

Kaiser Permanente Medicare HMO Additional Benefits

If you have any questions about these programs Kaiser Permanente representatives are ready to assist—call them at 800-632-9700.

Medicare Explorer	Travel with peace of mind knowing that your plan includes the Medicare Explorer benefit which gives you a \$1,500 annual allowance for out-of-area routine and continuing care. Call Kaiser’s Away from Home Travel Line at 951-268-3900 for more information. Emergency and urgent care is always covered anywhere in the world.
Over-the-Counter Health and Wellness	Kaiser gives you a \$70 credit each quarter to purchase over-the-counter health and wellness products. Ready to order? Click here .
Rides to Medical Appointments	Your Kaiser plan also includes 10 one-way rides to nonurgent medical appointments at Kaiser medical offices and affiliated facilities at no additional cost. To schedule a ride call 855-932-5413 (TTY 711) between 6 a.m. and 6 p.m. (MT), Monday through Saturday.
SilverSneakers	With SilverSneakers you receive a free basic fitness center membership to thousands of participating fitness locations nationwide, as well as access to SilverSneakers classes, online workouts, and nutrition videos with SilverSneakers On-Demand. To get started visit silversneakers.com .
Mindfulness Apps	Get total health support for mind, body, and spirit with free access to Kaiser’s mindfulness apps (Calm, Ginger, and myStrength). Visit Kaiser’s self-care page for more information .
Community Resource Directory	If you ever need help with your daily needs, it’s good to know where you can turn. Kaiser’s community resource directory is a convenient online tool to help you find services for healthy food, housing, financial assistance, transportation, and more. Click here for more information .