

A better choice for good health

a wide range of specialists



view most test results online



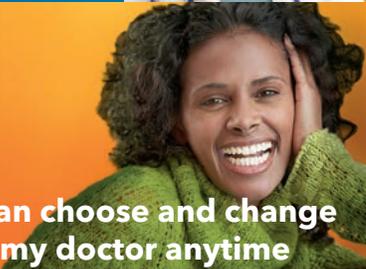
convenient facilities near you



better care for healthier tomorrows



I can choose and change
my doctor anytime



free to focus on you



I'm part of
the decision



Discover the Kaiser Permanente difference

With care and coverage working seamlessly together, Kaiser Permanente is uniquely designed to be your partner in health so you can feel your best — in mind, body, and spirit.



your choice of top doctors

You can choose and change your doctor anytime, for any reason. Our doctors are among the best. They love caring for people and can focus on you.



personalized care and attention

You're at the center of your care. Your Kaiser Permanente doctors, nurses, and specialists, all work together to help you manage your health.



everything under one roof

You can do more and drive less because most of our Kaiser Permanente locations include pharmacy, lab, X-ray services, and more.



lots of healthy extras

Stay at your best with healthy resources like wellness classes and wellness coaching by phone, many of which are offered at no cost.



online access anytime, anywhere

It's easy to stay involved in your care. Use your computer or mobile device to view most lab test results, refill most prescriptions, and more. And when you visit our Kaiser Permanente Briargate or Pueblo North medical office, you can email you doctor and schedule routine appointments online. *



healthier tomorrows

Every decision starts with what's best for you. That's why our high-quality care for conditions like cancer, heart disease, and diabetes leads to better outcomes and healthier tomorrows.

kp.org

* Note: Some features discussed in this book are available only to members receiving care at Kaiser Permanente medical offices.

Your partner in good health

Nationwide, more than 9 million people turn to us as their trusted partner in total health. Take a look, and you'll see why Kaiser Permanente is a better choice.



The power to choose

With many great doctors and convenient facilities, it's easier to get the care you need when and where you want it. You can choose from a provider at a Kaiser Permanente medical office, from any of the network providers within the Southern Colorado service area, or both. That means you may be able to keep the doctor you already have.*



Excellent care

You're at the center of everything we do, which is why the personalized care you get leads to healthier tomorrows. Our board-certified specialists and multidisciplinary care teams are pioneering new ways to prevent, detect, and treat illness.



Your health. Your way.

We're always here when you need us, however you need us — in person, by phone, or online. With convenient online and mobile tools, you can manage your family's health care anytime, anywhere.



Healthy extras

We're not your typical health care provider. We partner with you so you have the knowledge and resources to manage your health — inside and outside the doctor's office. We also partner with communities, through farmers markets, fitness events, and other programs.

* Please see the network provider directory for a list of providers included in your plan.

To learn more about Kaiser Permanente, visit [kp.org](https://www.kp.org).



The power to choose

Stay in charge of your health. It's simple to make smart choices when you have great doctors and convenient facilities.



Your choice of top doctors

You have a wide selection of skilled doctors¹ that you can choose from and change anytime, for any reason.

Our doctors:

- Are board certified physicians, you'll know you have a doctor you can trust.
- Work hand-in-hand with your entire care team and focus only on delivering the care you need.
- Care about their patients and love what they do.



Under-one-roof access when you visit a Kaiser Permanente medical office

Save time and avoid driving all over town for care. The Kaiser Permanente Briargate, Pueblo North, and coming soon in 2015 Parkside medical offices, offer multiple services under one roof. You can see your doctor, get a lab test or an X-ray, and pick up your medications — all without leaving the building. And when you get care with fewer delays, you can get better faster too.



Extra conveniences

- Email your Kaiser Permanente doctor with routine questions.
- Refill most prescriptions online with free shipping.
- Make routine appointments at our Kaiser Permanente Briargate or Pueblo North medical offices with a call or click and view most test results online.
- Call an advice nurse with access to your health information, 24/7.
- Travel freely; you're covered for emergency care worldwide.

Hear and see examples of how Kaiser Permanente has helped different members at kp.org/kpcarestories.

Your electronic health record brings it all together when you visit a Kaiser Permanente medical office

Your doctor's office

Your record gets updated with each visit to a Kaiser Permanente medical office, so it's always current.

Pharmacy, lab, X-ray

When you go to a Kaiser Permanente medical office, there is no need for paperwork — your doctor's orders are already there.



Your health. Your way.

We're always here when you need us, however you need us. You get many services under one roof at most of our locations and can call an advice nurse 24/7. Online or through mobile, you can manage your family's health needs anytime, anywhere.



It's easy to stay connected

Members registered on kp.org have secure access to My Health Manager, the online tool that helps you manage your family's health care anytime, anywhere.

With My Health Manager, you can:

- Email your Kaiser Permanente doctor's office with routine questions and schedule or cancel routine appointments.
- Refill most prescriptions and view most lab test results.



A website full of healthy ideas

Get informed and inspired on our award-winning website, kp.org. Take charge of your health with articles, wellness topics, and health calculators. Our music channels, podcasts, fitness videos, and recipes from world-class chefs can help you find new and interesting ways to live well and thrive.



