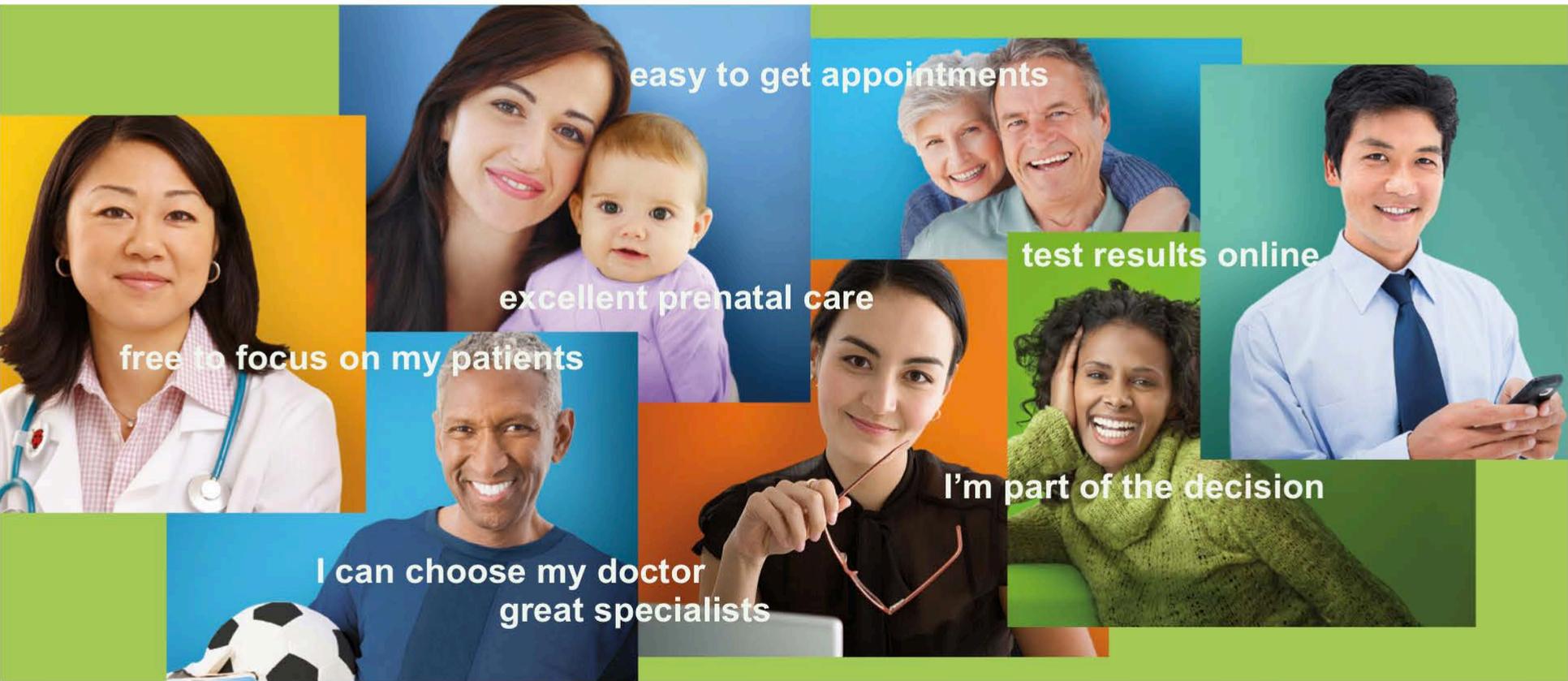


# BETTER INFORMED. BETTER TOGETHER.

## County of San Bernardino – Early Retirees





# A better way to get and stay healthy



What you want,  
when you need it



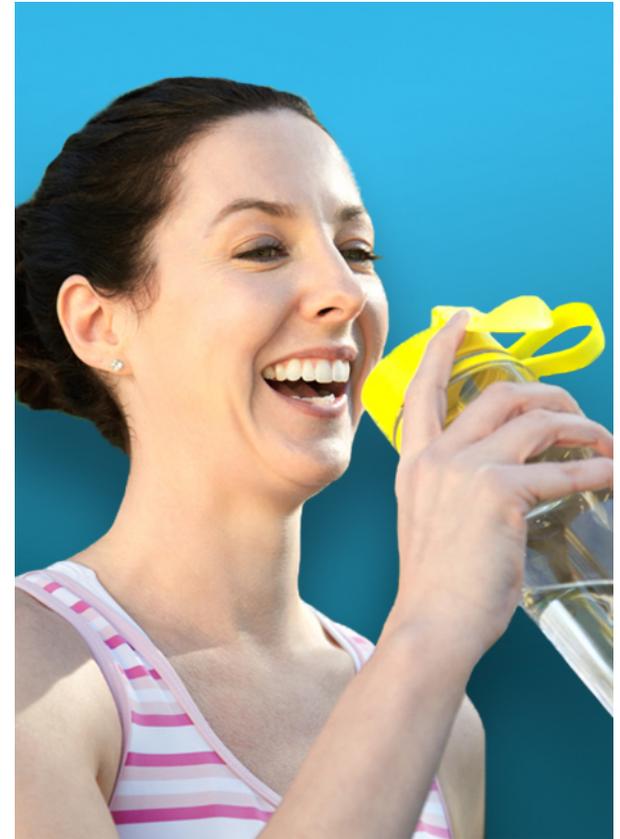
Everything under  
one roof



# What you want, when you need it



- Easy-to-schedule appointments
- Email access to your doctor's office
- Same-day, after-hours, and weekend services at many locations
- 24-hour telephone health advice from registered nurses
- Medical information and most test results online
- Convenient locations
- Emergency care coverage anywhere in the world



# Everything under one roof



## Save time and avoid driving all over town

Most of our locations conveniently offer multiple services under one roof.

