

A better choice for good health

County of San Bernardino

a wide range of specialists



test results online



I can choose and change
my doctor anytime



better care for healthier tomorrows



convenient facilities near you



I can email my doctor



I'm part of
the decision



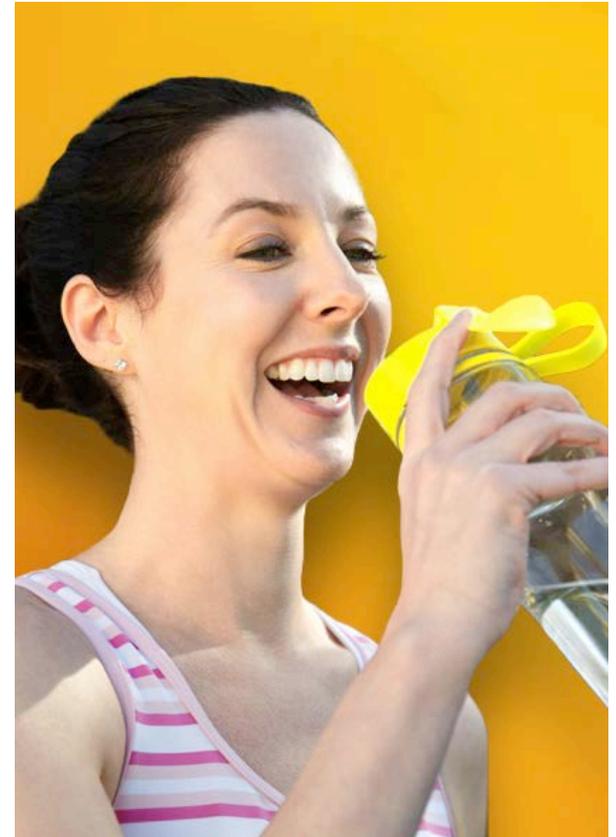
free to focus on you



Your health. Your way.



- Schedule routine appointments by calling or clicking.
- Email access to your doctor's office
- Same-day, after-hours, and weekend services at many facilities
- Refill most of your prescription medications online with free shipping.
- Nurse counseling with 24-hour access to your medical information, every day.



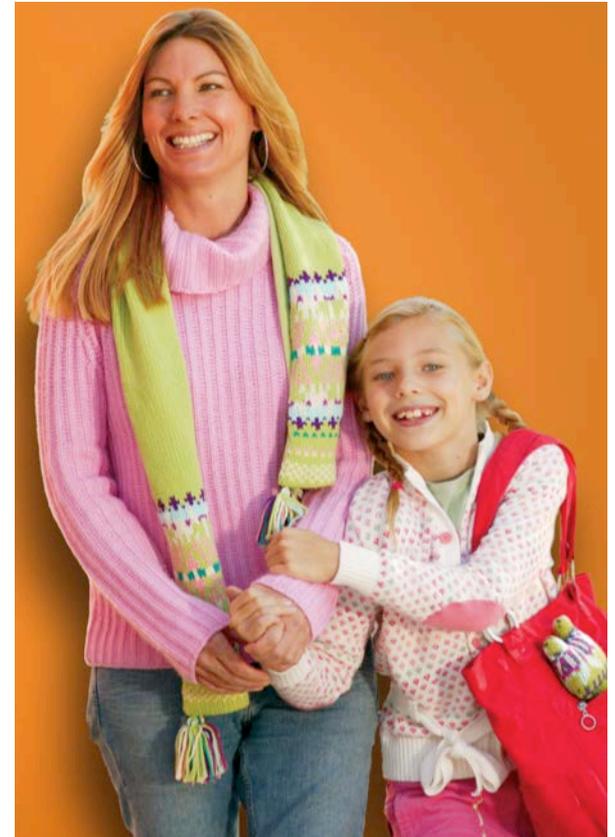
Everything under one roof



Save time and avoid driving across town.

For your convenience, most of our care facilities offer multiple services under the same roof.

