

GOOD HEALTH IS EVERYTHING.
County of San Bernardino



With Kaiser Permanente, you get what you need to make healthy results possible.



Your choice of great doctors



Personalized care at convenient locations



Round-the-clock access to care and advice



Health tools and programs available online and off



An electronic health record that connects it all together

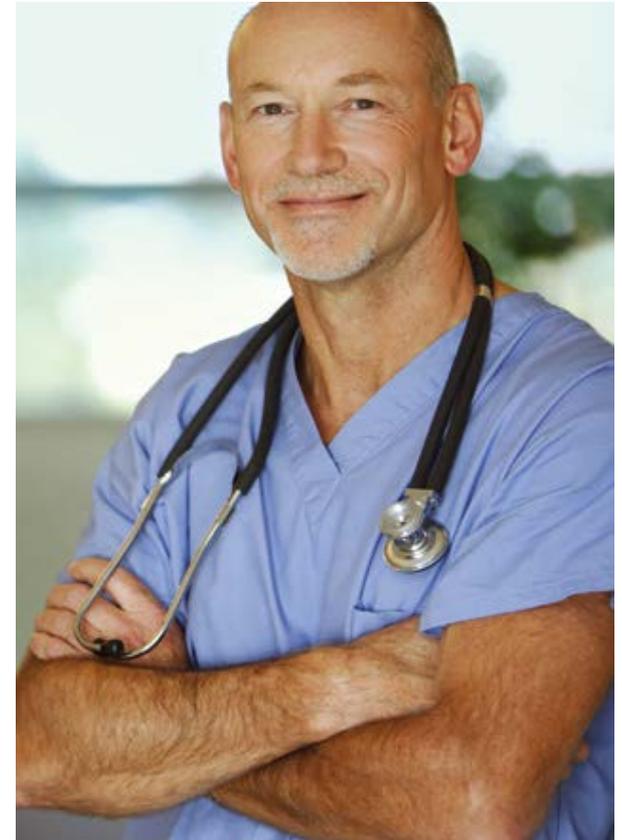
Your choice of great doctors

You can choose your own personal physician.

Our doctors are some of the best in their fields.

They believe in caring for the whole you.

Connected by your electronic health record,
they see the bigger picture of your health.



Personalized care at convenient locations

Your electronic health record is linked to every Kaiser Permanente facility in your region, so your health care team has access to your information wherever you go.



Personalized care at convenient locations

Most of our facilities offer multiple services under one roof—

- primary care
- lab and X-ray
- pharmacy

—so you can take care of many of your health needs in a single trip.



Round-the-clock access to care and advice

If you need health advice, our registered nurses are available by phone 24 hours a day.

They can help assess your symptoms and direct you to a facility if you need care.



Round-the-clock access to care and advice

Many of our facilities offer same-day, after-hours, or weekend services so you can get the care you need, when you need it.

And you're covered for emergencies anywhere in the world.



Health tools and programs

Take advantage of the many resources at kp.org to nurture your health in mind, body, and spirit.

- Look up our farmers markets.
- Find nutritious recipes.
- Download audio programs.
- Get reliable health information.



Your electronic health record

With My Health Manager you can:

- E-mail your doctor's office.
- Order prescription refills.
- Schedule routine appointments.
- See most lab test results.

And much more.



Highlights of your plan benefits

County of San Bernardino

This chart highlights some of your benefits:

Annual deductible	None
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)

Live well, be well, and thrive.

- ✓ High Desert Medical Offices in Victorville now offers extended care hours and several specialty services
- ✓ You can use kp.org optimized for your mobile device; just bookmark it on your smartphone or download the Android app
- ✓ Pick up fresh, locally grown produce at our Fontana and Riverside Medical Centers farmers markets every Friday from 10 a.m. to 2 p.m.
- ✓ Find more information about your local facilities at info.kp.org/richmedia/fontana/
- ✓ Go to kp.org/memberprograms to take a total health assessment, enroll in an online wellness program, or find an in-person class near you (some classes may require a fee)

We're here for your health.

Questions?

Call our Member Service Call Center, weekdays from 7 a.m. to 7 p.m.
and weekends from 7 a.m. to 3 p.m.

1-800-464-4000 English

A microsite created especially for County of San Bernardino:
my.kp.org/ca/sbcounty