



How is a traditional Kaiser Permanente health plan different from most PPO plans?

If you used to have a PPO plan and have switched to a traditional Kaiser Permanente plan, you may notice some differences in how you get care. We want to make sure you know how your new plan works so you can use all the resources available to you.

With your previous PPO plan

You probably had a wide range of choices for getting care. Most PPO plans let you to choose any doctor you want—either a doctor in a network of participating providers or a licensed non-participating provider.

These plans offer a lot of flexibility, but costs may be higher depending on where you choose to go. There's often a deductible to reach before you start paying copays or coinsurance for most covered services. And compared to most Kaiser Permanente members, people in PPO plans usually have more paperwork to fill out, like filing claims. They may also need to be more responsible for coordinating lab, X-ray, and specialty care.

With your traditional Kaiser Permanente plan

With Kaiser Permanente, your care and coverage work together, giving you the information and support you need to live healthy. You get a wide choice of [great doctors](#), [quality care](#), and [convenient locations](#)—all together in one convenient package. Most of our locations offer pharmacy, lab, and X-ray services under one roof, so you can do more and drive less.

Once you choose your personal doctor, he or she coordinates your care with our nurses, specialists, and other health care professionals. When you get care at Kaiser Permanente locations, your care team is connected to your electronic health record. This helps them work together to give you personalized care that's right for you.

For certain specialties, like obstetrics-gynecology, optometry, and psychiatry, you don't even need a referral from your doctor—just call to set up an appointment.

My Health Manager puts you in control

Because everything is so connected, you also get helpful resources like [My Health Manager](#) at [kp.org](#). This suite of online tools makes it easy for you to stay on top of your care at Kaiser Permanente locations—24 hours a day, 7 days a week. You can:

- Email your doctor's office.
- Schedule routine appointments.
- Refill most prescriptions.
- View most lab test results.
- See recent office visits and immunization records.
- View, track, and pay bills.
- Check your benefits information.

Learn more about these [online resources](#) at [kp.org/orangecounty](#)—and start using them to manage your health with your computer, smartphone, or mobile device.

[kp.org/orangecounty](#)