Disclosure Form Part One

233977 PRISM - CSURMA SOUTH Home Region: Southern California

1/1/23 through 12/31/23

Principal benefits for Kaiser Permanente Traditional HMO Plan

Accumulation Period

The Accumulation Period for this plan is January 1 through December 31.

Out-of-Pocket Maximums and Deductibles

For Services that apply to the Plan Out-of-Pocket Maximum, you will not pay any more Cost Share for the rest of the Accumulation Period once you have reached the amounts listed below.

	Self-Only Coverage	Family Coverage	Family Coverage	
Amounts Per Accumulation Period	(a Family of one Member)	Each Member in a Family	Entire Family of two or	
	,	of two or more Members	more Members	
Plan Out-of-Pocket Maximum	\$1,500	\$1,500	\$3,000	
Plan Deductible	None	None	None	
Drug Deductible	None	None	None	
Plan Provider Office Visits You Pay				
Most Primary Care Visits and most No	n-Physician Specialist Visits	\$15 per visit		
Most Physician Specialist Visits				
Routine physical maintenance exams,				
Well-child preventive exams (through age 23 months)				
Scheduled prenatal care exams				
Routine eye exams with a Plan Optometrist				
Urgent care consultations, evaluations, and treatment				
Most physical, occupational, and speech therapy		\$15 per visit		
Telehealth Visits		You Pay		
Primary Care Visits and Non-Physician				
video		No charge	No charge	
Physician Specialist Visits by interactive video			No charge	
Primary Care Visits and Non-Physician Specialist Visits by telephone				
Physician Specialist Visits by telephone	e	No charge		
Outpatient Services		You Pay		
Outpatient surgery and certain other or				
Most immunizations (including the vaccine)				
Most X-rays and laboratory tests		No charge		
Hospitalization Services		You Pay		
Room and board, surgery, anesthesia,				
drugs		<u> </u>		
Emergency Health Coverage			You Pay	
Emergency Department visits				
instead of the Emergency Department Cost Share (see "Hospitalization Services" for inpatient Cost Share)				
A 1 - 1 0 1	` '	You Pay	,	
Ambulance Services		\$100 per trip		
Prescription Drug Coverage		You Pay		
Covered outpatient items in accord with	h our drug formulary guidelir	ies:		
Most generic items (Tier 1) at a Plan Pharmacy		\$10 for up to a 30-day s		
Most generic (Tier 1) refills through o		\$20 for up to a 100-day		
Most brand-name items (Tier 2) at a Plan Pharmacy			\$30 for up to a 30-day supply	
Most brand-name (Tier 2) refills throu	igh our mail-order service	\$60 for up to a 100-day		
Most specialty items (Tier 4) at a Pla	n Pharmacy	20% Coinsurance (not t	20% Coinsurance (not to exceed \$150) for up to a	
, ,	·	30-day supply	, ,	
Durable Medical Equipment (DME)		You Pay		
DME items as described in the EOC		20% Coinsurance		
Mental Health Services		You Pay		
Inpatient psychiatric hospitalization		No charge		

Disclosure Form Part One		(continued)
Mental Health Services	You Pay	
Individual outpatient mental health evaluation and treatment Group outpatient mental health treatment		
Substance Use Disorder Treatment	You Pay	
Inpatient detoxification Individual outpatient substance use disorder evaluation and treatment Group outpatient substance use disorder treatment	No charge \$15 per visit \$5 per visit	
Home Health Services	You Pay	
Home health care (up to 100 visits per Accumulation Period)	No charge	
Other	You Pay	
Eyeglasses or contact lenses every 24 months		
EOC	see EOC for Cost Share	
Assisted reproductive technology ("ART") Services Hospice care	Not covered No charge	

This is a summary of the most frequently asked-about benefits. This chart does not explain benefits, Cost Share, out-of-pocket maximums, exclusions, or limitations, nor does it list all benefits and Cost Share amounts. For a complete explanation, please refer to the *EOC*. Please note that we provide all benefits required by law (for example, diabetes testing supplies).







The Active&Fit Direct™ program allows you to choose from 10,000+ participating fitness centers nationwide for \$25 a month (plus a \$25 enrollment fee and applicable taxes).

The program offers:

- Online directory maps and locator for fitness centers (available on any device)
- A free guest pass to try out a fitness center before enrolling (where available)
- The option to switch fitness centers to make sure you find the right fit
- Online fitness tracking from a wide variety of popular wearable fitness devices, apps, and exercise equipment

S25
A MONTH

10,000+ FITNESS CENTERS

Active&Fit

Learn more: kp.org/choosehealthy



Feeling overwhelmed? Tap into the power of self-care.

Adult members can download 2 popular apps at kp.org/selfcareapps

These apps can help you build resilience, set goals, and take meaningful steps toward becoming healthier and happier. Choose the areas you want to focus on – including managing depression, reducing stress, improving sleep, and more.

- ✓ Evidence-based and proven effective
- Hand-picked by Kaiser Permanente physicians
- Confidential and easy to use



Calm

Calm is an app for daily use that uses meditation and mindfulness to help lower stress, reduce anxiety, and improve sleep quality. With guided meditations, programs taught by world-renowned experts, sleep stories narrated by celebrities, mindful movement videos, and more, Calm offers something for everyone.



myStrength

myStrength offers personalized programs with interactive activities, daily health trackers to monitor and maintain your progress, in-the-moment coping tools, and more. It's designed to help you set goals and work toward them in ways that work for you – by making positive changes that support your mental, emotional, and overall well-being.

 $\label{thm:condition} my Strength \mbox{$^{\$}$ is a trademark of Livongo Health, Inc., a wholly owned subsidiary of Teladoc Health, Inc.}$

Get the apps at **kp.org/selfcareapps**.

The services described above are not covered under your health plan benefits and are not 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.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101