- See your doctor
- Get lab services
- Get X-rays
- Fill prescriptions (and order most refills online)
- Self referral for certain specialty departments, including Obstetrics-Gynecology, Psychiatry, and Chemical Dependency Services



# Online access anytime, anywhere



It's easy to stay connected



A website full of healthy ideas



Good health on the go



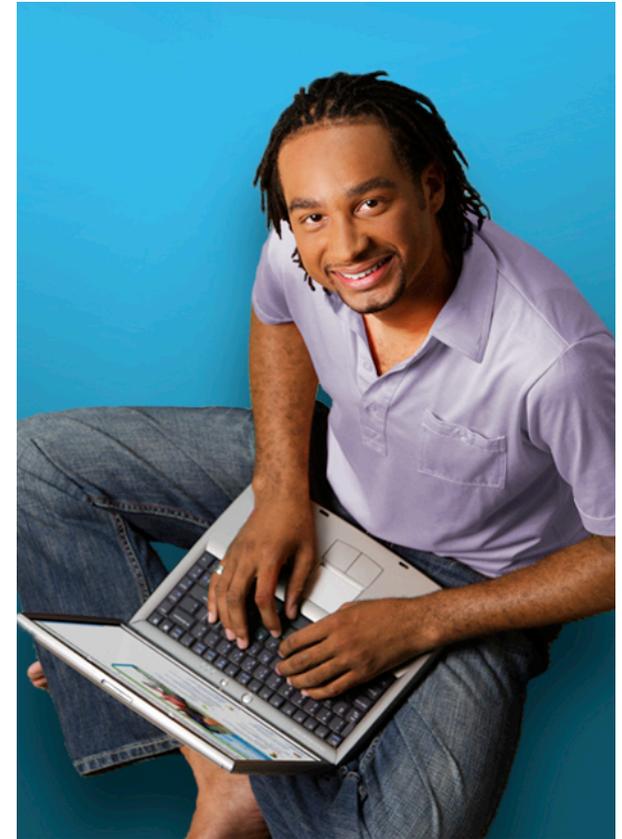
# It's easy to stay connected



## My Health Manager on kp.org

Manage your care online or from your web enabled mobile device:

- Email your doctor's office
- View most lab test results as soon as they're available
- Refill most prescriptions
- Schedule or cancel routine appointments
- Help take care of a family member, like a child or parent, using these features and more



