

OPTION 1 • OPTION 2 • OPTION 3



Receiving care in **Option 1: KAISER PERMANENTE PROVIDERS**

In Option 1, your HMO benefits cover care provided by physicians who are part of the Mid-Atlantic Permanente Medical Group, P.C. (MAPMG), and practice exclusively in our medical centers. Care is also provided by community physicians who are affiliated with MAPMG but do not practice in our medical centers. In Option 1, you can access all covered services including preventive care (adult health assessments, well-child care, etc.)

The advantage of seeing an Option 1 provider is that your Kaiser Permanente primary care physician (PCP) will coordinate all of your health care needs and facilitate your referrals, as needed, for most services including inpatient hospital stays and specialty care visits.

Your out-of-pocket costs are usually lowest when you see Option 1 providers.

Choosing a primary care physician

When you and each member of your family choose an Option 1 Kaiser Permanente primary care physician (PCP), you lay the groundwork necessary to receive care and services from an Option 1 provider. We recommend you do so as your first act as a Flexible Choice member.

1. Make your selection from the providers listed in the *Kaiser Permanente Flexible Choice Physician Directory* or go online at kp.org. You may choose a doctor who practices near your home or work, one doctor for your whole family, or a different doctor for each member.
2. Need help? A Flexible Choice Member Services representative (see page 38) will offer suggestions based on your specific needs.
3. Once you have chosen the right primary care physician for you and your family, you need to let us know which physician you've selected. You can initiate your selection:
 - on your enrollment application,
 - through kp.org, or
 - by calling Member Services.

If you do not choose a PCP within the first month of your membership, we will select one who practices in the Kaiser Permanente medical center closest to your home. *You are welcome to change your PCP for any reason, at any time.*