

2026 Open Enrollment

Health care that just works



Combined care and coverage is everything

When all your needs are handled under one plan, you get:

- **Seamless in-person and virtual care**
- **Support for your mental health and wellness**
- **24/7 access to care wherever you are**
- **High-quality preventive, primary, and specialty care**



Seamless in-person and virtual care

Use the Kaiser Permanente app to manage your care wherever you are.



Get 24/7 virtual care.



Email your care team with nonurgent questions anytime.



View most lab results and doctor's notes.



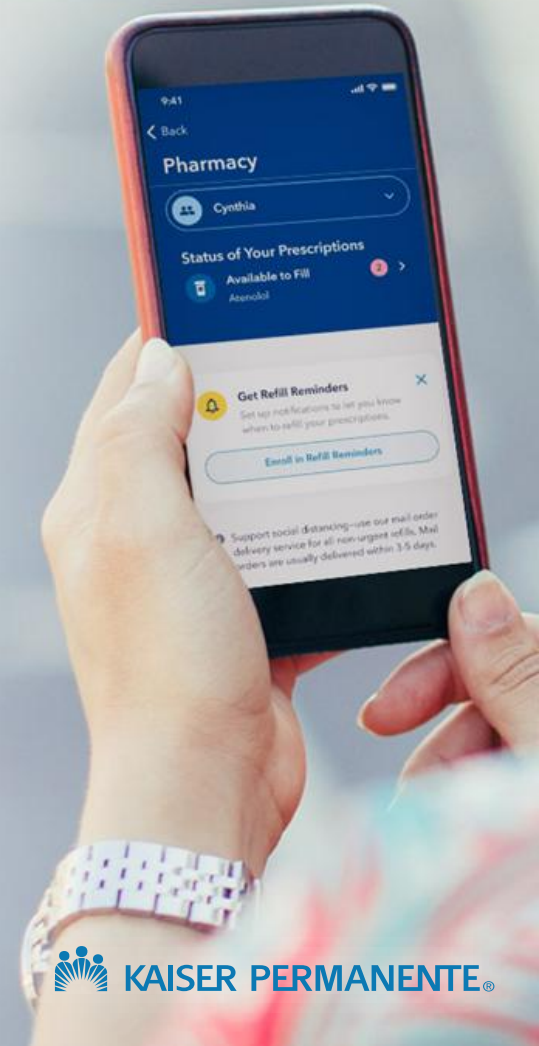
Refill most prescriptions.



Schedule and check in for appointments.



Pay bills and view statements.



We guide you every step of the way

Your electronic health record is available to you and your care team 24/7. Your care team guides you through appointments and referrals, and lets you know when to schedule checkups and tests.

Health care that moves with you



In-person care close to home

- A national network of locations, doctors, and specialists
- Timely primary care appointments and lab results



Mail-order pharmacy

- One-tap refills and automated reminders
- Same-day pickup and delivery for most prescriptions^{1,2}



Care while traveling

- Coverage for urgent and emergency care anywhere in the world
- 24/7 care by phone or online across the U.S.³

1. Not all prescriptions can be mailed, restrictions may apply. Please check with your local pharmacy. 2. Same-day and next-day prescription delivery services may be available for an additional fee. These services aren't covered under your health plan benefits and may be limited to specific prescription drugs, pharmacies, and areas. Order cutoff times and delivery days may vary by pharmacy location. Kaiser Permanente isn't responsible for delivery delays by mail carriers. Kaiser Permanente may discontinue same-day and next-day prescription delivery services at any time without notice and other restrictions may apply. Medi-Cal and Medicaid beneficiaries should ask their pharmacy for more information about prescription delivery. 3. When appropriate and available. If you travel out of state, phone appointments and video visits may not be available in select states due to licensing laws. Laws differ by state.



Support for your mind and body



For your mental and emotional health

- Access to licensed therapists, self-care apps,¹ and wellness coaching
- 24/7 emotional support



For your physical fitness and lifestyle

- In-person and online health classes²
- Wellness coaching by phone

¹. The apps and services described above are not covered under your health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. The apps and services may be discontinued at any time. ². Some classes may require a fee.



Self-care apps for emotional wellness

Get help with anxiety, stress, sleep, mood, and more — 24/7, at no cost to Kaiser Permanente members.



Calm is the number one app for sleep, meditation, and relaxation*



Headspace provides live text-based emotional support coaching and hundreds of self-guided resources

*Calm is the number one app for sleep, meditation, and relaxation. Learn more at calm.com/blog/about.



Visit kp.org/selfcareapps to get started

One Pass Select

Affinity Members get access:

Provided by **Optum**

Fitness networks

19,000+ gym locations and boutique studios with unlimited access to all locations within selected tier

Digital solutions

23,000+ on-demand and livestreaming fitness classes through web, app, and TV — plus AI workout builder tool

Healthy meal delivery

Groceries and household essentials delivered directly to your employees' doors

Digital (24K+)	Classic (12K+)	Standard (14K+)	Premium (15K+)	Elite (19K)
DAILY BURN	LAIFITNESS	CYCLEBAR	pure barre	LIFETIME HEALTHY WAY OF LIFE
fitbit premium	planet fitness	ROWHOUSE	CRUNCH FITNESS	F45
yogaworks	ANYTIME FITNESS		RUMBLE	9R
VOLT	SNAP FITNESS 24-7		barre 3	STRETCH LAB
FITNESS ON DEMAND	EOS FITNESS		YOGASIX	TITLE
FAN HUDDLE				Orangetheory FITNESS
				CLUB PILATES*

Category	Digital	Classic	Standard	Premium	Elite
Monthly member fee	\$10	\$34	\$69	\$109	\$249
One-time member enrollment fee	\$10	\$29	\$29	\$29	\$29

kp.org/exercise

Plan benefits

Kaiser Permanente Traditional HMO Plan

7/1/26 through 6/30/27

This table shows an example of some of your group's benefits.*

Yearly deductible	None
Maximum yearly out-of-pocket costs	\$1,500 individual / \$3,000 family
Covered services	You pay
Preventive care	No charge
Doctor's office visit / Urgent Care	No charge
Physician Specialist visit	No charge
Telehealth	No charge
Lab tests and radiology	No charge
Outpatient surgery	No charge
Hospitalization	No charge
Emergency care	No charge
Prescribed medications (100-day supply)	Generic: \$5 copay at a plan pharmacy or mail-order Brand: \$5 copay at a plan pharmacy or mail-order Specialty: \$5 copay at a plan pharmacy for up to a 30- day supply

*This is a summary of some benefits and their copays and coinsurance. For specific information about your covered health plan benefits, limitations, and exclusions, including those not listed in this summary, please see your *Evidence of Coverage*.

Complete care to help you live a fuller, healthier life



Explore your plan options at choose.kp.org/ladwp.

Talk to an enrollment specialist:

1-800-514-0985 (TTY 711)

Monday through Friday, 7 a.m. to 6 p.m. Pacific time



