4621 BOSTON

POSTAGE WILL BE PAID BY ADDRESSEE

**NEGATIVE GRAPHICS** 

ANHAM MD 20706-9906





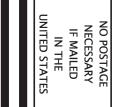
### IF YOU CHOOSE A PERSONAL PHYSICIAN LOCATED AT ONE OF OUR MEDICAL CENTERS, YOU CAN EXPECT QUALITY, COORDINATED CARE

- Our physicians have access to your electronic medical record whenever you get care at a Kaiser Permanente facility.
- Your personal physician can review your test results and quickly refer you to the services you need.
- You can have appointments scheduled with specialists before you leave your personal physician's office.
- We track your care and remind you when you need an exam or screening.

### **ADDITIONAL BENEFITS**

- No pharmacy copayments
- Adult dental care
- ► Oral exams and cleanings twice a year
- ► Limited X-rays
- ► Limited fillings
- ► Limited extractions
- Adult vision care
- ► One eye exam per year
- ► One pair of glasses every two years













### WE'LL HELP YOU TAKE CHARGE OF YOUR OWN HEALTH

- We offer online access through kp.org by computer or smartphone—so you can:
- ► Order medications
- ► Make appointments
- ► See certain lab results
- ► Email your personal physician
- We provide classes and programs for you and your family, such as:
- ▶ Prenatal care and breastfeeding
- ▶ Healthy living
- We partner with our patients in managing care, whether you're having a baby or living with a chronic condition like diabetes or high cholesterol.

HealthChoice is a program of the Maryland Department of Health.

Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color national origin, age, disability, or sex.

Español (Spanish) ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-777-7902 (TTY: 711).

中文 (Chinese) 注意:如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 800-777-7902 (TTY: 711) o

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### SPEEDY ACCESS TO TOP DOCTORS

- In many cases, have same-day visits with your personal physician for urgent medical needs.
- 24/7 access to Permanente physicians.
- 4 out of 10 specialty referrals are scheduled on the same or next day.
- Many Permanente physicians are recognized as Top Doctors by Washingtonian magazine (2018), Baltimore magazine (2018), and other publications.
- Reminders from your personal physician when you are due for an exam or screening.

# KEEPING YOU HEALTHY WITH QUALITY CARE

We lead the nation in cervical cancer screenings and management of diabetes and high blood pressure.\*

### WE KEEP IT SIMPLE AND CONVENIENT

- 20 locations in Maryland and Washington, DC.
- One-stop care—lab, X-ray, and pharmacy services located at the same medical centers as our Permanente physicians.
- 9 Urgent Care centers in Maryland and Washington, DC—4 open 24/7—to help you avoid the emergency room.
- 24/7 medical advice line staffed by registered nurses.
- Option to have certain medications mailed to your home for \$0 shipping.
- Access to video visits with Permanente physicians for certain conditions.



# KAISER PERMANENTE MEDICAL FACILITIES

### Maryland

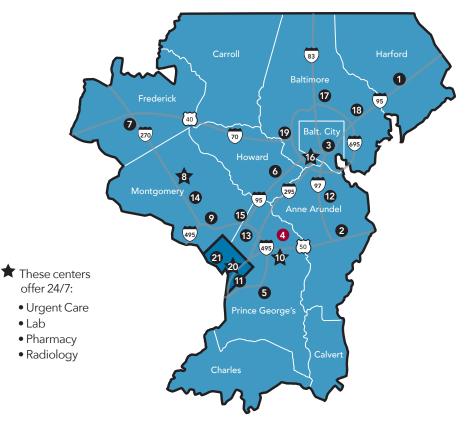
- 1 Abingdon Medical Center
- 2 Annapolis Medical Center
- **3** Kaiser Permanente Baltimore Harbor Medical Center
- **4 OPENING 2021**

Bowie Fairwood Medical Center

- 5 Camp Springs Medical Center
- 6 Columbia Gateway Medical Center
- 7 Kaiser Permanente Frederick Medical Center
- 8 Gaithersburg Medical Center
- 9 Kensington Medical Center
- 10 Largo Medical Center
- 11 Marlow Heights Medical Center
- 12 North Arundel Medical Center
- 13 Prince George's Medical Center
- 14 Shady Grove Medical Center
- 15 Silver Spring Medical Center
- **16** South Baltimore County Medical Center
- 17 Towson Medical Center
- 18 White Marsh Medical Center
- 19 Woodlawn Medical Center

## Washington, DC

- 20 Kaiser Permanente Capitol Hill Medical Center
- 21 Northwest DC Medical Office Building



Please check kp.org/facilities for the most up-to-date listing of the services located at Kaiser Permanente medical centers.

# SEND ME MORE INFORMATION ABOUT KAISER PERMANENTE

Phone number \_\_\_\_\_

— В В Street address

<sup>\*</sup>The source for data contained in this publication is Quality Compass 2019 and is used with the permission of NCQA. Quality Compass 2019 includes certain CAHPS® data. Any data display, analysis, interpretation, or conclusion based on these data is solely that of the authors, and NCQA specifically disclaims responsibility for any such display, analysis, interpretation, or conclusion. Quality Compass® and HEDIS® are registered trademarks of NCQA. CAHPS® is a registered trademark of the Agency for Healthcare Research and Quality.