

Disclosure Form Part One

35995/128742 ACWA JPIA

**Principal Benefits for
Kaiser Permanente Senior Advantage (HMO) with Part D (1/1/23—12/31/23)**

Plan Out-of-Pocket Maximum

For Services subject to the maximum, you will not pay any more Cost Share for the rest of the calendar year if the Copayments and Coinsurance you pay for those Services add up to the following amount:

For any one Member \$1,000 per calendar year

Plan Deductible None

Professional Services (Plan Provider office visits) **You Pay**

Most Primary Care Visits and most Non-Physician Specialist Visits \$20 per visit

Most Physician Specialist Visits \$20 per visit

Annual Wellness visit and the “Welcome to Medicare” preventive visit No charge

Routine physical exams No charge

Routine eye exams with a Plan Optometrist \$20 per visit

Urgent care consultations, evaluations, and treatment \$20 per visit

Physical, occupational, and speech therapy \$20 per visit

Telehealth Visits **You Pay**

Primary Care Visits and Non-Physician Specialist Visits by interactive video No charge

Physician Specialist Visits by interactive video No charge

Primary Care Visits and Non-Physician Specialist Visits by telephone No charge

Physician Specialist Visits by telephone No charge

Outpatient Services **You Pay**

Outpatient surgery and certain other outpatient procedures \$20 per procedure

Most immunizations (including the vaccine) No charge

Most X-rays and laboratory tests No charge

Manual manipulation of the spine \$20 per visit

Hospitalization Services **You Pay**

Room and board, surgery, anesthesia, X-rays, laboratory tests, and drugs No charge

Emergency Health Coverage **You Pay**

Emergency Department visits \$50 per visit

Note: If you are admitted directly to the hospital as an inpatient for covered Services, you will pay the inpatient Cost Share instead of the Emergency Department Cost Share (see “Hospitalization Services” for inpatient Cost Share)

Ambulance and Transportation Services **You Pay**

Ambulance Services No charge

Other transportation Services when provided by our designated transportation provider as described in this EOC No charge for up to 24 one-way trips (50 miles per trip) per calendar year

Prescription Drug Coverage	You Pay
Covered outpatient items in accord with our drug formulary guidelines:	
Most generic items at a Plan Pharmacy.....	\$10 for up to a 30-day supply, \$20 for a 31- to 60-day supply, or \$30 for a 61- to 100-day supply
Most generic refills through our mail-order service	\$10 for up to a 30-day supply or \$20 for a 31- to 100-day supply
Most brand-name items at a Plan Pharmacy	\$25 for up to a 30-day supply, \$50 for a 31- to 60-day supply, or \$75 for a 61- to 100-day supply
Most brand-name refills through our mail-order service	\$25 for up to a 30-day supply or \$50 for a 31- to 100-day supply

Durable Medical Equipment (DME)	You Pay
Covered durable medical equipment for home use	No charge

Mental Health Services	You Pay
Inpatient psychiatric hospitalization	No charge
Individual outpatient mental health evaluation and treatment.....	\$20 per visit
Group outpatient mental health treatment	\$10 per visit

Substance Use Disorder Treatment	You Pay
Inpatient detoxification.....	No charge
Individual outpatient substance use disorder evaluation and treatment	\$20 per visit
Group outpatient substance use disorder treatment.....	\$5 per visit

Home Health Services	You Pay
Home health care (part-time, intermittent)	No charge

Other	You Pay
Eyeglasses or contact lenses every 24 months.....	Amount in excess of \$150 Allowance
Skilled nursing facility care (up to 100 days per benefit period).....	No charge
External prosthetic and orthotic devices	No charge
Meals delivered to your home following discharge from a hospital or Skilled Nursing Facility	No charge up to three meals per day in a consecutive four-week period, once per calendar year
Over-the-Counter (OTC) Health and Wellness products obtained through our OTC catalog	No charge for a quarterly benefit limit of \$70

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 additional information, please refer to the *Summary of Benefits* booklet enclosed; for a complete explanation, refer to the *EOC*.

