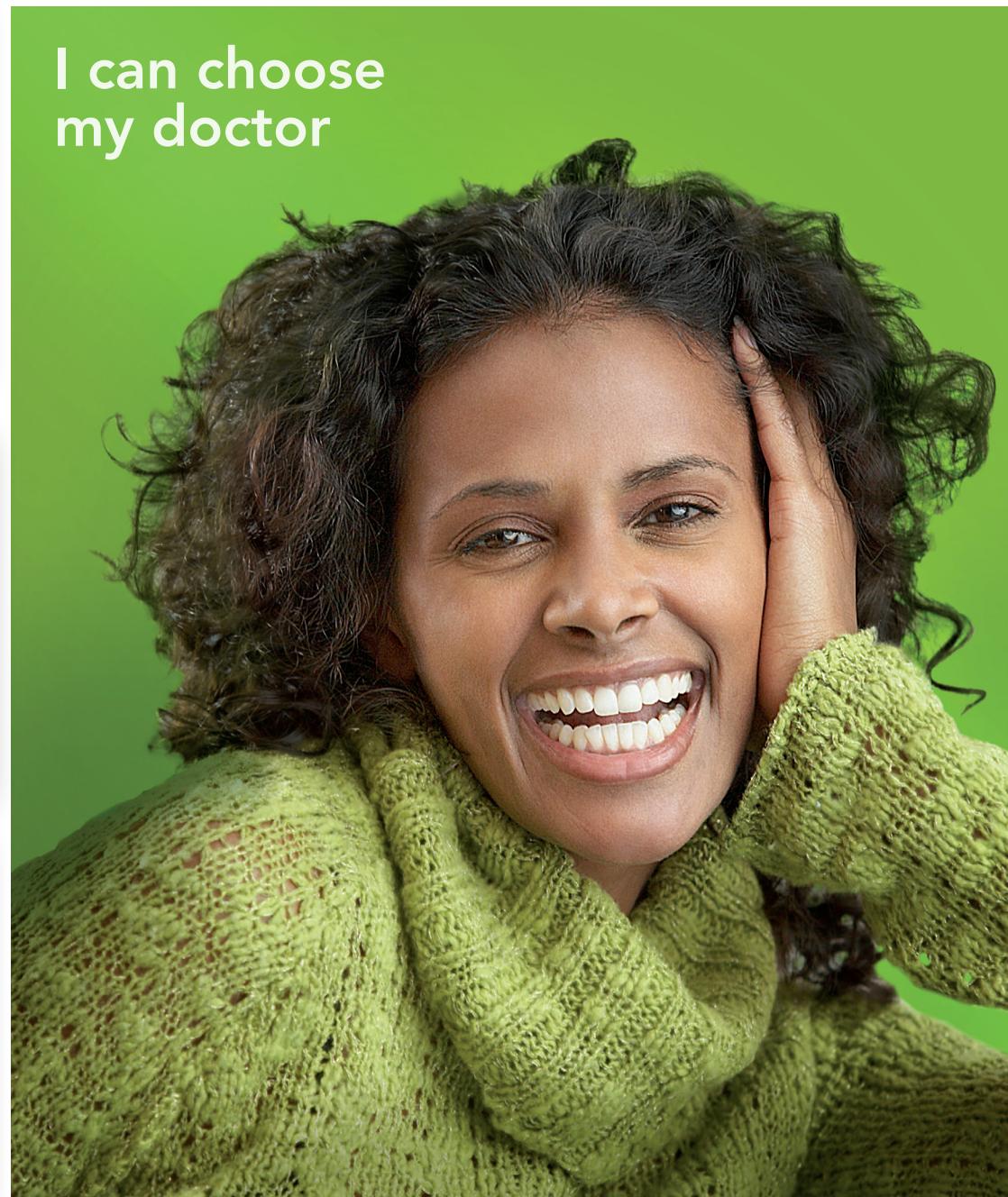
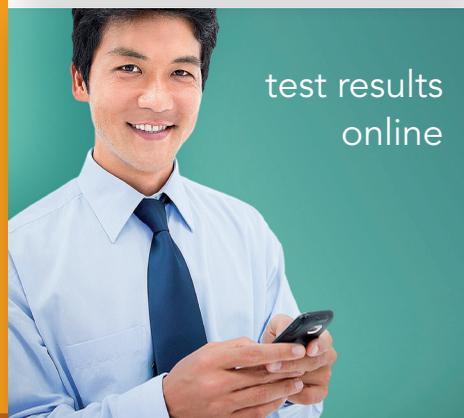
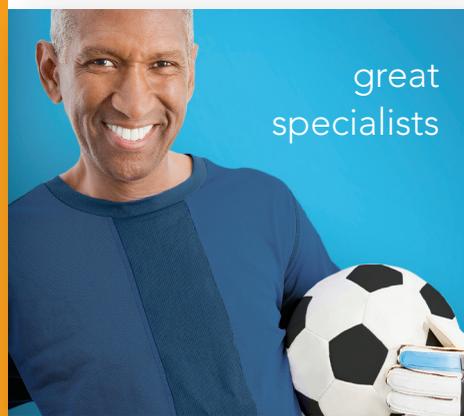


# Better Informed Better Together



# A better choice for good health.

Making smart decisions—whether you're picking a health plan for your family or dealing with a health condition—can be easier than you think. All you need is a partner to give you the right information and support. Take a look at everything you get with your membership, and you'll agree that Kaiser Permanente is the best choice for your health.