- See your doctor.
- Use lab services
- Get X-rays
- Fill medical prescriptions (and order most refills online)



Excellent care



Your choice of excellent doctors



Highly trained specialists



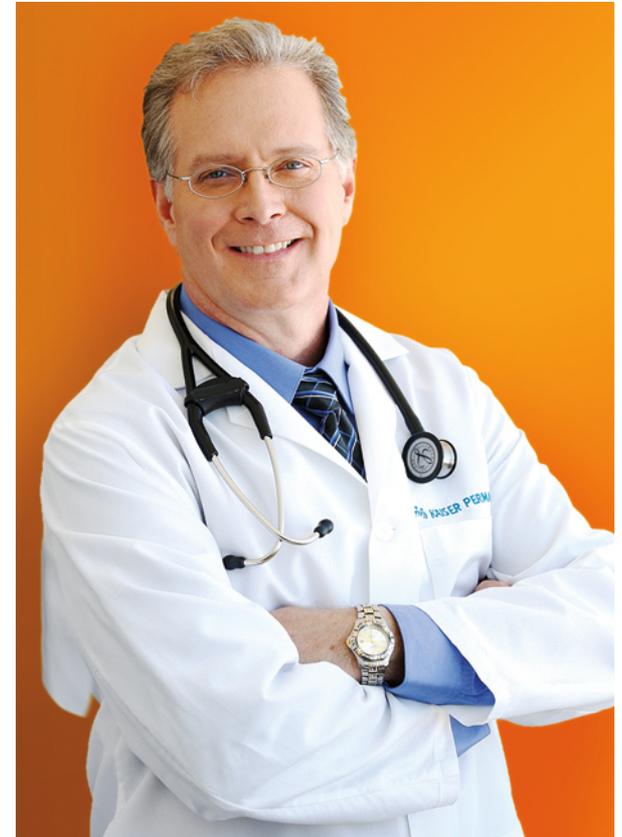
Focus on you and your family



Your choice of excellent doctors



- You can choose from among a wide selection of doctors who come from many of the best medical schools in the country.
- View the online profiles of our doctors to find out about them and find the right doctor for you.
- You can choose or change doctors at any time.
- Referrals are not needed for certain specialized departments, including Obstetrics-Gynecology, Psychiatry and Drug Dependency services.



Online access anytime, anywhere



Staying connected is easy



A website full of healthy ideas



Good health anywhere



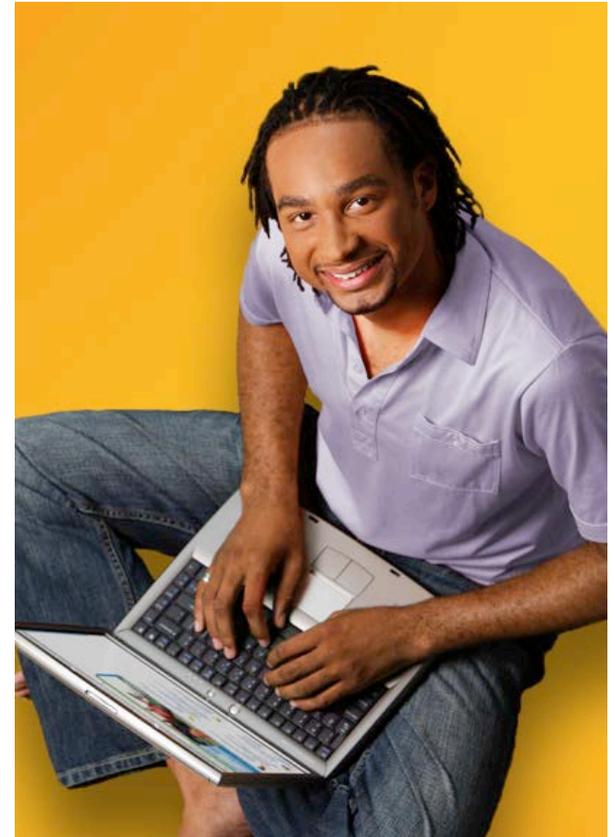
Staying connected is easy



My Health Manager at kp.org

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

- Send an email to your doctor's office
- See the results of most tests as soon as they are available
- Refill most of your prescription medications
- Schedule or cancel routine appointments.
- Help care for a relative, such as a child or parent, with these functions and much more.



