

**Not a member yet?**

For more information, visit [kp.org/eutf](https://kp.org/eutf) or call **808-432-5250** (Oahu)  
or **1-844-276-6628** (toll free from the neighbor islands).

Monday to Friday, 7 a.m. to 7 p.m., except holidays. Saturday, 9 a.m. to 1 p.m.

# Healthy together

## The health plan for growing families

Affordable, simple, and predictable plan options with high-quality  
care from over 600 of Hawaii's top providers



Learn about our West Oahu Medical  
Office at Kapolei on page 13

[kp.org/eutf](https://kp.org/eutf)





Your 2022 benefit summary

Effective July 1, 2022 to June 30, 2023

Services		Standard Plan	Comprehensive Plan	HSTA VB Plan
Annual out-of-pocket maximum	The most you'll pay for covered medical and prescription drug costs per calendar year*	\$2,500/\$7,500	\$2,000/\$6,000	\$2,000/\$6,000
Fit Rewards		With Fit Rewards, you can choose fitness centers <sup>1</sup> in the Standard or Premium Fitness Networks at different price points. The Premium Network adds new fitness center and studio choices. Whatever option you choose, you can earn a reward of up to \$200. <sup>2</sup> Simply work out at your fitness center of choice at least 45 days for a minimum of 30 minutes per visit within the calendar year.		
Preventive care	Routine physical exams, well-child preventive care, and immunizations	No charge	No charge	No charge
Outpatient office visits	Primary, specialty, and mental health office visits	\$20 copay	\$15 copay	\$15 copay
Outpatient labs, X-rays, and imaging		\$20 copay per department per day for basic; 20% coinsurance for specialty	\$15 copay per department per day	\$15 copay per department per day
Outpatient surgery		15% coinsurance at an ambulatory surgery center; \$20 in a physician's office	\$15 copay	\$15 copay
Maternity care	Routine prenatal visits (after confirmation of pregnancy) and first scheduled postpartum visit, delivery, and inpatient care for the newborn	No charge for prenatal and postpartum care; 15% coinsurance for delivery and inpatient care for the newborn	No charge	No charge
Hospitalization	Inpatient services including mental health inpatient services	15% coinsurance	No charge	No charge
Emergency care	Covered services are provided in and out of the service area	\$100 copay	\$50 copay	\$50 copay
Ambulance	Medically necessary transport in a licensed ambulance	20% coinsurance	20% coinsurance	20% coinsurance
Hearing aids	Hearing aid appliances	60% of charges for lowest priced model per ear, every 36 months	60% of charges for lowest priced model per ear, every 36 months	60% of charges for lowest priced model per ear, every 36 months
Chiropractic services	Provided through American Specialty Health	\$15 copay per visit (up to 20 visits per calendar year)	\$15 copay per visit (up to 20 visits per calendar year)	\$12 copay per visit (up to 20 visits per calendar year)
Prescription drugs	Tier 1 generic maintenance	\$5 copay up to a 30-day supply	\$5 copay up to a 30-day supply	\$10 copay up to a 30-day supply
	Tier 2 other generics	\$15 copay up to a 30-day supply	\$10 copay up to a 30-day supply	
	Tier 3 brand name	\$50 copay up to a 30-day supply	\$35 copay up to a 30-day supply	
	Tier 4 specialty	\$75 copay up to a 30-day supply	\$75 copay up to a 30-day supply	
	Delivered by our mail-order service (not available out-of-state and for certain medications, including specialty drugs)	Two copays for a 90-day supply	Two copays for a 90-day supply	Two copays for a 90-day supply

\* Covered medical and prescription drug costs are for medically necessary "Basic Health Services."

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



## Care and coverage that fits your life

# Great reasons to choose Kaiser Permanente

With Kaiser Permanente, our care can add up to more than just savings. Hawaii State, City, and County employees: you get quality, convenience, and coverage that keeps you thriving and our communities healthy. Do the math and see how your health care dollar goes further with Kaiser Permanente.



### Affordable, simple, and predictable plan options

You have peace of mind knowing that our plans offer great value for your health care investment. You also have low caps for out-of-pocket medical and prescription drug costs, and there's no deductible. So, whether you expect to receive care often and prefer predictable costs, or you rarely go to the doctor and prefer lower premiums, we've got you covered.



