

Saint Vrain Valley School District 2021 Benefits

CONNECT WITH YOUR CARE TEAM



Chat



Phone



Video



Email



E-visits



kp.org


Telehealth

**CONNECTED TO YOUR ELECTRONIC MEDICAL RECORD.
CHAT WITH A DOCTOR, PHARMACIST OR FINANCIAL COUNSELOR.**

No Cost for Most Health Plans*

SAINT VRAIN VALLEY SCHOOL DISTRICT DIGITAL LANDING PAGE



 KAISER PERMANENTE® ST. VRAIN VALLEY SCHOOLS

Open Enrollment & New Hire

Member Resources

Telehealth - Virtual CAre

Wellness 1

Mental Health

Financial Support

Northern Colorado

Welcome to your Kaiser Permanente Landing Page.
We've built this site to be your one stop shop for resources and materials to support St Vrain Valley Schools. Don't see something you need? Let us know! We'll ensure you have the resources you need to thrive!

- Click the folders to print, download, or share Kaiser Permanente materials.
- Find helpful videos, care topics, and resources below

COVID-19 Resources:
[kp.org/coronavirus](#)

Free Self Care Apps:
[kp.org/selfcareapps](#)

Online Health Resources:
[kp.org/healthyliving](#)
[kp.org/classes](#)
[kp.org/healthylifestyle](#)

Care Specific Sites:
Specialty Care

DEPARTMENT NUMBERS:

Member Services:
Denver Boulder: 303-338-3800 (TTY 711). 7 a.m. to 6 p.m. M-F.
Northern Colorado: 1-844-201-5824 (TTY 711). 8 a.m. to 5 p.m. M-F
Southern Colorado: 1-888-681-7878 (TTY 711). 8 a.m. to 5 p.m. M-F

Appointments and Advice:
303-338-4545 or 1-800-218-1059 (TTY 711). Call anytime, day or night, for medical advice or to schedule primary care and select specialty care appointments.

New Member Connect:
1-844-639-8657 (TTY 711), 7 a.m. to 6 p.m. M-F. Call to choose a Primary Care Physician, transition your prescriptions, access care, register for access to [kp.org](#), and more!

Travel Line:
951-268-3900 Call anytime, day or night.

1

Guides and Flyers

2

Videos and Links

3

Key Contacts

Ctrl **CLICK
HERE**

Resources for
members

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THE NEW MEMBER CONNECT TEAM



Our dedicated transition team can:

- Connect members to transition nurses

Easy
transition

- Help members chose a doctor
- Transition their prescriptions
- Set up appointments
- Register members on **kp.org**

Call **1-844-639-8657** for assistance with getting started
7 a.m. to 6 p.m Monday thru Friday

BENEFIT CHANGES and NEW ID CARDS

- Urgent Care Copayment, The \$50.00 copayment will cover the Urgent Care visit and other services received during the visit. **(Members will no longer be charged coinsurance for procedures)** Member will still owe applicable cost share for services such as, but not limited to X-rays, laboratory tests and office administered drugs.
- Prescription drug refills – Members will be required to use Kaiser Permanente Medical Office Building pharmacies or the Kaiser Permanente mail order prescription service for prescription drug refills or ongoing maintenance drugs. The initial prescription can be obtained at any Plan Pharmacy. **(This primarily impact members in Northern Colorado. This is already in practice in Southern Colorado and not applicable in Denver)**
- DHMO, Medications not on the Kaiser Permanente Formulary, if approved, will have a \$60 cost share. Currently the cost share for an approved non-formulary Rx is the Generic or Brand cost share of \$15 and \$40 respectively¹. Mail Order Rx copay for Non-Preferred, non-formulary Rx will be \$120 for up to a 90 day supply.
- New ID Cards will be sent to all members

Changes
Occurring
01/01/2021

¹ Approximately 2% of all scripts written are non formulary at Kaiser Permanente

CALM - DIGITAL APP FOR SELF-CARE AND BETTER SLEEP

Calm helps your employees build resilience and mental fitness through better sleep, mindfulness, and meditations. Features include:

- ☐ Guided meditations
- ☐ Programs taught by world-renowned experts
- ☐ Sleep Stories narrated by celebrity guests
- ☐ Mindful movement videos

