

2022 Open Enrollment

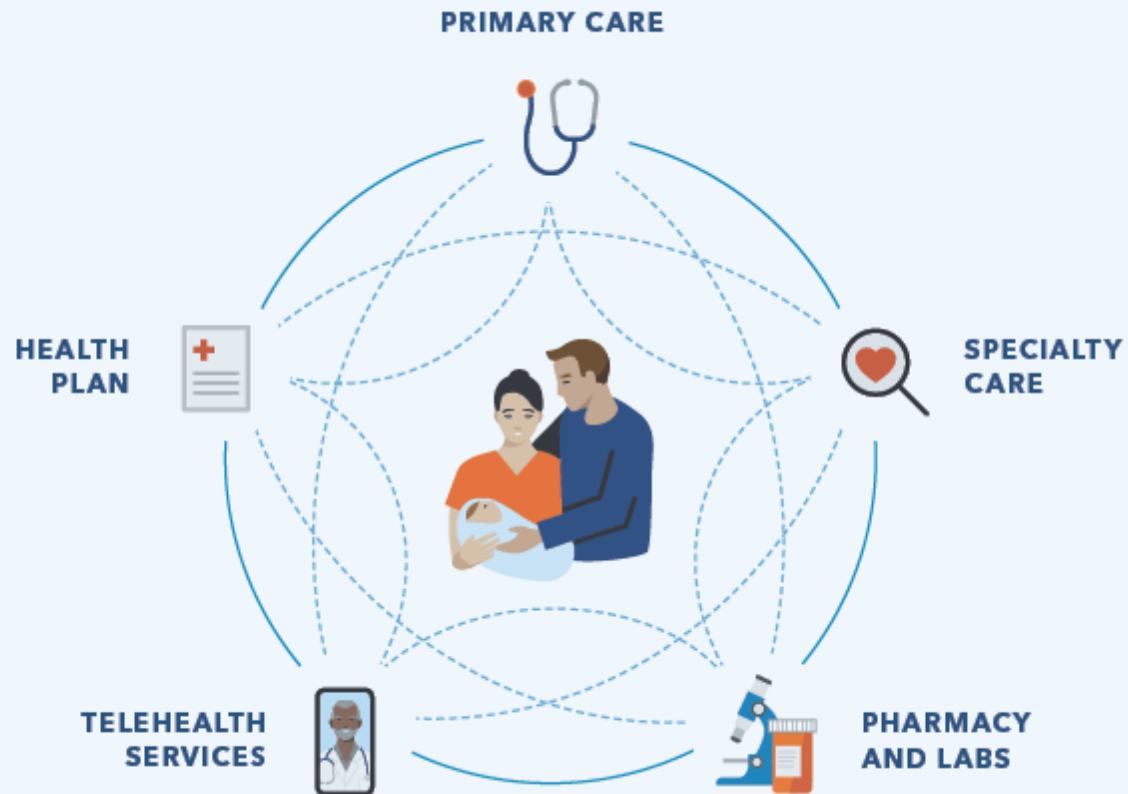
Find your healthy place

With care designed to help you thrive

Ventura County Community College District



It's easier to find your healthy place with connected care



We combine care and coverage:

- **Doctors**
- **Hospitals**
- **Health plan**

Care feels easier and faster and is centered around you.

telehealth care for mental health & wellness

@ kp.org/getcare

Many ways to access primary care and specialty care
wherever you're most comfortable — from home or on the go

24/7 advice

Support from licensed care providers who can help connect members with a doctor, schedule appointments, and offer on-the-spot care guidance

Video visit

Face-to-face care from a doctor on a phone or computer

E-visit

A personalized care plan — straight from a health care provider, entirely online

Phone appointment

High-quality care over the phone — just like an in-person visit

Email

A secure way for members to get follow-up care by messaging their doctor's office with nonurgent questions



no cost to members
on most plans



all devices



primary care
and specialty care



KAISER PERMANENTE®



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.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.



Mental health services — care for the whole you

Your thoughts and feelings affect your overall well-being. We're committed to helping you achieve and maintain optimal health for your mind, body, and spirit.

- Get support for a wide range of conditions, like anxiety, depression, substance use disorder, and autism spectrum disorders.
- Find care with psychiatrists, psychologists, marriage and family therapists, and more.
- Make an appointment for therapy within Kaiser Permanente without a referral.
- Use a wide range of online self-care resources at any time to help you relieve stress, improve sleep, practice mindfulness, and more.

Learn more at kp.org/mentalhealth.

Specialty care you can trust

No matter what life throws your way, you can count on us. Get access to quality care from top doctors across a wide range of specialties. Here are a few areas where we lead the way.

Cancer care

Hearing that you have a cancer diagnosis can be overwhelming. But no member — or doctor — goes it alone. A multidisciplinary team works with you and your family to determine the best approach to your treatment.

Learn more at kp.org/cancercare.

Cardiac care

No 2 hearts are alike. There are many types of heart disease, and different people need different types of care. You and your doctor will make decisions about your care together, and you'll have guidance and support at every step.

Learn more at kp.org/cardiaccare.



Added support to help you thrive¹



ClassPass reduced rates on fitness classes



Self-care apps Calm and myStrength



Wellness Coaching by Phone



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



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



On-site health education classes and support groups²



Seasonal farmers markets³

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. 2. Classes vary at each location and some may require a fee. 3. Not available in all areas. myStrength® is a trademark of Livongo Health, Inc., a wholly owned subsidiary of Teladoc Health, Inc.