### Quality care starts with over 600 of Hawaii's top providers

No matter which personal doctor you choose, you'll be in highly skilled hands. You have exclusive access to physicians in our medical group, most of whom are accepting new patients, so it's easy to choose or change doctors at any time. Learn more about our doctors at [kp.org/searchdoctors](https://kp.org/searchdoctors).



### Convenient and hassle-free care

Care with Kaiser Permanente is care that fits your life. We make managing your health easy with most services under one roof, an electronic medical record and mobile app<sup>4</sup> that travel with you, 24/7 nurse advice, same-day and phone appointments, after-hours care, emails to your doctor's office with nonurgent questions, worldwide urgent and emergency care, and more.



### Lots of healthy extras

Earn a free gym membership, plus rewards for completing wellness programs, no charge tobacco cessation programs and drugs, wellness coaches at no additional cost, podcasts, and more. Visit [kp.org/eutf](https://kp.org/eutf) to find out more.



# Real value for you and your family

You shouldn't have to choose between quality and affordability. With Kaiser Permanente you get more than just a plan that fits your budget. You get coverage that makes it easier to care for your family.

## Excellent care when you're expecting

We're here to help you with the care and support you need for a happy, healthy pregnancy. Your own team includes an obstetrician-gynecologist, certified nurse-midwife, nurses, and specialists who work together to provide a full spectrum of coordinated pregnancy services, including:

- Pre-conception planning
- Routine and high-risk prenatal care and testing
- Labor and delivery care
- Lactation consulting and breastfeeding support
- Postpartum and newborn care

If you experience a high-risk pregnancy or complications during delivery, our specialists are just steps away and available 24/7 at our Moanalua Medical Center's Family Birth Center. We have a Level 3 Neonatal Intensive Care Unit for babies with special needs and an Intensive Care Unit for moms who may need extra care.

Begin your journey at [kp.org/maternity](https://kp.org/maternity) and access resources for every stage of your pregnancy, labor, and delivery. You can also prepare for your baby's "birth" day by meeting your care team and taking a virtual tour of our private labor and delivery suites at [kpfamilybirthcenter.org](https://kpfamilybirthcenter.org).

## Grow with us

Experience a seamless transition from maternity to pediatrics and family medicine. Our Mother and Newborn Center on Oahu, lactation consultants, and network of doctors collaborate to meet the needs of your growing family.

From immunizations to asthma care, wellness checks to dermatology, your child's care team, led by board-certified pediatricians and family medicine doctors, help keep your growing child healthy from birth to the golden years of adulthood. Your care team has access to the latest research and medical advances, so they can provide care that's more effective and personalized to your needs.

## Care that fits your busy life

You have convenient options to manage your family's health. We offer same-day and next-day appointments, free phone appointments and nurse advice, and after-hours and urgent care. You can also connect to care when and where you need it. Book routine appointments online and email your pediatrician or family medicine doctor's office 24/7 from home, work, or on-the-go with our mobile app.<sup>3</sup>

# The plan for growing families





# Good health is in your hands

Use the new and improved kp.org features from your smartphone or other mobile device. Get started at **kp.org/register** or download the mobile app.<sup>3</sup>

