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.

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

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2019AD2263 MAS 12/1/19-12/1/20
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