



11 TOP 10 REASONS

to choose Kaiser Permanente HMO plans

- 1 TOTAL HEALTH.** You'll get the care you need for the whole you—mind, body, and spirit—so you can *thrive*.
- 2 CHOICE OF DOCTORS.** You'll enjoy access to the doctors in our 15 medical centers and over 1,600 affiliated doctors practicing in their own offices.
- 3 CONVENIENCE.** You can see a doctor, plus get lab, X-ray, and pharmacy services *all in one location* at most of our 15 high-tech medical centers.
- 4 GET CONNECTED.** Take an active role in your health with 24-hour secure, online access to parts of your health record, e-mailing your doctor's office, viewing lab results, refilling prescriptions, and much more.¹
- 5 AFTER-HOURS/SAME-DAY CARE.** See a doctor in the evening or on weekends at one of our three After-hours Care Centers or one of four Affiliated After-Hours Urgent Care Centers.
- 6 NO CLAIMS.** You won't have to file claims when you visit any of our medical centers or affiliated doctors and hospitals.
- 7 GET EMPOWERED.** Health calculators, personalized improvement plans, 24-hour health coaches, a medical encyclopedia, nurse advice, and much more are all available to you at no additional costs.
- 8 HEALTH CLASSES.** Take advantage of free or low-cost health classes like yoga, managing stress, controlling weight, quitting smoking, and more.
- 9 EMERGENCY COVERAGE ANYWHERE.** You'll be covered for emergency care anywhere you travel in the world.
- 10 DISCOUNTS.** Enjoy discounts on health club memberships, Weight Watchers®, massage therapy, chiropractic services, vision care, and more through our SelfWise program.²
- 11 BENCHMARK PLAN.** Kaiser Permanente has the highest ranking HMO plan in Georgia—according to U.S. News/NCQA's 2007 "America's Best Health Plans."³

¹ Available to members receiving care/filling prescriptions at Kaiser Permanente Medical Centers.

² Available to all Kaiser Permanente members. Discounts and services are provided on a fee-for-service basis, do not replace and cannot be combined with any existing benefit, and are not covered benefits. Kaiser Permanente assumes no responsibility for the arrangement, nature, quality, or outcome of the services. For more information, call (404) 261-2590.

³ America's Best Health Plans is a trademark of U.S. News and World Report.

ENROLL TODAY!

KAISER PERMANENTE® thrive