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 uses meditation and mindfulness to help lower stress, reduce anxiety, and improve sleep quality. Available at no 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)

Commercial-Basic Plan – HMO

Covered service	You pay
Physician services	\$15 copay
Hospital services	No charge
Prescription drugs (Includes covered outpatient items in accord with our drug formulary guidelines)	<ul style="list-style-type: none"> Up to a 30-day supply from a Plan pharmacy \$5 generic / \$20 brand Up to a 100-day supply by mail-order service: \$10 generic / \$40 brand
24-hour nurse advice	No charge
Wellness coaching by phone; email your doctor's office*; view most lab test results*	No charge
Chiropractic / Acupuncture	\$15 per visit (up to a combined total of 20 chiropractic and acupuncture visits per calendar year from network providers)

*Available through My Health Manager at kp.org/calpers

This is a summary of some benefits and their copayments and coinsurance. This chart does not describe benefits. Please see your Evidence of Coverage for information about coverage, limitations, and exclusions for all benefits, including those not listed in this summary.

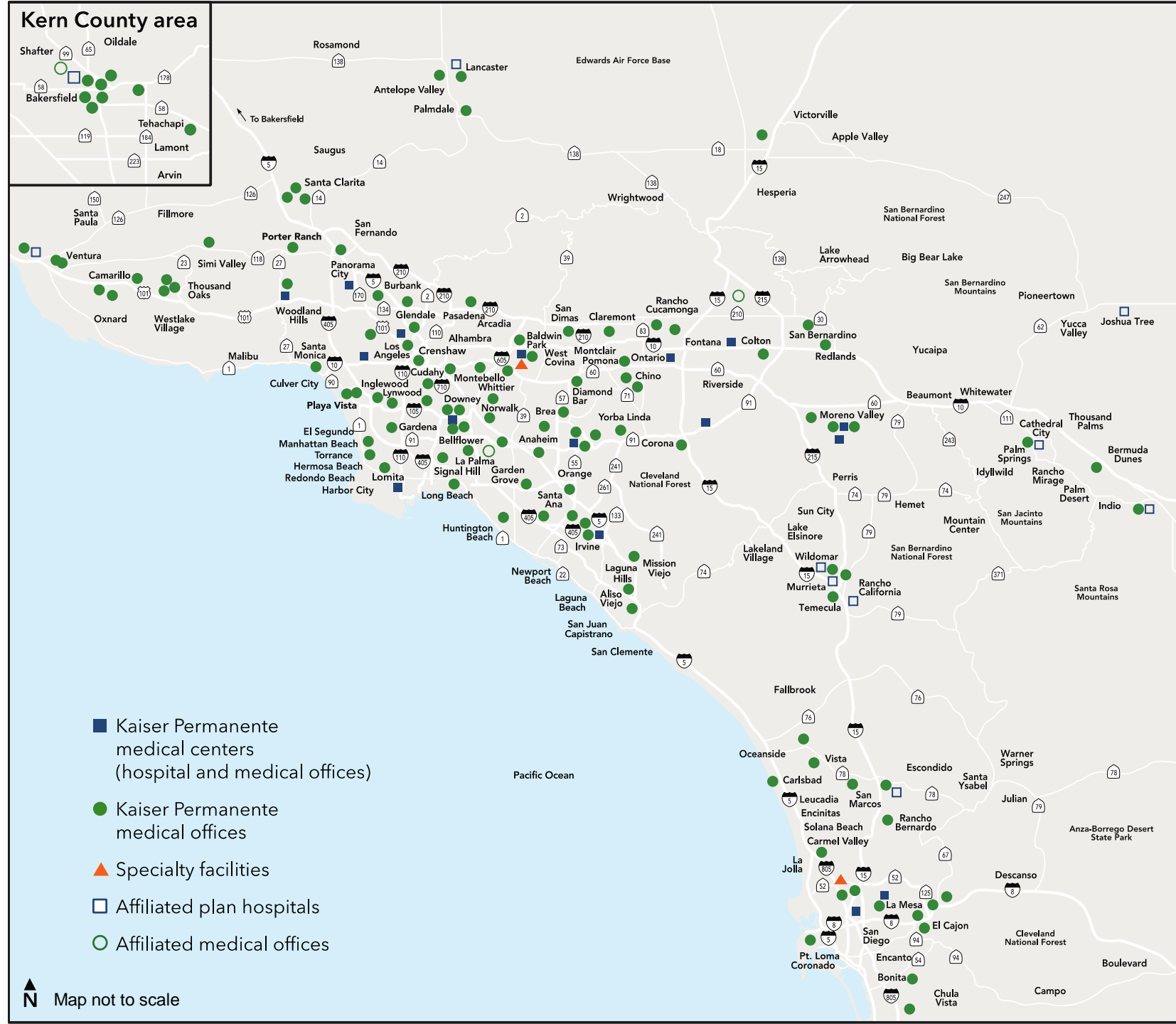
Southern California

15 medical centers

125 medical offices

10 affiliated hospitals

4 affiliated medical offices



Updates in Southern California

Now open

- Playa Vista Medical Offices
- Clairemont Mesa Medical Offices
- Hesperia Medical Offices

Scheduled to open

- Cancer Care Center at Los Angeles Medical Center (Q4 2021)
- Downey Medical Center expansion
- New Watts Medical Offices and Remodeled Learning and Counseling Center (Q1 2023)



Porter Ranch Medical Offices (rendering)

Contact Information

You can view your Evidence of Coverage, Summary of Benefits and Coverage (SBC) anytime at **kp.org/calpers**

Current members with questions can call our Member Service Contact Center: **1-800-464-4000 (TTY 711)**

7 days a week, 24 hours a day (closed holidays)

If you're considering joining Kaiser Permanente and have questions, call **1-800-305-1220**





Thank you