

Kaiser Permanente Senior Advantage

Ask us about health

This brochure provides a general overview of Kaiser Permanente. For specific information about benefits, copayments, limitations, and services, please refer to your *Summary of Benefits* and your *Membership Agreement* or *Evidence of Coverage*. Still have questions? Please give us a call at **1-800-509-7570** or visit us online at **kaiserpermanente.org**.

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We believe health is much more than not being sick.

**It's an attitude. A philosophy. A way of life.**

You might find that surprising coming from a health care company. But not if you were a member of Kaiser Permanente. Because then you'd know how we can help you live life to the fullest. So you can thrive.

### About Kaiser Permanente Senior Advantage\*

Our Senior Advantage health plan combines your Medicare coverage and Kaiser Permanente coverage in one. This means more benefits, more convenience, and more services than traditional Medicare.

\*Anyone entitled to Medicare Part A and/or Medicare Part B, including those under age 65 entitled on the basis of Social Security disability, can enroll in Kaiser Permanente Senior Advantage. Enrolled members must continue to pay their Medicare premiums and use Kaiser Permanente plan providers for routine, primary, and specialty care. Kaiser Permanente is a Medicare Advantage organization with a Medicare contract.

**Ask us:** We say health today is all about **feeling good**, in every way. Taking care





## Take a look at our plan for your well-being

Your personal physician guides your medical care and provides most of your primary care needs to help you achieve good health and stay healthy. Your personal doctor also coordinates any care you might need from a specialist, such as a cardiologist or oncologist. Having your own physician—one doctor who knows you and your medical history—helps you get the kind of care you can count on.

If you're not sure if you need to see a doctor for a specific health issue, the nurses at our Advice Line can help you decide. They can also direct you to the appropriate place to receive care. Many of our locations have several services all under one roof—primary care, lab, X-ray, pharmacy, and more—so you often don't have to make extra trips. And when you're away from home, you're covered for emergency or urgent care—anywhere in the world.

of ourselves, **staying balanced,** physically, mentally, emotionally. **Knowing**

### Prevention and education

We help you stay healthy with regular physical exams given by your personal physician or a health care professional on his or her team. You'll get immunizations to help prevent diseases and screenings to help detect health problems before they become serious.

With our health education classes and programs, you can learn how to lower your cholesterol, manage your arthritis, quit smoking, reduce stress, and more. We also offer weight management and yoga classes.

Most classes are available at no cost or for a small fee. Plus, with our Silver Sneakers Fitness Program\*, you'll enjoy basic membership at participating health clubs and fitness facilities, including exercise classes designed for seniors.

\*Silver Sneakers is available with select Senior Advantage plans.

### Health information

Get valuable information on hundreds of health topics anytime—headaches, allergies, cold and flu, high blood pressure, and more—by calling the Kaiser Permanente Healthphone system. *Healthwise® for Life* is a useful self-care guide to more than 200 health problems, and our *Rocky Mountain Health* magazine keeps you up-to-date on the latest wellness tips and medical news. On our Web site at [kaiserpermanente.org](http://kaiserpermanente.org), you'll find great resources, including health calculators, health and drug encyclopedias, featured health topics, and more.

### Online services

There's a lot more you can do online—schedule routine appointments, order prescription refills, and look up doctors, medical office locations, and health classes nearby—all from the comfort of your home, 24 hours a day.



how to do it. **Making good choices. Ask us.** We choose Kaiser Permanente.

**Better health. Better life.**

Because we offer so many paths to better health, you get more than just health care. It's life care, really—care for the whole you. **So you can thrive.**

To join Kaiser Permanente Senior Advantage or if you have any questions, please call us at:

Mon.–Fri., 8 a.m.–5 p.m.  
1-800-509-7570

For the hearing and speech impaired  
1-800-659-2656 (TTY)

[kaiserpermanente.org](http://kaiserpermanente.org)