

BETTER INFORMED. BETTER TOGETHER.

County of San Bernardino



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



- Our doctors are caring, supportive, and highly respected in their fields—many teach at prestigious universities throughout the state
- View our online doctor profiles to learn more about them and find the right one for you
- Your doctor and specialists work together, making referrals simple
- No referrals necessary for certain specialty departments, including Obstetrics-Gynecology, Psychiatry, and Chemical Dependency Services



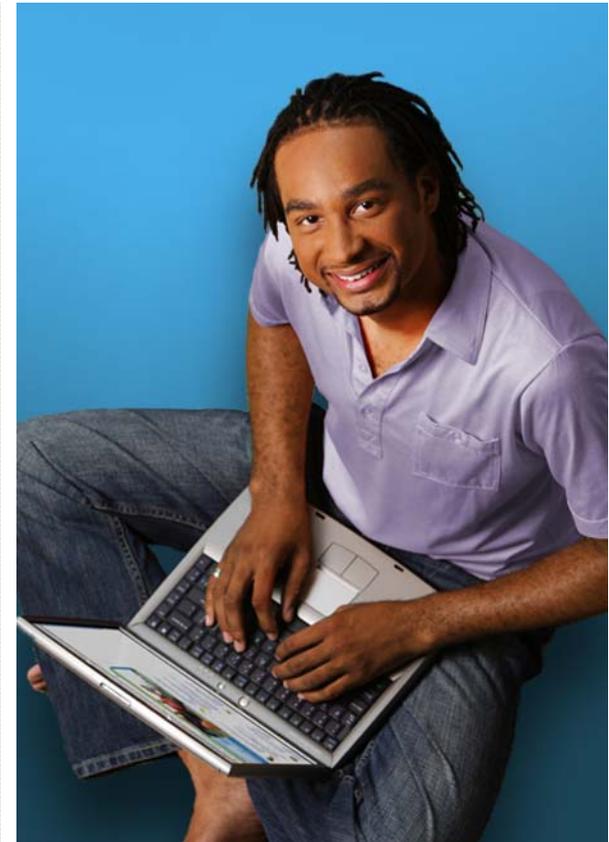
It's easy to stay connected



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



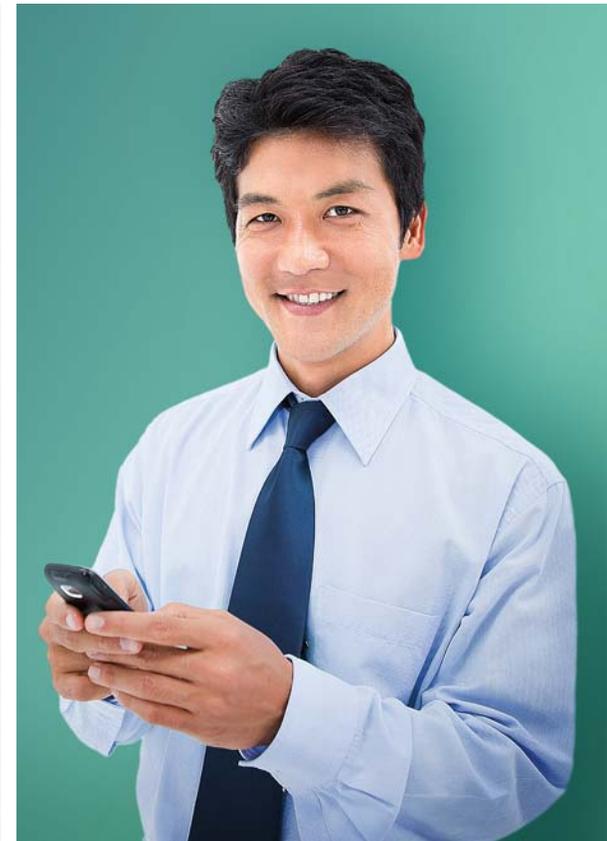
Good health on the go



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 StoreSM or Google Play^{*}



*App Store is a service mark of Apple Inc.

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



Fresh food in the parking lot



Farmers markets

- Pick up some healthy fruits and veggies after your visit
 - Fontana
Fridays from 10:00 – 2:00
 - Ontario
Wednesdays from 10:00 – 2:00
 - Riverside
Fridays from 10:00 – 2:00



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

(866) 402-4320 (toll free)



This chart highlights some of County of San Bernardino's benefits:

Annual deductible	\$0
Annual out-of-pocket maximum	\$1,500 individual / \$3,000 family

Covered service	You pay
Preventive care	\$0 copay
Doctor's office visits	\$10 copay
Lab tests and X-rays	\$0 copay
Outpatient surgery	\$10 copay
Hospitalization	\$0 copay
Emergency care	\$50 copay
Prescription drugs (100-day supply)	\$10 copay (generic) / \$15 copay (brand)

*This is a summary of some benefits and their copayments. This chart does not describe benefits. Please see your Evidence of Coverage for information about coverage, limitations, and exclusions for all benefits, including those not listed in this summary.

Now open: New Fontana Hospital

- Cardiac Catheterization Laboratory
- Inpatient Dialysis Unit
- Intensive Care Unit
- Labor and Delivery
- Neonatal & Pediatric Intensive Care Units
- Pediatrics
- Surgery

Now open: New Moreno Valley Medical Offices

- 46 physicians
- Cardiology
- Gastroenterology
- General surgery
- Ob/Gyn
- Orthopedics
- Podiatry
- Urgent Care will open later in 2013

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

County of San Bernardino microsite: my.kp.org/ca/sbcounty