The **Silver&Fit**[®] Healthy Aging and Exercise Program

2022 | Personalized fitness plans to keep you healthy



Join the **Silver&Fit**[®] Healthy Aging and Exercise Program

You don't have to be a lifelong athlete to be active as an older adult. The Silver&Fit[®] Healthy Aging and Exercise Program makes it easier for you to get fit and stay motivated – at no extra cost.^{1,2}

Get started in 3 simple steps



Step 1:

Become a member in our Medicare health plan

When you enroll in a Kaiser Permanente Medicare health plan, you're automatically eligible for the Silver&Fit program.¹



Step 2:

Choose how you'd like to work out

The Silver&Fit program offers different ways to exercise – see descriptions on the next page. Pick the one that's right for you based on how and where you like to work out – or choose both options for added flexibility.



Step 3:

Sign up

Register at **SilverandFit.com** or call **1-877-750-2746** (TTY **711**), Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

Choose how you'd like to work out



Digital and home fitness choices

If you enjoy working out at home or can't go to a fitness center, this option is for you.

Each calendar year, you can choose one Home Fitness Fit from Fitbit® or Garmin® Wearable Fitness Tracker, Yoga, Strength, Pilates, or Swim Kit options.^{3,4} You also have access to digital workout videos and Signature Series classes at SilverandFit.com, the Get Started program for a personal exercise plan, or you can join a live exercise class on the Silver&Fit Facebook and YouTube pages.



Fitness membership choices

With this option, you can pick a fitness center or select YMCA from the Silver&Fit program's broad network of participating locations.⁵

Where available, you can:

- Work out with cardiovascular and strength-training equipment
- Access special features such as saunas, pools, and whirlpools
- Attend Silver&Fit classes, including yoga, swimming, strength and cardio training, and more²

Healthy extras

No matter what you choose, you'll have access to the following perks:

Member resources

Find answers to common questions about aging and take advantage of health tips and materials available at SilverandFit.com. Topics include:

- The aging process and your body
- Exercise and fitness
- Medical services
- Relaxation and meditation
- Social support and community involvement

Social activities

Join your fellow Silver&Fit members at community events (where available). Or join in with digital workout videos. Just download the Silver&Fit ASHConnect mobile app to access thousands of digital workouts so you can exercise when and where you want.

Newsletter

Get motivated with **The Silver Slate®**, a quarterly newsletter filled with wellness tips to keep you committed to healthy living. Get it via email or view it online.

Rewards program

With the Silver&Fit Connected!TM tool, you can use your smartphone or wearable fitness device to track your progress and earn rewards, including a Silver&Fit hat and collectible pins.^{3,4}



Contact us

Have questions?

We're here to help. Call Member Services today.

Hawaii: 1-800-805-2739 (TTY 711)

7 days a week, 8 a.m. to 8 p.m. Hawaii time

Mid-Atlantic States: 1-888-777-5536 (TTY 711)

7 days a week, 8 a.m. to 8 p.m. Eastern time

Northwest: 1-877-221-8221 (TTY 711)

7 days a week, 8 a.m. to 8 p.m. Pacific time

¹In Maryland and the District of Columbia, the Silver&Fit program is not available to members with the following plans: Kaiser Permanente Medicare Advantage (HMO) Value Balt plan, Kaiser Permanente Medicare Advantage (HMO) Value MD plan, and Kaiser Permanente Medicare Advantage (HMO) Value DC plan.

²Classes at some fitness centers may require additional fees that aren't included in your membership.

³Home Fitness Kits are subject to change.

⁴Purchase of a wearable fitness tracker or app may be required and is not reimbursable by the Silver&Fit program. Rewards are subject to change.

⁵In Hawaii, member have access to the buy-up Premium Fitness Network. Fees vary by Premium fitness location.

The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). The Silver&Fit program is available to current members of participating Kaiser Permanente Group Medicare health plans.

All programs and services are not available in all areas. Check the searchable directory on the Silver&Fit website to see if your location participates in the program. Silver&Fit, The Silver Slate, and Silver&Fit Connected! are trademarks of ASH and used with permission herein. Other names and logos may be trademarks of their respective owners.

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.