

Your Enrollment Book  
**2012**



# flip the **SWITCH**

with a new plan for a healthier you

KAISER PERMANENTE®  **thrive**

All plans offered and underwritten by  
Kaiser Foundation Health Plan of the Northwest  
500 NE Multnomah St., Suite 100, Portland, OR 97232



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# Be the change you want to see

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There's looking for health coverage that's different, and there's looking at health differently.

We think it's time to do both.

When you join Kaiser Permanente, you're covered for care that's close to you and ready when you need it. You're also encouraged to stay active and engaged in all the things that keep you vibrant.

How? Flip the page.

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## It's what's inside that counts

At Kaiser Permanente, we combine health plans, facilities, and practitioners in one neat package—making your membership convenient and easy to use. Our members have relied on this all-in-one model of health care for over 65 years, and it's something we continue to perfect.

### Your health plan made simple

Your health plan is the key to the care you need and so much more, including:

- ▶ Same-day, after-hours, and weekend appointments at certain locations.
- ▶ Urgent care clinics open on evenings and weekends to suit your needs.
- ▶ Peace of mind with emergency care coverage anywhere in the world.
- ▶ Health and wellness programs, both online and off, to help you stay fit.

### Where you go for personalized care

Every Kaiser Permanente facility in your region is connected to your electronic health record, which keeps your care team informed and ready to give you the right care at the right time.

In addition to featuring up-to-date technology and services, most of our locations include pharmacy, lab, and X-ray services under one roof—so you can do more and drive less.

### A care team focused on you

Choose from a wide selection of Kaiser Permanente providers for you and your family. To find one who's right for you, just go online to review their profiles or call us.

All of our doctors, specialists, and technicians work closely together to help you get well and stay well. This teamwork is part of our focus on prevention and our commitment to providing you with personalized care.

#### Sneak a peek

Having your health plan, health care facilities, and doctors all rolled into one makes things easy and intuitive. To see how this works, visit [kp.org/experience](https://kp.org/experience).

## The ripple effect of wellness

With your Kaiser Permanente health plan, your benefits include a wide range of programs and support to help you stay healthy. And you get a streamlined approach to care that helps you make choices simply and get things done quickly—so you can get well and get on with your life.

### Online, anytime

As a member registered on our website, you have access to a suite of secure online tools for managing your plan and your care at our facilities.

- ▶ Email your doctor's office with nonurgent questions anytime, day or night.
- ▶ Schedule routine visits, like annual checkups, for you and your family.
- ▶ View immunizations, allergies, and most lab test results.
- ▶ Order prescription refills, most of which can be mailed to you with free shipping.

### Come on, get healthy

Staying well and preventing illness are two sides of the same coin. To do both, you need convenient access to the things that make them possible.

- ▶ Maintain a healthy lifestyle with most preventive care services available at little or no cost to you.
- ▶ Achieve your health goals with our classes and programs, many of which are free.
- ▶ Get inspired with great recipes, music channels, and videos online.

### Leaner, greener

We're committed to health in every sense of the word. Since multiple services are offered under one roof, you can spend more time getting well and less time behind the wheel. And by building and running our facilities in environmentally friendly ways, we're making the world a healthier place to be.

#### Live smart—bookmark

Stimulate your senses (common and otherwise) with facts, tips, and tools for living well. Save [kp.org/livehealthy](https://kp.org/livehealthy) in your bookmarks or favorites for repeat visits.

# Join the movement

Your Kaiser Permanente membership keeps everything at the ready so you can stay on the move. Access to care and support, your choice of convenient locations, and a care team working together to back you up. It's all yours as soon as your membership starts. So what are you waiting for? Flip the switch, and activate a new way of health.