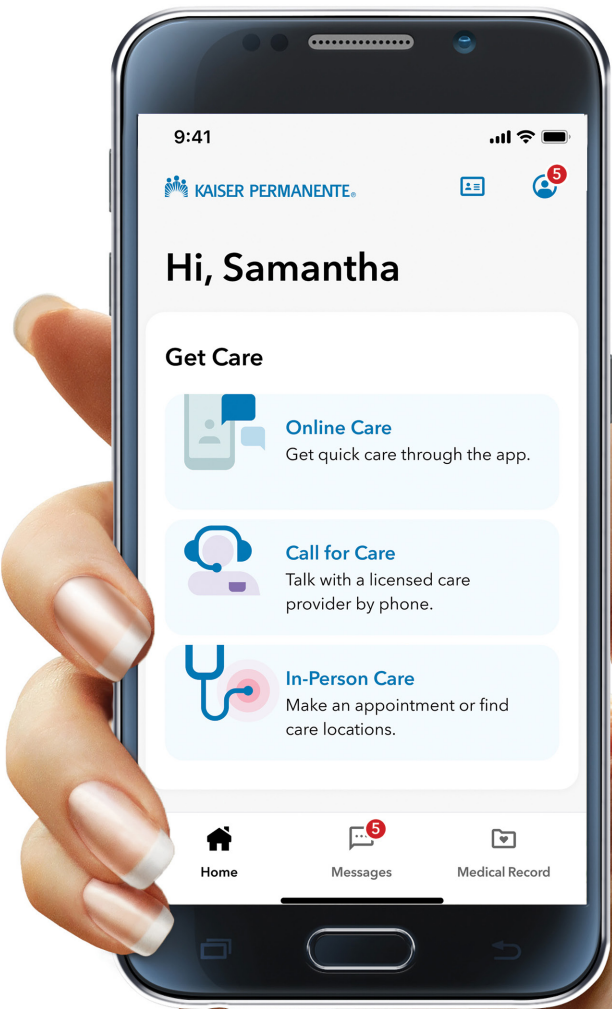
## New member transition

- Register on kp.org
- Choose a doctor
- Schedule an appointment
- Transfer your prescriptions
- Act for a family member



## Online access 24/7

- Schedule video or in-person appointments
- Access your digital membership ID card
- Refill most prescriptions
- View office visit information
- See biometric information
- Check immunizations
- View most test results
- See care gap reminders
- Get updated medical condition information



## Take charge of your costs

- View claims history
- Check your medical and prescription coverage
- Use our personalized cost estimator tool
- Pay your medical bills



## Convenience and wellness

- Schedule a phone appointment
- Email your doctor's office
- Speak to an advice nurse 24/7
- Get personal wellness coaching
- Join group health classes
- Take online healthy living programs
- Access videos, podcasts, recipes, and more
- Check health and drug encyclopedias
- View interactive symptom checker

These features are available when you get care at Kaiser Permanente facilities.



# Improved digital health programs

Get more for your health

## Earn up to \$100 in rewards by meeting your wellness goals

Ready to make a healthy change? Kaiser Permanente EUTF subscribers (except for retirees and those enrolled in the HSTA VB Plan) and your enrolled spouse/domestic partner can earn up to \$100 in rewards each plan year by completing online wellness activities.<sup>4</sup>

### Take the Total Health Assessment

Chances are, you already know you could take better care of yourself. But where do you begin? And what changes make the most difference?

Answer questions about yourself and get a customized action plan to:

- Learn more about your health
- Prevent health problems
- Feel your very best

Do this simple online survey and earn \$25 in rewards each plan year.<sup>4</sup>

### Complete healthy lifestyle programs

Complete up to 3 online health programs and earn \$25 in rewards per program each plan year.<sup>4</sup>

Get the advice, encouragement, and tools to help you make healthy changes, such as:

- Eating healthy
- Losing weight
- Quitting smoking
- Reducing stress

Learn how to manage health conditions, including:

- Pain management
- Depression
- Diabetes
- Insomnia



Start earning your rewards today!

Visit [kp.org/eutf](https://kp.org/eutf), then click on "Reap the Rewards."

You are responsible for any taxes that may be due on the amounts received. Please talk to your personal tax adviser for specific tax information about this reward.





Work out  
your way

## Any fitness center statewide + \$200 reward

With Fit Rewards, you can choose fitness centers<sup>1</sup> in the Standard or Premium Fitness Networks at different price points. So, whether you're into group fitness, yoga, or pumping iron, we've got you covered statewide. Whatever option you choose, you can earn a reward of up to \$200.<sup>2</sup>

### Standard Fitness Network

You can still earn a free gym membership by selecting a fitness center from the Standard Fitness Network.

### Premium Fitness Network

Not finding a fit in the Standard Fitness Network? No worries. Select an option in the Premium Network for an additional discounted monthly fee. Whatever option you choose, you'll still be accessing a membership at rates well under market prices.

### What if your favorite workout location isn't part of the Standard or Premium Fitness Networks?

No problem! Use any qualifying nonparticipating fitness center by downloading the ASHConnect™ mobile app for use at more than 50,000 qualifying locations nationwide. Just hit your gym 45 days for at least 30 minutes a visit by the end of the calendar year, and you'll earn your reward.

