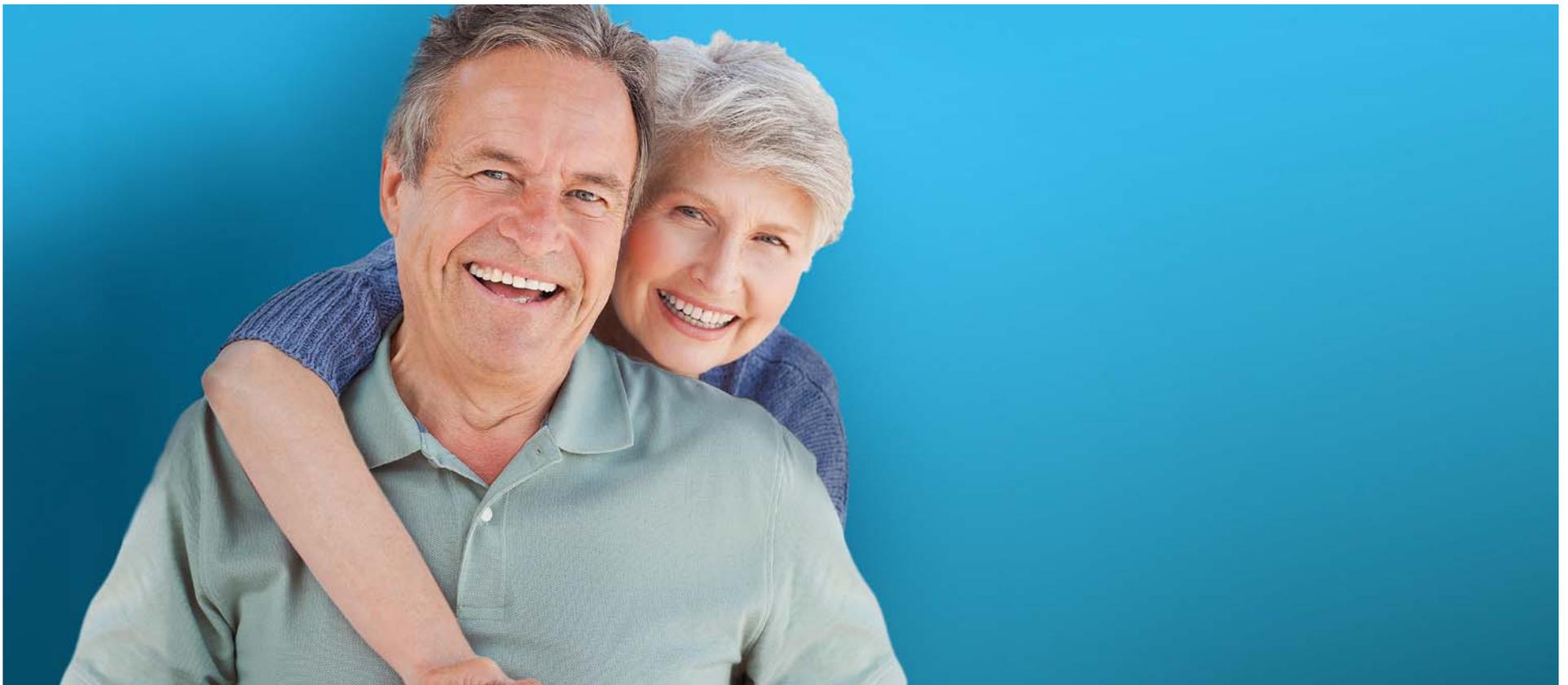


BETTER INFORMED. BETTER TOGETHER.

County of San Bernardino

Kaiser Permanente Senior Advantage



What you want, when you need it



- Easy-to-schedule appointments
- 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



Personalized care



- Our doctors, nurses, and specialists take the time to know you and your health needs
- They're connected to your secure electronic health record, which keeps them up to speed and ready to take care of you*
- Having a team that's informed and focused on you can lead to quicker, better diagnoses and treatments



* When receiving care at Kaiser Permanente facilities

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)



Your choice of top doctors



- You get a wide choice of skilled physicians from many of the top medical schools in the country
- Our doctors are caring, supportive, and highly respected in their fields—many teach at prestigious universities throughout the state
- No referrals necessary for certain specialty departments, including Obstetrics-Gynecology, Psychiatry, and Chemical Dependency Services