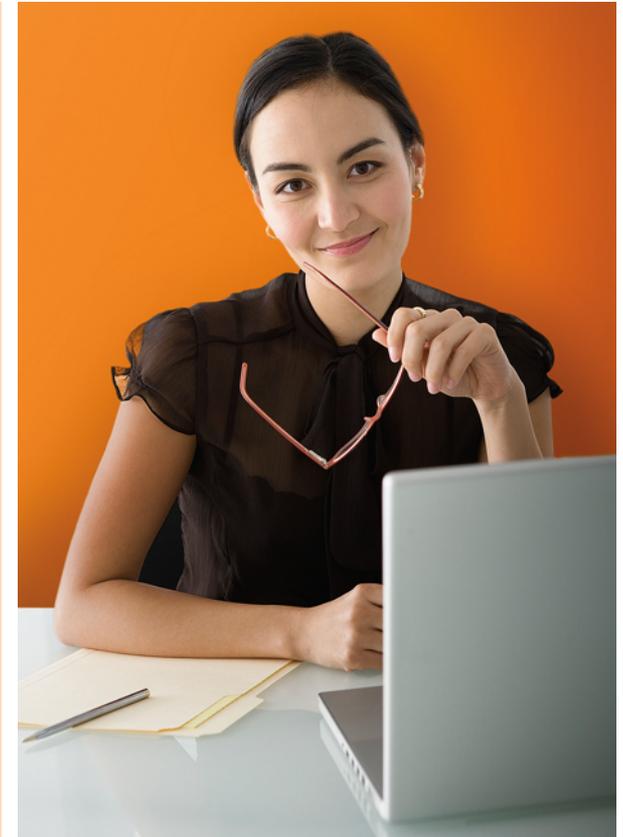
A website full of healthy ideas



kp.org

Get information and inspiration at our award-winning website. You will find:

- Articles
- Wellness topics
- [Health calculators](#)
- [Recipes](#) from prestigious international chefs
- Music channels
- [Podcasts](#)
- Videos



Good health anywhere



Mobile apps

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

- 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.
- Simply download our free apps from the App StoreSM or Google Play^{*}.



*App Store is a service mark of Apple Inc. Google Play is a trademark of Google, Inc

Convenient classes, resources and much more



Learn something new



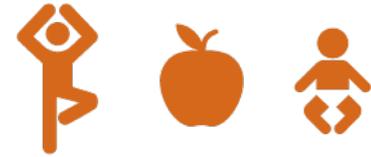
Fresh foods in the parking lot



Maximize your health



Learn something new

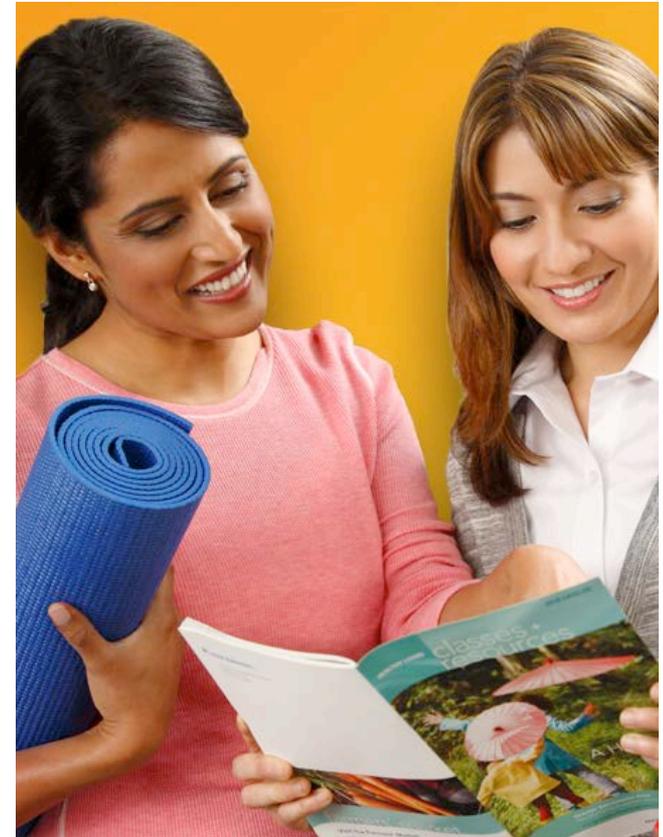


Health classes

Most facilities offer something for everyone, including classes on:

- Yoga
- Eating well
- Baby care
- Specific medical conditions

Classes vary at each care facility and some may require a fee.



Maximize your health



Personalized on-line wellness programs at kp.org

Get a personalized plan to make healthy, positive changes.