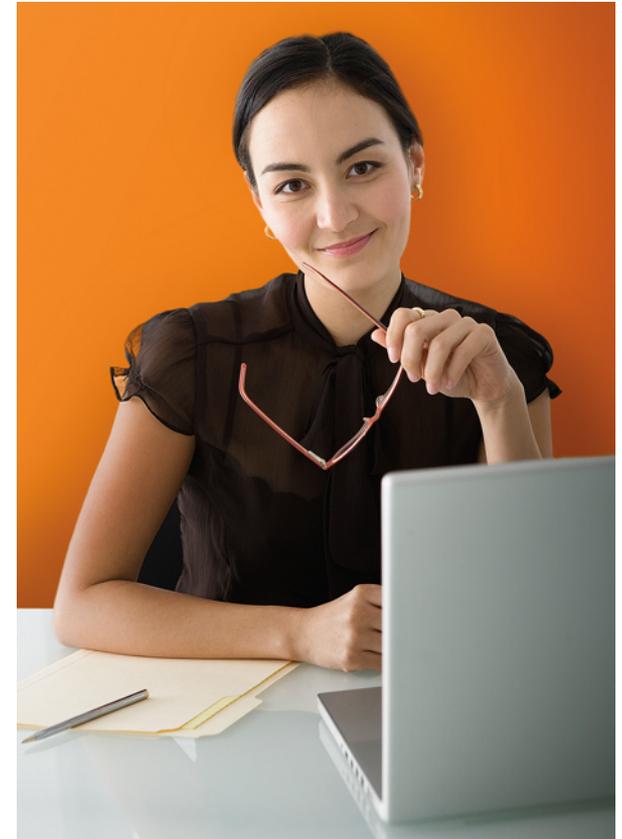
# A website full of healthy ideas



## kp.org

Get informed and inspired on our award-winning website. You'll find:

- Articles
- Wellness topics
- Health calculators
- Recipes from world-class chefs
- Music channels
- Podcasts
- Videos



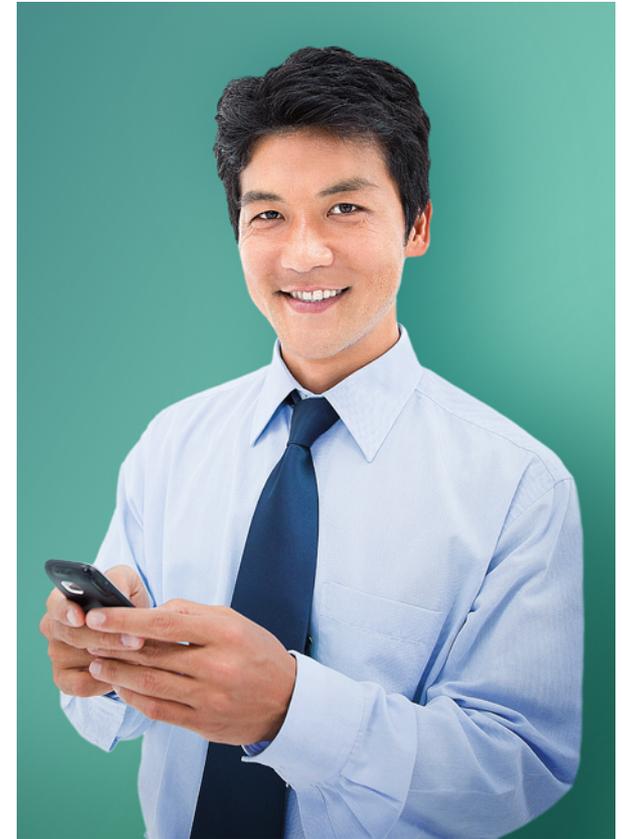
# Good health on the go



## Mobile apps

Use your smartphone or mobile device to fit wellness into your schedule.

- Manage your care, find nearby facilities, and more
- Stay fit with the free Every Body Walk! app—a fun, interactive tool to help you create and maintain a daily walking routine
- Just download our free apps from the App Store<sup>SM</sup> or Google Play<sup>\*</sup>



\*App Store is a service mark of Apple Inc.

# Maximize your health



- Experienced Wellness Coaches are available by phone, at no cost to members. Get a personalized plan to help you lose weight, quit smoking, manage stress, eat right, and more
- Most facilities offer Health Classes (yoga, eating well, baby care, etc.)
- Farmers Markets are conveniently located at many of our facilities
- Personalized online wellness programs (lose weight, stay active, reduce stress, etc.)



# What is new in 2013

## New California law on autism

The new law that mandates coverage of behavioral health treatment for many individuals with autism in California. The new state law (Senate Bill 946), effective July 1, 2012, requires coverage of “behavioral health treatment,” which may include physical health and mental health services such as applied behavior analysis.

- **What this means for you**

These autism services will be covered and administered according to plan details. If you have any questions about your cost share or benefits [Contact Member Services online](#) or call the Member Service number on your membership ID card.

# Better Informed. Better Together.

## Questions?

Call our Member Service Contact Center, 24 hours a day, seven days a week (closed holidays).

**1-800-464-4000** English

**1-800-777-1370** TTY for the hearing/speech impaired