the trip to your doctor's office with video visits, e-visits, and the option to email your doctor's office with nonurgent questions.

Look for cost savings and efficiency:

Find a plan that fits your needs, from Plan 1, which has a higher deductible than Plans 2 and 3 but offers the lowest monthly premium, to Plan 3, which has the lowest deductible offered through SEBB.

All plans have the following features:

- Copays on most office visits and prescriptions not subject to the deductible
- \$0 pediatric primary care, preventive services, and telehealth services
- Self-referred alternative care, including massage therapy

my.kp.org/sebb

¹Only available to Kaiser Permanente members with medical coverage.

²myStrength is a wholly owned subsidiary of Livongo Health, Inc.

³See note 1.

Look for high-quality care:

- We have one of the largest multispecialty medical groups in the country, so we'll find you the right specialist quickly.
- Our integrated system helps your doctor, nurses, and specialists work together to help keep you healthy. They're connected to each other, and you, through your electronic health record.

Look for healthy resources:

Good health goes beyond the doctor's office.

The myStrength and Calm apps are digital tools that provide effective, easy-to-use mental health resources – without a referral and at no cost to members.^{1,2} Learn more at kp.org/selfcareapps/nw.

Kaiser Permanente members can access unlimited on-demand ClassPass video workouts at no cost and reduced rates on livestream classes.³

We're here to help if you have more questions:

1-800-813-2000 (TTY 711)

1-800-324-8010 (language interpretation services)

Monday through Friday, 8 a.m. to 6 p.m.

See reverse to compare our medical plan options.



SEBB SUMMARY OF MEDICAL BENEFITS FOR 2020-2021

Choose from 3 Kaiser Permanente plans

Plan benefits	Plan 1	Plan 2	Plan 3
	You Pay	You Pay	You Pay
Plan year deductible	\$1,250/individual ¹ \$2,500/family ²	\$750/individual ¹ \$1,500/family ²	\$125/individual ¹ \$250/family ²
Out-of-pocket maximum per plan year	\$4,000/individual ¹ \$8,000/family ²	\$3,500/individual ¹ \$7,000/family ²	\$2,000/individual ¹ \$4,000/family ²
Preventive care services	\$0	\$0	\$0
Office visit copay	\$30 adult \$0 child	\$25 adult \$0 child	\$20 adult \$0 child
Specialist copay	\$40	\$35	\$30
Outpatient surgery	20%*	20%*	20%*
Emergency room	20%*	20%*	20%*
Urgent care copay	\$50	\$45	\$40
Hospital inpatient care	20%*	20%*	20%*
Lab/X-ray/diagnostics	\$30 standard \$100 specialty	\$25 standard \$100 specialty	\$20 standard \$50 specialty
Prescription: Mail-order pharmacy is available at 2 copays for a 90-day supply.	\$20 generic \$40 preferred brand 50% up to \$100 non-preferred brand 50% up to \$150 specialty	\$15 generic \$30 preferred brand 50% up to \$100 non-preferred brand 50% up to \$150 specialty	\$10 generic \$20 preferred brand 50% up to \$100 non-preferred brand 50% up to \$150 specialty
Self-referred alternative care: chiropractic, naturopathy, and acupuncture	\$40 ³	\$35 ³	\$30 ³
Massage therapy services	\$25 ³	\$25 ³	\$25 ³
Hearing aid benefit (every 5 years, per ear)	Covered in full up to allowed amount	Covered in full up to allowed amount	Covered in full up to allowed amount

*You pay the deductible, then your share of the cost.

¹For subscriber only coverage per plan year.

²For a family of 2 or more members per plan year.

³Acupuncture and massage therapy services each limited to 20 visits per year. Naturopathic physician services and massage therapy services limited to \$1,000 per year combined. No referral is required, and you can choose from more than 1,400 qualified and credentialed complementary and alternative medicine providers throughout our service area. To be covered by your benefit, you must receive care from a provider in our service area who is part of the CHP Group network. Visit chpgroup.com to find a provider.