## Meet our doctors

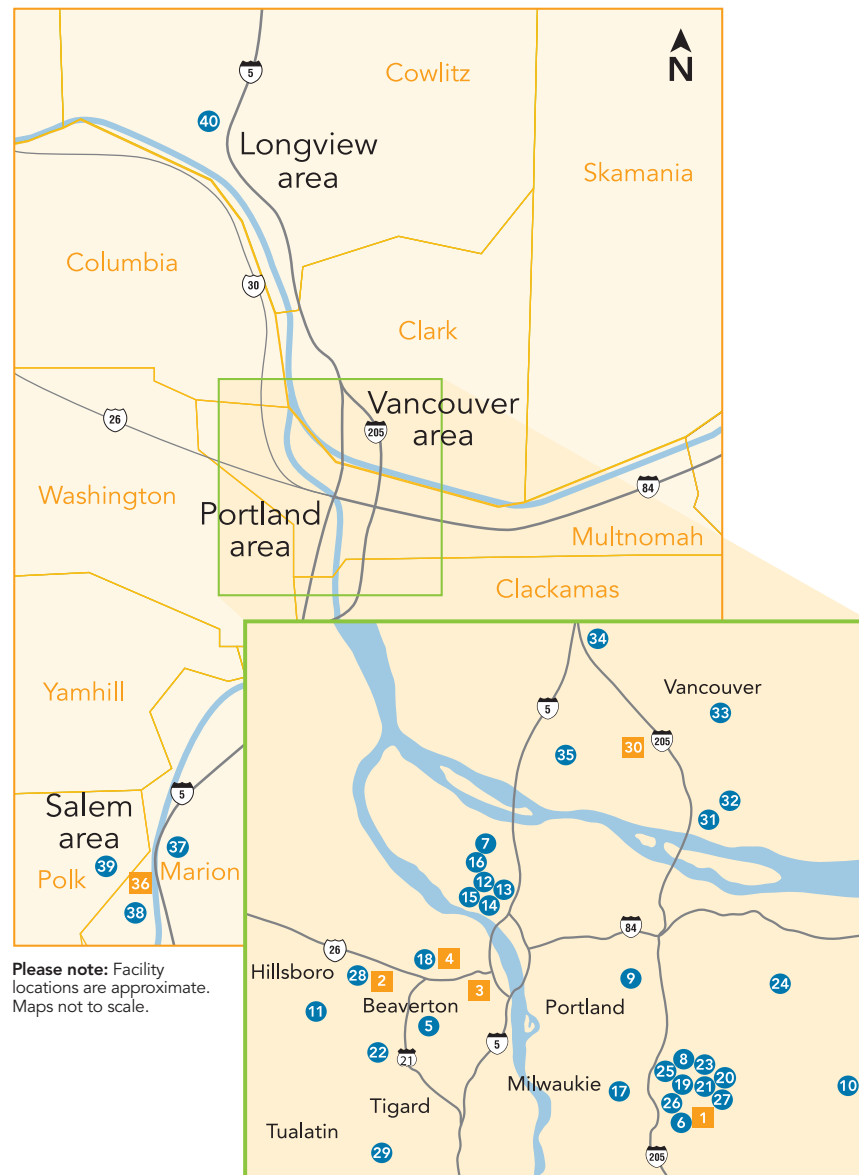
Get to know our doctors at [kp.org/chooseyourdoctor](https://kp.org/chooseyourdoctor). You can search by location, specialty, or gender, and then review their physician profiles and credentials to find the right doctor for you.

## Location, location

We've powered our facility finder so you can search by ZIP code or keyword to locate our services. Curious? Visit [kp.org/facilities](https://kp.org/facilities) to try it out.

## Find your thing

Maintain your inspiration and motivation to make positive changes. For a fresh take on health, check out [kp.org/thrive](https://kp.org/thrive) to spark your imagination.



### Portland-area medical centers

- 1 Kaiser Sunnyside Medical Center  
10180 SE Sunnyside Road  
Clackamas, OR 97015
- 2 Kaiser Permanente Westside Medical Center  
2875 NW Stucki Ave.  
Hillsboro, OR 97124  
(Opening in 2013)
- 3 OHSU Doernbecher Children's Hospital  
3181 SW Sam Jackson Park Road  
Portland, OR 97201  
(For children 17 and younger)
- 4 Providence St. Vincent Medical Center  
9205 SW Barnes Road  
Portland, OR 97225

### Portland-area medical offices

- 5 Beaverton Medical Office  
4855 SW Western Ave.  
Beaverton, OR 97005
- 6 Brookside Center  
10180 SE Sunnyside Rd.  
Clackamas, OR 97015
- 7 Center for Health Research  
3800 N. Interstate Ave.  
Portland, OR 97227
- 8 Clackamas Eye Care  
12100 SE Stevens Court, Suite 106  
Portland, OR 97086
- 9 Division Medical Office  
7705 SE Division St.  
Portland, OR 97206
- 10 Eastman Parkway Office  
1550 NW Eastman Parkway, Suite 100  
Gresham, OR 97030
- 11 Hillsboro Medical Office  
5357 W. Baseline Road  
Hillsboro, OR 97123
- 12 Interstate Medical Office Central  
3600 N. Interstate Ave.  
Portland, OR 97227
- 13 Interstate Medical Office East  
3550 N. Interstate Ave.  
Portland, OR 97227