## Your choice of top doctors

Our doctors are some of the most caring, skilled physicians around, so you can rely on getting great care for you and your family. You can choose from a wide range of Kaiser Permanente physicians, many from the top medical schools in the country.

You also have access to specialists who are experts in their fields. And you don't even need a referral for most of our specialty departments, including Ob-Gyn, Orthopedics, Dermatology, and Behavioral Health services.

It's easy to find a doctor who's right for you, or to change your doctor at any time. Just go online to view our doctor profiles or call Personal Physician Selection Services at **303-338-4477**.



## What you need, when you need it

Most of our locations offer many services under one roof. You can see your doctor, get lab services and X-rays, and fill prescriptions all at the same place. And, we make it simple for you to get care with:

- ▶ Easy-to-schedule appointments
- ▶ Email access to your Kaiser Permanente doctor's office
- ▶ Same-day, after-hours, and weekend services at select locations
- ▶ 24-hour telephone health advice from registered nurses
- ▶ Online access to your plan information
- ▶ More than 24 convenient locations in Colorado
- ▶ Emergency care coverage anywhere in the world



## Personalized care focused on you and your family

Your doctors, nurses, and specialists take the time to know you and your health needs. Supported by your secure electronic health record, your entire Kaiser Permanente care team is always up to speed on your health info—like lab test results, medications, and preventive screenings that are due. Having a team that's informed and focused on you can lead to quicker, better diagnoses and treatments.

And, you can relax knowing that our doctors and specialists aren't burdened with excessive insurance paperwork or paid by procedure. They're free to focus on what they do best—deliver great care that's right for you.

## Your electronic health record brings it all together

Our innovative electronic health record system is securely linked to every Kaiser Permanente medical office in Colorado. That means your care team can securely access your up-to-date health information and make sure you get care that's right for you.



### Online access anytime, anywhere

Take charge of your health with easy to use online tools to keep you connected to your care. When you're a registered member on **kp.org**, you get a secure one-stop resource for managing your health online. You can use the My Health Manager to:

- ▶ Email your Kaiser Permanente doctor's office
- ▶ View most test results as soon as they're available
- ▶ Refill prescriptions
- ▶ Schedule or cancel routine appointments
- ▶ Help take care of a family member, like a child or parent, using these features and more



### It's easy to stay connected

Take charge of your health anytime, anywhere, with online articles, wellness topics, and health calculators. You'll also find new ways to live well, from recipes to podcasts, videos, and more.

And, our mobile apps make it easy to manage your health no matter where you are—at home, at work, and when you're on the go. Just download our free apps for the iPhone®, iPad®, or iPod touch® from the App Store<sup>SM</sup>, or for the Android<sup>TM</sup> from Google Play.<sup>1</sup>



### Learn something new and maximize your health

With health classes offered online or at our medical offices, there's something for everyone. Learn how to eat well, manage a chronic condition, deal with depression or quit tobacco. Choose from a wide variety of classes at little or no cost to you.

You also have access to free online wellness programs that can help you lose weight, stay active, sleep better, and more. Attend webinars, take a health assessment, and develop a personalized plan to set and meet your health goals. And we're always adding something fun, like the free *Every Body Walk!* mobile app to help you create and maintain a daily walking routine.

### Your doctor's office

Your electronic health record is updated with each visit to a Kaiser Permanente doctor. From department to department and office to office, your record goes where you go.

### Pharmacy, lab, and X-ray

If your Kaiser Permanente doctor prescribes you medications or orders lab tests, there's no paperwork to take with you. Just visit any of our pharmacies or labs, and the pharmacist or technician will pull up your doctor's orders.

### At home or on the go

My Health Manager on **kp.org** is your personal link to your electronic health record. This set of online tools helps you stay connected and informed about your health, set appointments, email your doctor, and much more.



Watch members share why they chose Kaiser Permanente.



## A better way to get and stay healthy

Choose more than a health plan. We also offer our own great doctors, convenient medical offices, and advanced technology—all together in one easy-to-use package. This makes it simple for you to get excellent, coordinated care.



## Excellent care

Get an entire care team that works with you and for you. Your Kaiser Permanente doctors, nurses, and specialists are connected to our electronic health record system, so they can work together to provide the best care for your needs.



## Online access anytime, anywhere

Stay better informed about your health—and better able to manage it—with online and mobile tools that help you get the information you want, when you want it.



## A great experience

According to the independent, non-profit National Committee for Quality Assurance ([NCQA/ncqa.org](http://NCQA/ncqa.org)), Kaiser Permanente Colorado once again was named the top ranked private health plan in Colorado and #6 in the nation out of 474 plans for 2012-2013. Kaiser Permanente Colorado was also named the top ranked Medicare plan in Colorado and #2 in the nation out of 395 plans.<sup>2</sup>

<sup>1</sup> Apple, iPhone, iPad, and iPod touch are trademarks of Apple, Inc., registered in the U.S. and other countries. App Store is a service mark of Apple, Inc. Android is a trademark of Google, Inc.

<sup>2</sup> NCQA's annual report compiles and audits crucial data on how well plans perform on 40 "effectiveness of care" measures.

## For more information

Visit us at [kp.org](http://kp.org) or call Member Services, Mon–Fri, 8 a.m. to 5 p.m.

**303-338-3800** or toll-free **1-800-632-9700**

TTY for the deaf, hard of hearing, or speech impaired

**303-338-3820** or toll-free TTY **1-800-521-4874**



Visit us online at [kp.org](http://kp.org)