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

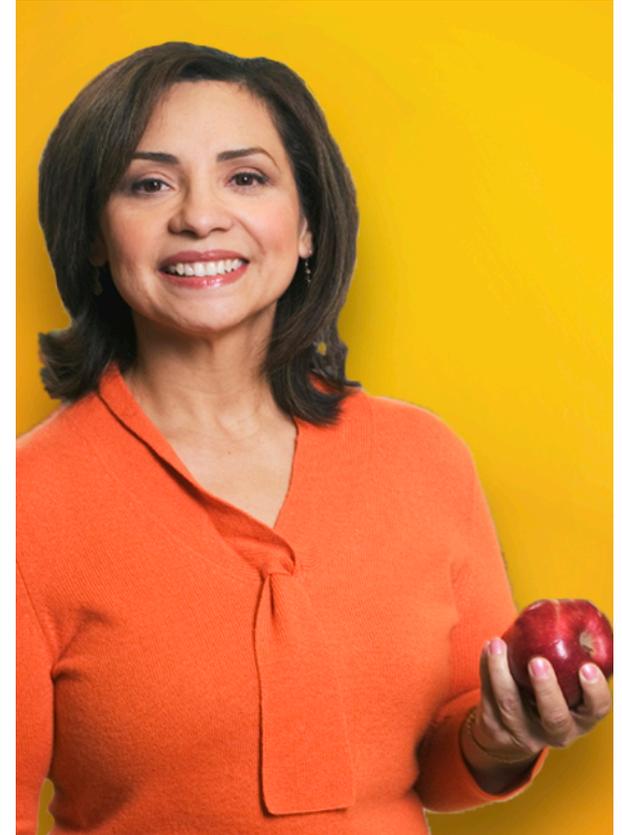


Fresh foods in the parking lot



Farmers' markets (fruit and vegetable markets)

- Fontana, Fridays from 10:00 – 2:00
- Ontario, Wednesdays from 10:00 – 2:00
- Riverside, Fridays from 10:00 – 2:00
- Visit kp.org/farmersmarket to find one near you.



Maximize your health



Wellness counselors

Experienced counselors care for members by phone, at no cost to the members.

- Your counselor will work in a personalized manner with you to help you set and achieve goals that can improve your health.
- Get a personalized plan to help you lose weight, stop smoking, manage stress, eat properly and more.
- Counseling is available in English and Spanish, and with no need for referrals.



County of San Bernardino

This table highlights some of your benefits:

Covered service	You pay
Preventive care	No charge
Doctor's office visit	\$10 copay
Lab tests and radiology	No charge
Outpatient surgery	\$10 copay
Hospitalization	No charge
Emergency care	\$50
Prescribed medications (up to a 100-day supply)	\$10 copay (generic medication) \$15 copay (brand name medication)



Urgent Care Updates

Open 7 days a week, no appointment necessary, open until 9 p.m.

- Fontana
- Victorville
- Riverside
- Moreno Valley (coming soon)



Target Clinic in North Fontana

Open 7 days a week for walk-in care. Over 85 services, including:

- Minor Illnesses
- Minor Injuries
- Chronic Conditions
- Pediatrics & Teens
- Vaccinations
- Gynecology
- Physician Telemedicine Consultations
- Wellness Services
- Skin Treatments

High Desert Medical Offices

Open 7 days a week

- Allergy (Injections only)
- Family Medicine
- Health Education
- Urgent Care
- Internal Medicine
- Laboratory
- Pediatrics
- Pharmacy
- Physical Therapy
- Podiatry
- Preventative
- Insurance/Medical Request
Department

Redlands Medical Offices

After-hour and Saturday appointments available

- Internal medicine
- Cardiology
- Podiatry
- Pediatrics
- Physical and speech therapy
- Ob/Gyn
- Family medicine
- X-ray
- Lab services
- Pharmacy
- Optical dispensing

Rancho Cucamonga Medical Offices

After hour and Saturday appointments available

- Family medicine
- X-ray
- Lab services
- Pharmacy
- Optical dispensing
- Internal medicine
- Pediatrics

Meridian Medical Offices in Riverside

Now open

- **Primary care**
- **Allergy**
- **Dermatology**
- **Ophthalmology**
- **Pharmacy**
- **Lab**
- **Radiology**

Better Informed. Better Together.

Care When You Need It

Call for Care: (888) 750-0036

After-hours advice nurse: 888 KPONCALL (888) 576-6225

Call our Member Service Call Center 24 hours a day
(800) 464-4000

Microsite: my.kp.org/sbcounty