FIND THE BEST FIT FOR THE WAY YOU WANT TO WORK OUT!			
CHOOSE ONE	ANNUAL FEE	ADDITIONAL MONTHLY FEE	YOUR REWARD <sup>2</sup>
Standard Network	\$200	\$0	\$200
Premium Network	\$200	\$30 to \$200	\$200
Qualifying Nonparticipating Fitness Centers	You pay standard retail fees directly to fitness center	N/A	\$200

### Prefer to work out at home?

Stay active no matter where you live, with a home fitness kit mailed directly to you! Choose one home fitness kit (including a Garmin® or Fitbit® wearable fitness tracker) for just \$10 per calendar year.<sup>2</sup> Members of the Fit Rewards program also have access to no-cost resources to support workouts at home, including 8,000+ digital workout videos and one-on-one lifestyle coaching by phone.

[kp.org/fitrewards](https://kp.org/fitrewards)



You are responsible for any taxes that may be due on the amounts received. Please talk to your personal tax adviser for specific tax information about this reward.



# Care when and where you need it

It’s easy for you and your family to get the care you need when and where you need it.

## Convenient care near you

With multiple locations to choose from, it’s easy to find one near home or work. We offer same-day and next-day services at many of our locations, along with ob-gyn, pediatrics, and other specialty departments. You can also see different doctors at different locations – whatever works best for you.

Choosing a convenient place to get care is simple – just hop online or grab your smartphone.

- Visit [kp.org/facilities](https://kp.org/facilities) to search by ZIP code, keyword, or the type of service you need.
- Search on your smartphone with the location finder on the Kaiser Permanente mobile app.<sup>3</sup>

## Getting care anytime, anywhere

### Urgent care in Hawaii

If you need to receive urgent care outside of normal business hours, you can visit Kaiser Permanente or affiliated urgent care centers at the same cost of a regular office visit. Kaiser Permanente urgent care centers on Oahu are located at the Honolulu Medical Office and West Oahu Medical Office at Kapolei. You can also visit our Maui urgent care center at Maui Lani Medical Office.

Visit [kp.org/getcare](https://kp.org/getcare) for a list of urgent care facilities in your area, their hours of operation, and phone numbers.<sup>5</sup>

### Urgent and emergency care outside Hawaii

With Kaiser Permanente, you're covered for emergency and urgent care anywhere in the world from qualified providers.<sup>6</sup>

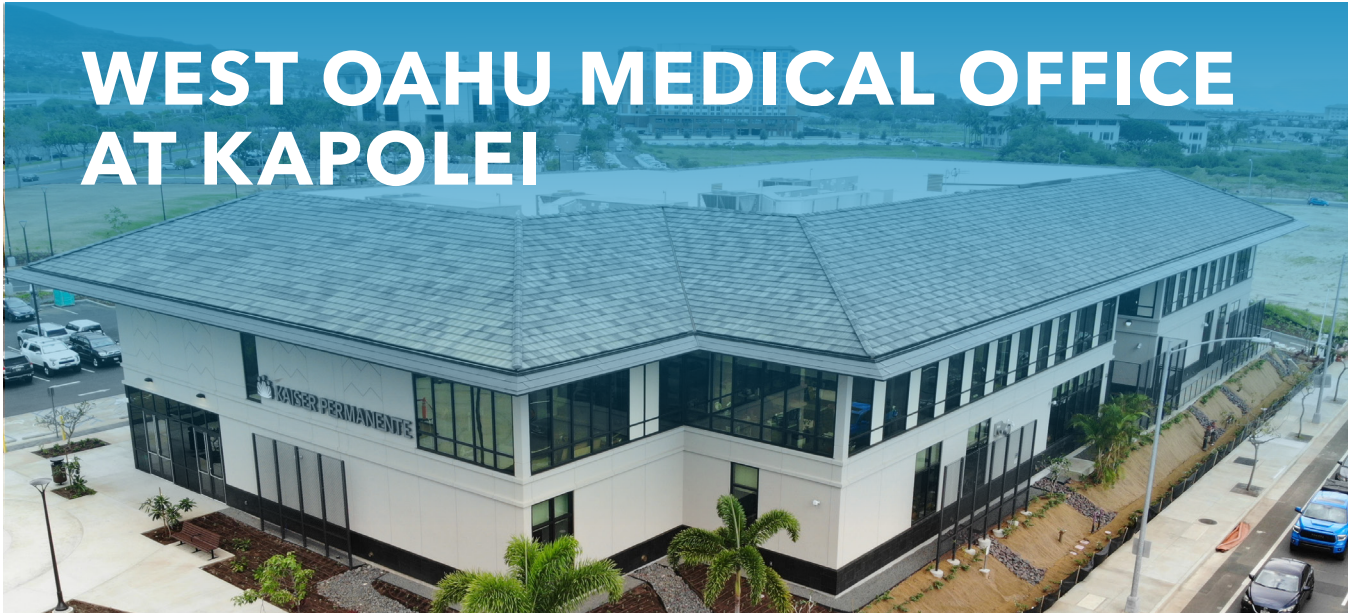
If you need urgent care **in a Kaiser Permanente service area**, visiting members can go to the nearest Kaiser Permanente urgent care clinic.<sup>7</sup>

