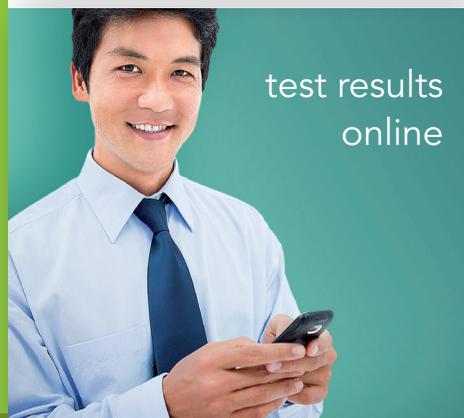
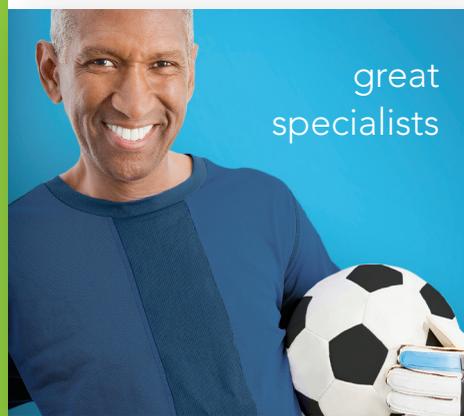
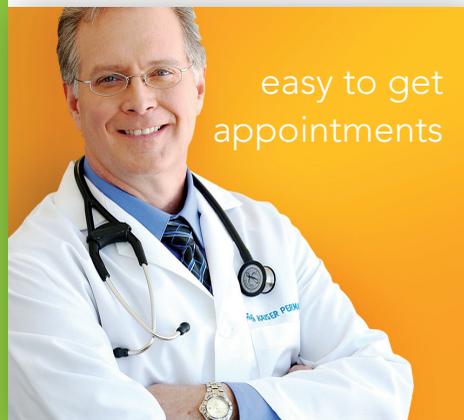


Better Informed Better Together



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

We work with 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 provider at a Kaiser Permanente medical office, from any of the affiliated providers within the Southern Colorado service area, or both.¹ That means you may be able to keep the doctor you already have. And, because we only contract with board certified physicians, you'll know you have a doctor you can trust.

You also have access to specialists who are experts in their fields. They're ready to help diagnose and treat most conditions that might come up. And you don't even need a referral for routine office visits for most specialties, 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 provider listings, or give our Personal Physician Selection Services team a call, toll-free, at **1-855-208-7221** (TTY contact Relay Colorado at **711**).



What you need, when and where you need it

You have access to any Kaiser Permanente medical office in Colorado¹, as well as affiliated providers throughout the service area. In fact, many offices offer multiple services so you can see your doctor and get lab services and X-rays all at the same place. Most importantly, we help make it simple for you to get care.

- ▶ Emergency care coverage anywhere in the world
- ▶ Access to urgent care facilities throughout the service area
- ▶ Most lab test results online
- ▶ Coordination for complex care needs
- ▶ Assistance with managing chronic conditions
- ▶ Telephone health advice from registered nurses
- ▶ Plan benefit information online at **kp.org**



Personalized care focused on you and your family

Your doctors, nurses, and specialists take the time to know you and your health needs. And, because we're focused on prevention, we help you stay healthy—not just treat you when you're sick.

We work closely with both you and your doctor to help with:

- ▶ Recommended prevention screenings based on age and gender
- ▶ Care coordination for members with complex or multiple health conditions
- ▶ Chronic condition management, including education and online resources
- ▶ Coordination of care after a hospital stay
- ▶ Medication management and pharmacy questions



Online access and resources anytime, anywhere

Take charge of your health anytime, anywhere, with online articles, wellness topics, and easy-to-use tools at **kp.org**. 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 online tools to do things like:

- ▶ Check your plan benefit details
- ▶ View the provider directory
- ▶ View most test results as soon as they're available
- ▶ Refill prescriptions
- ▶ Help take care of a family member, like a child or parent, using these features and more

And, if you choose to receive care at a Kaiser Permanente medical office, you'll be able to take advantage of even more online tools—like emailing your doctor and online scheduling for routine appointments.



Learn something new and maximize your health

We make it easy for you to find a path to better health with online wellness programs that can help you lose weight, stay active, sleep better, and more. You can 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 for your smartphone or mobile device. It's an interactive tool to help you create and maintain a daily walking routine.

You also have access to health classes offered online and in person. Take classes on eating well, stress reduction, quitting tobacco, managing ongoing health conditions like diabetes, and much more. Choose from a wide variety of classes at little or no cost to you.



Watch members share why they chose Kaiser Permanente.

A better way to get and stay healthy

Choose more than a health plan. We offer great doctors, convenient locations, and coordinated care unlike any other health plan—all together in one easy-to-use package. This makes it simple for you to get excellent care.

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**), 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.²

¹ Primary care at the Briargate Senior Health Center is exclusively for members age 55 and older. All other services including lab, X-ray, optical, hearing, and pharmacy are available to all members.

² 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** or call Member Services,
Mon–Fri, 8 a.m. to 5 p.m.
303-338-3800 or toll-free **1-800-632-9700**



Visit us online at **kp.org**

TTY for the deaf, hard of hearing, or speech impaired
303-338-3820 or toll-free TTY **1-800-521-4874**