Register by visiting
www.kp.org/selfcareapps



Healthy
Resources

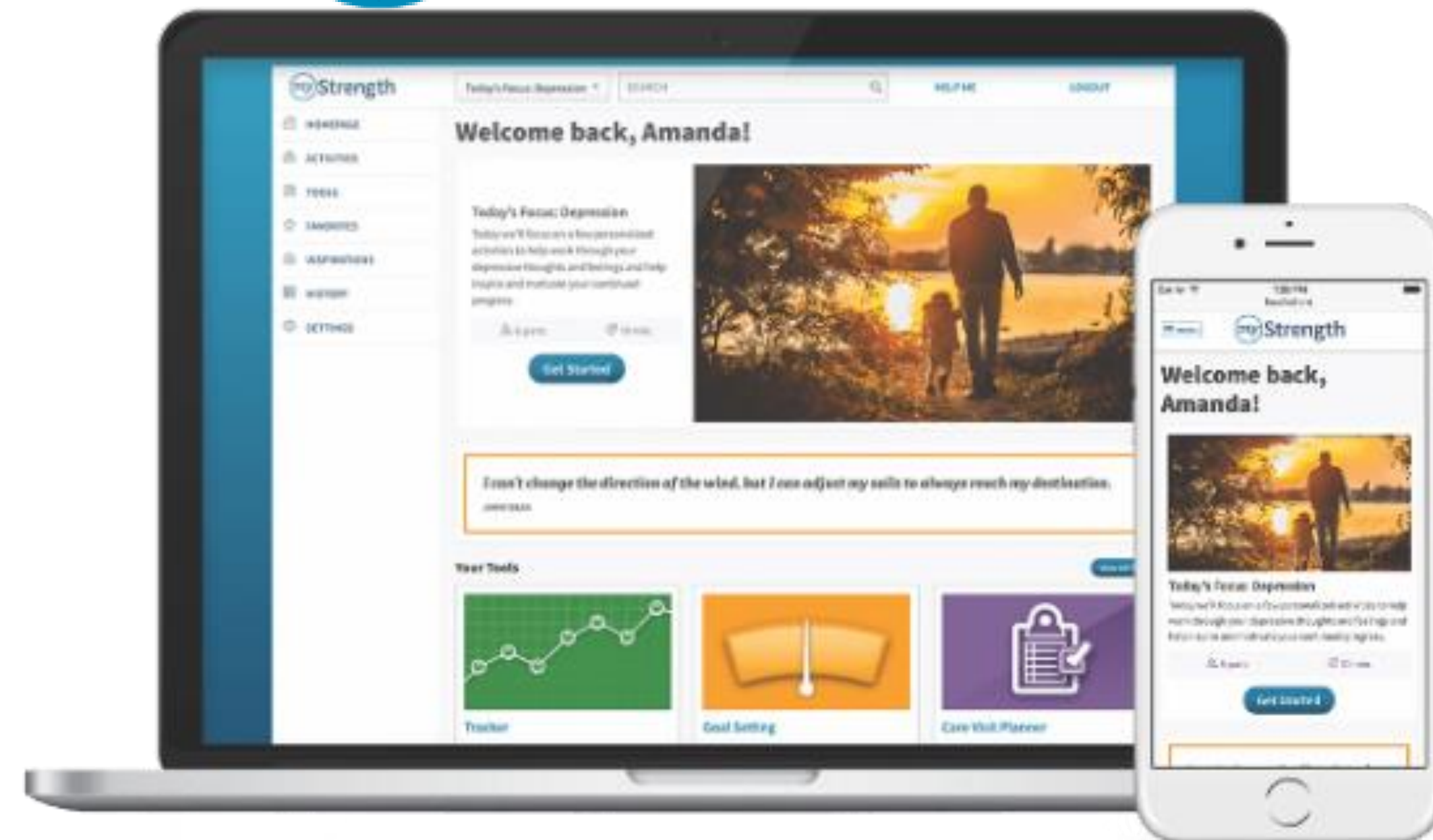
MySTRENGTH - NEW DIGITAL SELF-CARE APP

Cognitive Behavioral Therapy-based program offering guided programs and tools for a range of mental health needs and challenges:

- Managing Depression
- Controlling Anxiety
- Reducing Stress
- Practicing Mindfulness & Meditation
- Improving Sleep
- Balancing Intense Emotions
- Managing Chronic Pain

Register by visiting
www.kp.org/selfcareapps

myStrength



Healthy
Resources

CLASSPASS - A NEW FITNESS PERK WITH FLEXIBILITY

Try yoga, cardio and bootcamp – without leaving home!