- 14 Interstate Medical Office South  
3500 N. Interstate Ave.  
Portland, OR 97227
- 15 Interstate Medical Office West  
3325 N. Interstate Ave.  
Portland, OR 97227
- 16 Interstate Radiation Oncology Center  
3620 N. Interstate Ave.  
Portland, OR 97227
- 17 Lake Road Nephrology Center  
6902 SE Lake Road, Suite 100  
Milwaukie, OR 97267
- 18 Mother Joseph Plaza  
9427 SW Barnes Road  
Portland, OR 97225
- 19 Mt. Scott Medical Office  
9800 SE Sunnyside Road  
Clackamas, OR 97015

- 20 Mt. Talbert Annex  
10100 SE Sunnyside Road  
Clackamas, OR 97015
- 21 Mt. Talbert Medical Office  
10100 SE Sunnyside Road  
Clackamas, OR 97015
- 22 Murrayhill Medical Office  
11200 SW Murray Scholls Place  
Beaverton, OR 97007
- 23 One Town Center  
10163 SE Sunnyside Road, Suite 490  
Clackamas, OR 97015
- 24 Rockwood Medical Office  
19500 SE Stark St.  
Portland, OR 97233
- 25 Sleep Lab  
9717 SE Sunnyside Road  
Clackamas, OR 97015
- 26 Sunnybrook Medical Office  
9900 SE Sunnyside Road  
Clackamas, OR 97015
- 27 Sunnyside Medical Office  
10180 SE Sunnyside Road  
Clackamas, OR 97015
- 28 Sunset Medical Office  
19400 NW Evergreen Parkway  
Hillsboro, OR 97124

- 29 Tualatin Medical Office  
19185 SW 90th Ave.  
Tualatin, OR 97062

### Vancouver-area medical center and offices

- 30 Southwest Washington Medical Center  
400 NE Mother Joseph Place  
Vancouver, WA 98664  
(24-hour emergency, low-risk childbirth, and selected services only)
- 31 Cascade Park Medical Office  
12607 SE Mill Plain Blvd.  
Vancouver, WA 98684
- 32 Mill Plain One Medical Office  
203 SE Park Plaza Drive, Suite 140  
Vancouver, WA 98684
- 33 Orchards Medical Office  
7101 NE 137th Ave.  
Vancouver, WA 98682
- 34 Salmon Creek Medical Office  
14406 NE 20th Ave.  
Vancouver, WA 98686
- 35 Vancouver Medical Office  
2211 E. Mill Plain Blvd.  
Vancouver, WA 98661

### Salem-area medical center and offices

- 36 Salem Hospital  
890 Oak St. SE  
Salem, OR 97301
- 37 North Lancaster Medical Office  
2400 Lancaster Drive NE  
Salem, OR 97305
- 38 Skyline Medical Office  
5125 Skyline Road S.  
Salem, OR 97306
- 39 West Salem Medical Office  
1160 Wallace Road NW  
Salem, OR 97304

### Longview-area medical office

- 40 Longview-Kelso Medical Office  
1230 Seventh Ave.  
Longview, WA 98632



## About Kaiser Permanente

Since 1945, our mission has been to provide high-quality, affordable health care, and to improve the health of our members and the communities we serve. Recognized as one of America's leading health care providers and nonprofit health plans, we bring this mission to life by consistently reinvesting in your well-being. We're committed to helping shape the future of health care through innovation, clinical research, health education, and the support of community health. To better understand who we are and what we do, visit [kp.org/newscenter](http://kp.org/newscenter).

### For more information


Visit us at [kp.org](http://kp.org) or call Membership Services, Monday–Friday, 8 a.m.–6 p.m.

**503-813-2000** Portland area

**1-800-813-2000** All other areas

**1-800-735-2900** TTY for the deaf, hard of hearing, or speech impaired

**1-800-324-8010** Language interpretation services

 Please recycle. 77674

This brochure is not a contract. Plan details are provided in the *Evidence of Coverage (EOC)*. To obtain an EOC for a particular plan, contact Membership Services.

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