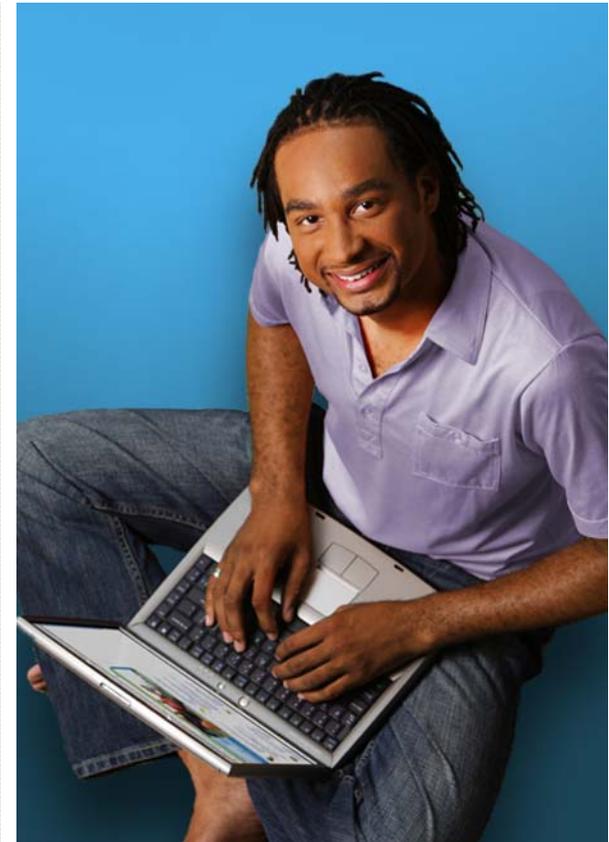
It's easy to stay connected



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



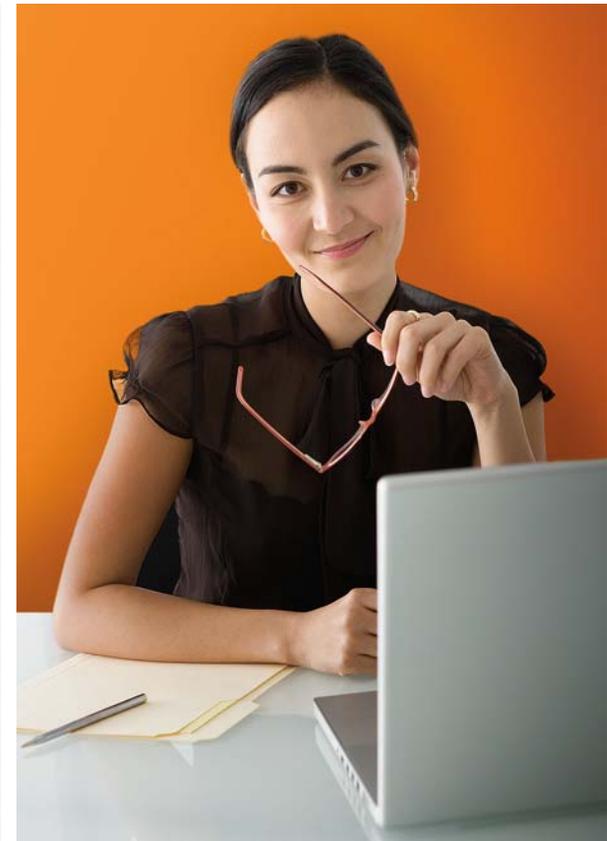
A website full of healthy ideas



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



Learn something new

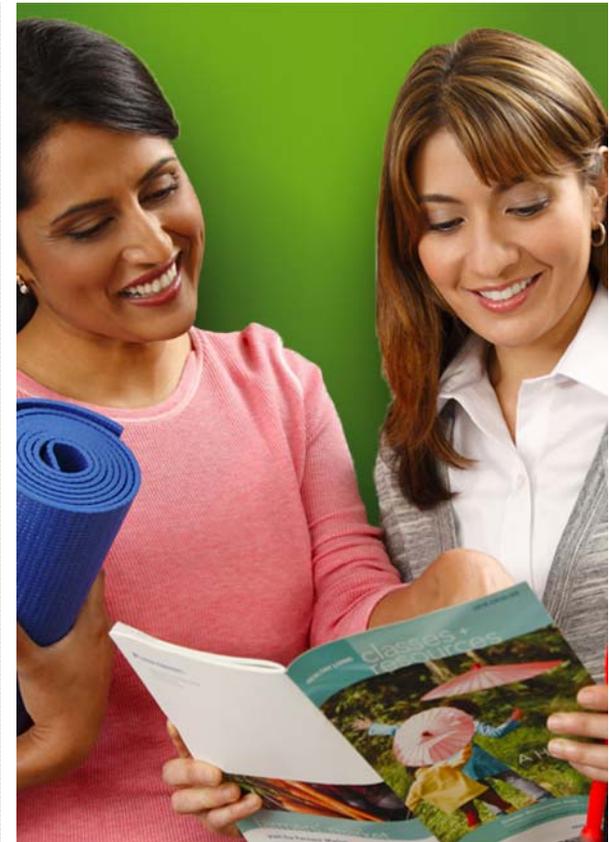


Health classes

Most facilities offer something for everyone, including classes on:

- Yoga
- Cooking
- Depression
- Weight Management
- Specific health conditions

Classes vary by location and some may require a fee.



Fresh food in the parking lot



Farmers markets

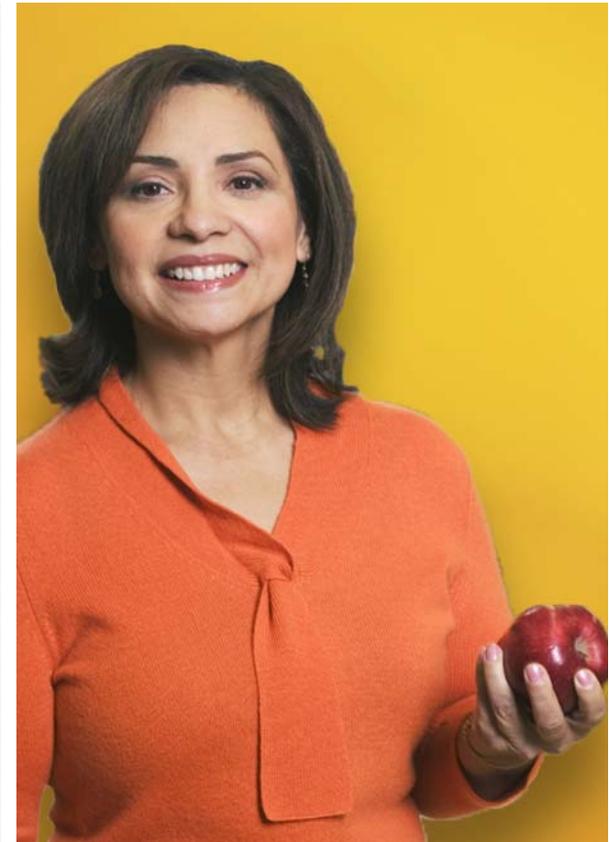
Pick up some healthy fruits and veggies after your visit

Go to kp.org/farmersmarket to find one near you

Fontana Medical Center
Fridays, 10 a.m. to 2 pm

Riverside Medical Center
Fridays, 10 a.m. to 2 p.m.

Ontario Medical Center
Wednesdays, 10 a.m. to 2 p.m.



Maximize your health



Personalized online wellness programs on kp.org

Get a customized plan for making healthy, positive changes.

- Lose weight
- Stay active
- Reduce stress
- Sleep better
- Stop smoking, and much more



Maximize your health



Wellness coaches

Experienced coaches are available by phone, at no cost to members.

- Your coach will work one-on-one with you to help you set goals to improve your health
- Get a personalized plan to help you lose weight, quit smoking, manage stress, eat right, and more
- Coaching is available in English and Spanish and no referral is needed



New Kaiser Permanente Fontana Medical Center

- More than 450 physicians
- Private patient rooms
- Interactive video walls and touch-screen kiosks
- Energy-efficient lighting, heating, and cooling systems
- Drought-resistant landscaping
- Oncology, cardiology, in-patient dialysis, and more

High Desert Medical Offices Urgent Care

14011 Park Avenue
Victorville

Seven days a week
1 p.m. to 9 p.m.

Better Informed. Better Together.

Questions?

Call our Member Service Call Center Senior Advantage Member Services:

1-800-443-0815

Microsite: my.kp.org/ca/sbcounty