If you need urgent care **in a state without Kaiser Permanente**, go to the nearest MinuteClinic® or urgent care facility.<sup>8</sup>

If you need urgent care **in Las Vegas**, we have you covered. We contract with Concentra Urgent Care and Walgreens Healthcare Clinics to provide you with quality medical assistance at 17 urgent care clinics in Las Vegas, including 3 right on the Strip.<sup>9</sup>

If you need urgent care **while traveling internationally**, go to the nearest urgent care facility or hospital.<sup>10</sup>

For information or assistance while traveling, call the 24/7 Away from Home Travel Line at **951-268-3900**<sup>11</sup> or visit [kp.org/travel](https://kp.org/travel).



## Growing to meet the needs of West Oahu

We’ve served West Oahu for more than 37 years. Now we’re bringing more services and personalized care to your growing community. Our state-of-the-art, 40,000 square-foot facility links our doctors and members to some of the latest technology in a spacious, soothing environment designed for healing.

### Featured services

- Family, adult and keiki care
- Prevention and wellness programs
- Mental health services
- Laboratory
- Pharmacy

### Expanded facility size

- 40,000 sq. ft.
- Easy-access parking
- Thrive Path and garden with Hawaiian healing plants
- 401 Kamokila Blvd. in Kapolei
- 5.4 acres of land
- Close to H-1 and rail

### Enhanced services

- Urgent care with extended hours  
Monday through Friday: 1 to 8 p.m.  
Weekends and most holidays:  
8 a.m. to 5 p.m.
- Women’s health services
- General radiology, mammography, and ultrasound imaging

### NextGen Health Hub

The Health Hub care model will better integrate care into our members’ lives. The technology maximizes your visits, evolves in response to your changing health care needs, supports care team collaboration, and contributes to improving quality of care.

[kp.org/westoahu](https://kp.org/westoahu)



# Switching made easy

We created a single destination that makes it easy for you to switch to Kaiser Permanente.

## It starts at [kp.org/easyswitch](https://kp.org/easyswitch)



Let us help you find the right doctor

Our online doctor profiles let you browse our many excellent doctors, even before you enroll. So you can join knowing you've found doctors who fit the individual needs of everyone in your family. You're also free to change your doctor at any time, for any reason.



Transition your care seamlessly

Easily transition your care and prescriptions so your treatment is uninterrupted. Find a location that's close to your home, work, or school. Many services are often under one roof, making it easy to see your doctor, fill prescriptions, and get the care you need – all in one trip.



Get care on your schedule

Need to schedule an appointment? Have a nonurgent question you'd like to email to your doctor's office? After you enroll, download our mobile app or register for an online account at [kp.org/register](https://kp.org/register). Then join the millions of members across our regions who easily manage their health online – whenever, wherever.

## We're here to help – every step of the way

Whether you're unsure about changing doctors, have questions about a treatment plan, or are simply thinking about joining Kaiser Permanente, just give us a call.

