

TOP 10 REASONS TO CHOOSE KAISER PERMANENTE

For nearly 80 years, Kaiser Permanente has provided quality care to our members. We welcome the opportunity to be your partner in health.



Rated the #1 health insurance company in the nation

In the survey *Best Health Insurance Companies of 2024* by [Insure.com](https://www.insure.com), Kaiser Permanente as a national enterprise is rated #1 overall among 70+ competitors for the fourth year in a row.



Health care and plan coverage together

Our integrated system means that your health plan works with doctors, nurses, pharmacies, and our 35+ medical centers to make getting care seamless—and your life easier.



Top doctors

1,800+ doctors throughout the region, with hundreds honored as Top Docs annually by local publications.¹ They're all linked by your digital health record so they can access your health history—which means better outcomes.



Preventive care

You'll get regular reminders about needed preventive care. If you have a chronic condition, we support you with innovative care for diabetes, heart disease, and more.



Mental wellness support

We know how important mental well-being is—so we offer tools and resources to help you stay on top of it, such as self-care apps Calm and Headspace Care.²



Women's health

We care for you at every stage of your life. From birth control to maternity to menopause, we help you make health decisions for wherever you are in life.



Easy to manage your care online

The [Kaiser Permanente app](https://www.kaiserpermanente.org/app) and [kp.org](https://www.kp.org) help you conveniently manage your health anytime.³ And Member Services is available by phone, email, and online chat.



24/7 access to care

You can call one phone number for your minor care needs—including 24/7 advice—or email your doctor's office with nonurgent health questions.



Predictable costs

\$0 copay for virtual care⁴ and e-visits, and \$0 copay for preventive services, such as cancer screenings, vaccinations, wellness coaching, and more.



No-hassle switch

Switching to a Kaiser Permanente plan is hassle-free. We'll help you choose a doctor, transfer prescriptions, and more so you can focus on your health.



[kp.org/choosekp](https://www.kp.org/choosekp)

¹ The physicians who practice at Kaiser Permanente are recognized as Top Doctors in *Arlington Magazine* (2024), *Northern Virginia Magazine* (2024), *Baltimore* magazine (2023), *Bethesda* magazine (2023), and *Washingtonian* magazine (2023).

² App services may not be covered under your health plan benefits and may not be subject to the terms set forth in your *Evidence of Coverage* or other plan documents. These services may be discontinued at any time without notice.

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

⁴ When appropriate and available. If you travel out of state, phone appointments and video visits may not be available in select states due to licensing laws. Laws differ by state.

