

NEW Kaiser Permanente Medicare Advantage (HMO) benefits for 2020

Transportation to appointments



Kaiser Permanente Medicare Advantage includes 24 rides* for nonurgent medical appointments at Kaiser Permanente medical centers and contracted facilities.

Call **1-571-386-3769**, 24 hours a day, 7 days a week to schedule a ride or find out how many rides you have left for the year. Rides must be scheduled at least 2 hours before your pick-up time. You must cancel rides at least 3 hours before the scheduled pick-up time or the ride will be deducted from your annual ride balance.

*24 one-way rides per contract year. For nonemergency transportation only.

BrainHQ Brain training that works

Your brain defines who you are. It's the center of everything you think, do, and feel. That's why



Kaiser Permanente is offering BrainHQ: an online exercise that you can do on a computer or mobile device that improves cognitive function (including memory, attention, and processing speed) as well as daily life (including safer driving, improved balance, and better mood). People who use it notice the difference.

What's more, BrainHQ supports you every step of the way, with great features such as:

- Weekly challenges to inspire you to improve
- A personalized trainer who tailors the training to you
- Progress reports to give you insight into how you're doing
- Flexible training that fits your schedule
- A monthly newsletter with brain health news, tips, and recipes

Once you become a Kaiser Permanente Medicare Advantage member, you will receive a new member welcome kit with instructions to set up your no-cost account.

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.