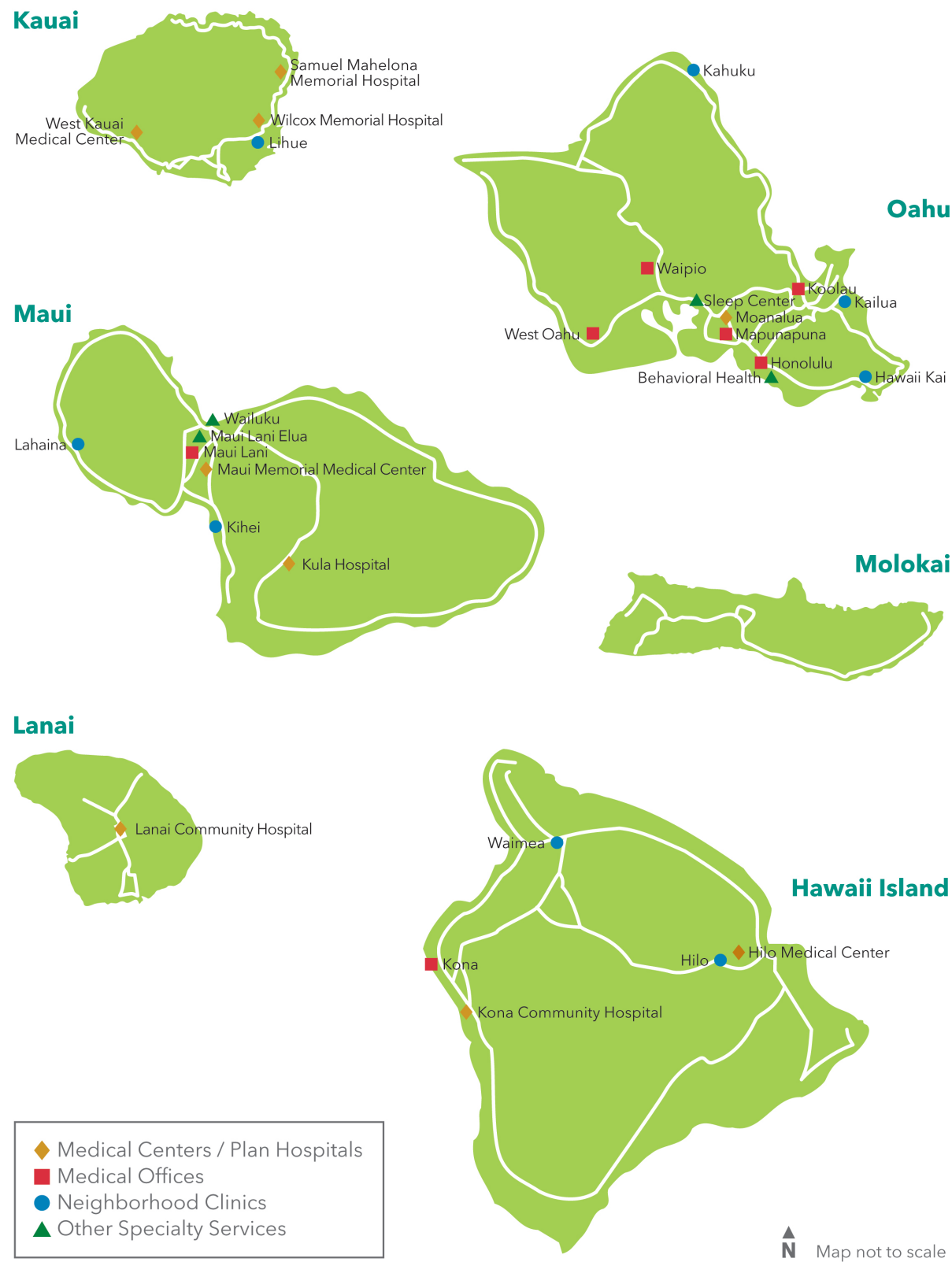
**808-432-5250** (Oahu), **1-844-276-6628** (toll free from the neighbor islands), or **711** (TTY) Monday through Friday, 7 a.m. to 7 p.m., except holidays, and Saturday, 9 a.m. to 1 p.m.

With you every step of the way





With medical offices and hospitals close to where you work and live, you have options when it comes to getting care. To find a location near you, visit [kp.org/facilities](https://kp.org/facilities) or download our free Kaiser Permanente app for your smartphone or mobile device. Then use our location finder to search by ZIP code or keyword.



# Footnotes

<sup>1</sup>Fitness centers must be qualified fitness organizations operating for the general public.

<sup>2</sup>Rewards are limited to your annual program fee each calendar year. Taxes and additional fees you pay your fitness center for classes, services, or amenities are not included in the program and are not eligible for reimbursement. Please consult with your tax adviser about the taxability of the rewards. Except for earning your annual program fee back by exercising 45 days a year for at least 30 minutes per session at a fitness center, your annual program fee is not refundable and will not be prorated. Any 2022 reward not redeemed by March 31, 2023 will be ineligible for redemption. Medicare and Medicaid (QUEST Integration) members excluded.