Good health on the go

Manage your care at home, work, or play with our mobile app, which puts all the convenient features of My Health Manager right in the palm of your hand. You can download the free Kaiser Permanente app from the App StoreSM or Google Play[®].

App Store is a service mark of Apple, Inc., and Google Play is a trademark of Google, Inc.

For a guided tour of My Health Manager, visit kp.org/myhealthmanagertour.

Top reasons to join Kaiser Permanente

You can choose
and change your doctor
anytime, for any reason.¹

Excellent care
for conditions like cancer,
heart disease, and diabetes,
leads to healthier tomorrows.



Healthy extras

Good health starts with helpful information and resources. That's why you get lots of healthy extras that can help you stay educated on ways to live healthier in mind, body, and spirit.



Learn something new

Fit wellness into your schedule, no matter how busy you are. With the many health classes offered at our facilities, there's something for everyone. Try classes on yoga, eating well, ongoing health conditions, and much more. Classes vary by location and some may require a fee.



Fresh food in your community

Eating well is easier when you bring home fresh food from our sponsored farmers markets. They're conveniently located around Southern Colorado, so you can pick up some healthy fruits and veggies.



Maximize your health

Our personalized online wellness programs can help you lose weight, stay active, reduce stress, sleep better, stop smoking, and much more. You can also download the free Every Body Walk! app for your smartphone or mobile device from the App Store or Google Play. It's a fun, interactive tool to help you create and maintain a daily walking routine.

Find tools, tips, and information for living well at kp.org/livewell.

Under-one-roof convenience

and care online or by phone, means you can manage your health needs anytime, anywhere when you visit a Kaiser Permanente medical office.

Healthy extras

like on-site classes* and wellness coaching by phone, help you stay well.

*Some classes may require a fee.

Experience the Kaiser Permanente difference

The experience...	At Kaiser Permanente medical offices*
<p>Choosing your doctor</p> 	<p><input checked="" type="checkbox"/> You can research and choose your doctor on kp.org. Switch anytime.¹</p>
<p>Getting care in your language</p> 	<p><input checked="" type="checkbox"/> We have multilingual doctors and staff, and we offer interpretation services by phone in 140+ languages.</p>
<p>Your health. Your way.</p> 	<p><input checked="" type="checkbox"/> For minor concerns, you can request a phone appointment or email your Kaiser Permanente doctor's office with routine questions.</p>
<p>24/7 advice nurse</p> 	<p><input checked="" type="checkbox"/> Specially trained, local Kaiser Permanente nurses can offer medical advice by phone, 24/7.</p>
<p>Visiting a specialist</p> 	<p><input checked="" type="checkbox"/> Your Kaiser Permanente specialist has already reviewed your information via your electronic health record.</p>
<p>Making an appointment</p> 	<p><input checked="" type="checkbox"/> Schedule routine appointments at a Kaiser Permanente medical office from your computer or mobile device.</p>
<p>During your visit</p> 	<p><input checked="" type="checkbox"/> Your Kaiser Permanente doctor can easily access your medical history and prescriptions through your electronic health record.</p>
<p>Recalling your doctor's instructions</p> 	<p><input checked="" type="checkbox"/> View your past visit details, and most Kaiser Permanente lab test results online, whenever you want.</p>
<p>Asking routine questions without a visit</p> 	<p><input checked="" type="checkbox"/> You can email your Kaiser Permanente doctor's office, and get a reply within 48 hours — sometimes sooner.</p>
<p>Leaders in prevention</p> 	<p><input checked="" type="checkbox"/> We're committed to preventive care and overall wellness. To help keep you from getting sick in the first place, we provide routine appointments, preventive screenings, wellness programs, and much more.^{2,3}</p>

*These features are available when you receive care at Kaiser Permanente facilities.

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It's time to choose better

Learn more about Kaiser Permanente at kp.org or call our Member Service Contact Center, Mon-Fri, 8a.m. to 5 p.m. (closed holidays).

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**

In addition to our comprehensive network of local providers¹, Kaiser Permanente has medical offices located in Southern Colorado:

Briargate Medical Offices

4105 Briargate Pkwy, Suite 125
Colorado Springs, CO 80920

719-282-2533

- Primary care
- Specialty care: allergy, dermatology
- Audiology and hearing aid center, lab, medical imaging services, optical, dietitian services, infusion services, sleep apnea, supportive care services, and pharmacy

Coming soon in 2015:

Parkside Medical Offices

215 Parkside Drive
Colorado Springs, CO 80910

- Primary care
- Specialty care
- Lab, medical imaging services, and pharmacy

Pueblo North Medical Offices

3670 Parker Boulevard, Suite 200
Pueblo, CO 81008

719-595-5755

- Family medicine
- Internal medicine
- Lab, medical imaging services, sleep apnea, supportive care services, and pharmacy

- ¹ Please see the network provider directory for a list of providers included in your plan.
- Ratings based on Breast Cancer Screening, Cervical Cancer Screening, Colorectal Cancer Screening, and Controlling High Blood Pressure 2012 ratings for commercial and Medicare plans from the Healthcare Effectiveness Data and Information Set (HEDIS) published by the National Committee for Quality Assurance. For more information, visit ncqa.org.
- Kaiser Permanente program average is the weighted average of each regional health plan's screening date and its eligible population.



Kaiser Foundation Health Plan, Inc.
1975 Research Parkway, Suite 250
Colorado Springs, CO 80920

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