Kaiser Permanente Fit Rewards is a value-added service and not part of your medical benefits. Your annual program fee does not count toward your health plan’s annual out-of-pocket maximum. For details, including limitations and exclusions, see your Evidence of Coverage.

Kaiser Permanente Fit Rewards is administered by American Specialty Health Fitness, Inc. through its Active&Fit program. American Specialty Health Fitness, Inc. is a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Active&Fit and the Active&Fit logo are federally registered trademarks of ASH and used with permission herein. Other names or logos may be trademarks of their respective owners. Fitness center participation varies by location. Non-standard services at the fitness center that call for an added fee are not part of the Active&Fit program.

<sup>3</sup>To use the Kaiser Permanente app, you must be a Kaiser Permanente member registered on [kp.org](https://kp.org).

<sup>4</sup>For questions or to check on your rewards status, contact Kaiser Permanente Rewards Member Services at **1-866-300-9867** or email [RewardsCustomerService@kp.org](mailto:RewardsCustomerService@kp.org). Please provide your name, a brief statement of your question or issue, your group name (“Employer-Union Health Benefits Trust Fund”) and your daytime phone number.

The rewards program runs from July 1 to June 30 each contract year and is open to all Kaiser Permanente EUTF subscribers and your enrolled spouse/domestic partner, 18 years old and older, except for retirees and those enrolled in the HSTA VB Plan. You can only earn up to \$100 per contract period. You must complete the activities during the contract year. Rewards will be issued 4 to 6 weeks after you complete your activity. Rewards cards expire 12 months after activation.

<sup>5</sup>An urgent care need is one that requires prompt medical attention, usually within 24 or 48 hours, but is not an emergency medical condition. This can include minor injuries, backaches, earaches, sore throats, coughs, upper-respiratory symptoms, and frequent urination or a burning sensation when urinating.

<sup>6</sup>If you reasonably believe you have an emergency medical condition, call 911 or go to the nearest emergency department. An emergency medical condition is a medical or psychiatric condition that requires immediate medical attention to prevent serious jeopardy to your health. For the complete definition of an emergency medical condition, please refer to your Evidence of Coverage or other coverage documents.

<sup>7</sup>If you get care at a MinuteClinic or any other urgent care facility within a state with Kaiser Permanente providers, you’ll be asked to pay upfront for services you receive and will need to file a claim for reimbursement.

<sup>8</sup>If you get care at a MinuteClinic, you’ll be charged your standard copay or coinsurance.

<sup>9</sup>Locations are subject to change without notice. Please call in advance.

<sup>10</sup>You may be covered for medically necessary urgent care when you are temporarily outside of the country if the care can’t be delayed until you get back home.

<sup>11</sup>This number can be dialed from inside and outside the United States. Before the phone number, dial “001” for landlines and “+1” for mobile lines if you’re outside the country. Long-distance charges may apply, and we cannot accept collect calls. The phone line is closed on major holidays (New Year’s Day, Easter, Memorial Day, July Fourth, Labor Day, Thanksgiving, and Christmas). It closes early the day before a holiday at 10 p.m. Pacific Time (PT), and it reopens the day after a holiday at 4 a.m. PT.





**Kaiser Foundation Health Plan, Inc.**  
711 Kapiolani Blvd.  
Honolulu, HI 96813

With Kaiser Permanente, our care can add up to more than just savings. Hawaii State, City, and County employees, you get quality, convenience, and coverage that keeps you thriving and our communities healthy. So, whether you fight fires or teach students how to prevent them, we'd like you to do the math.

- Low caps for out-of-pocket medical and prescription drug costs
- Routine prenatal and postpartum visits, and preventive care visits at no additional charge
- Chiropractic services
- Affordable, simple, and predictable plan options
- Quality care from top doctors
- Convenient ways to access care anytime
- Easy online access 24/7
- Earn rewards and a free gym membership. Learn more on pages 9 to 11.

Visit [kp.org/eutf](https://kp.org/eutf) to find out more.

**Stay connected to good health**



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youtube.com/kaiserpermanenteorg



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