This new perk provides:

- **On-demand video workouts at no cost** – 4,000+ online fitness classes – including cardio, dance, meditation, bootcamp, and more – for \$0/month
- **Reduced rates on livestream and in-person fitness classes** – members can try a video workout from home, or take a class in more than 2,500 cities around the globe



Healthy
Resources

Get started at kp.org/exercise

URGENT CARE DELIVERED IN THE HOME OR OFFICE

We have teamed up with DispatchHealth to offer even more convenience.



Members in Denver/Boulder and Colorado Springs now have direct access to mobile urgent care services.

Services for illnesses or injuries that require attention soon but aren't emergencies, such as:

- Sprains, strains, cuts that need stitches
- Migraines, dizziness, and other neurological conditions
- Asthma, respiratory conditions and urinary tract issues

Members call DispatchHealth directly or are referred through Chat with a Doctor, or our 24/7 advice line.

24-7
access
to care

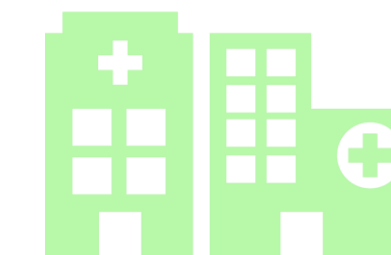
Now also available in Longmont as of September 1, 2020

Lutheran Medical Center



What's
New
at KP

- Beginning January 1, 2021, members will have access to general surgery, hospital medicine, orthopedics, obstetrics-gynecology, and emergency care.
- Integrated care delivery – all treatments, procedures, tests, and prescriptions for Kaiser Permanente members at Lutheran Medical Center will be captured in their electronic medical records., ensuring the continuity and quality of team-based, collaborative care.

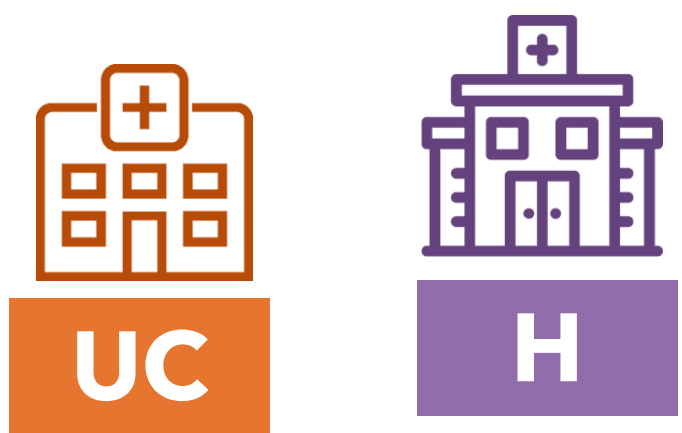


UCHealth Urgent Care Longmont

- UCHealth Urgent Care Longmont Location now in-network for Kaiser Permanente Members:
 - UCHealth Urgent Care Main Street serves both adult and pediatric patients in the Longmont area and is open for walk-in patients 7 days a week from 8 a.m.-8 p.m.
 - They treat non-life-threatening injuries and illnesses.
 - 2101 Main St. Longmont, CO 80501-1406
 - 720-745-8030 (TTY 711)
- As a reminder, you also have access to NextCare Urgent Care in Longmont
 - 2144 Main St., Suite 8, Longmont, CO 80501
 - Monday through Friday, 8 a.m. to 8 p.m.
 - Saturday and Sunday 10 a.m. to 4 p.m.
 - 303-772-0041

What's
New
at KP

TRAVELING? YOU'RE COVERED!



International Travel

- Nearest urgent care facility
- Nearest hospital



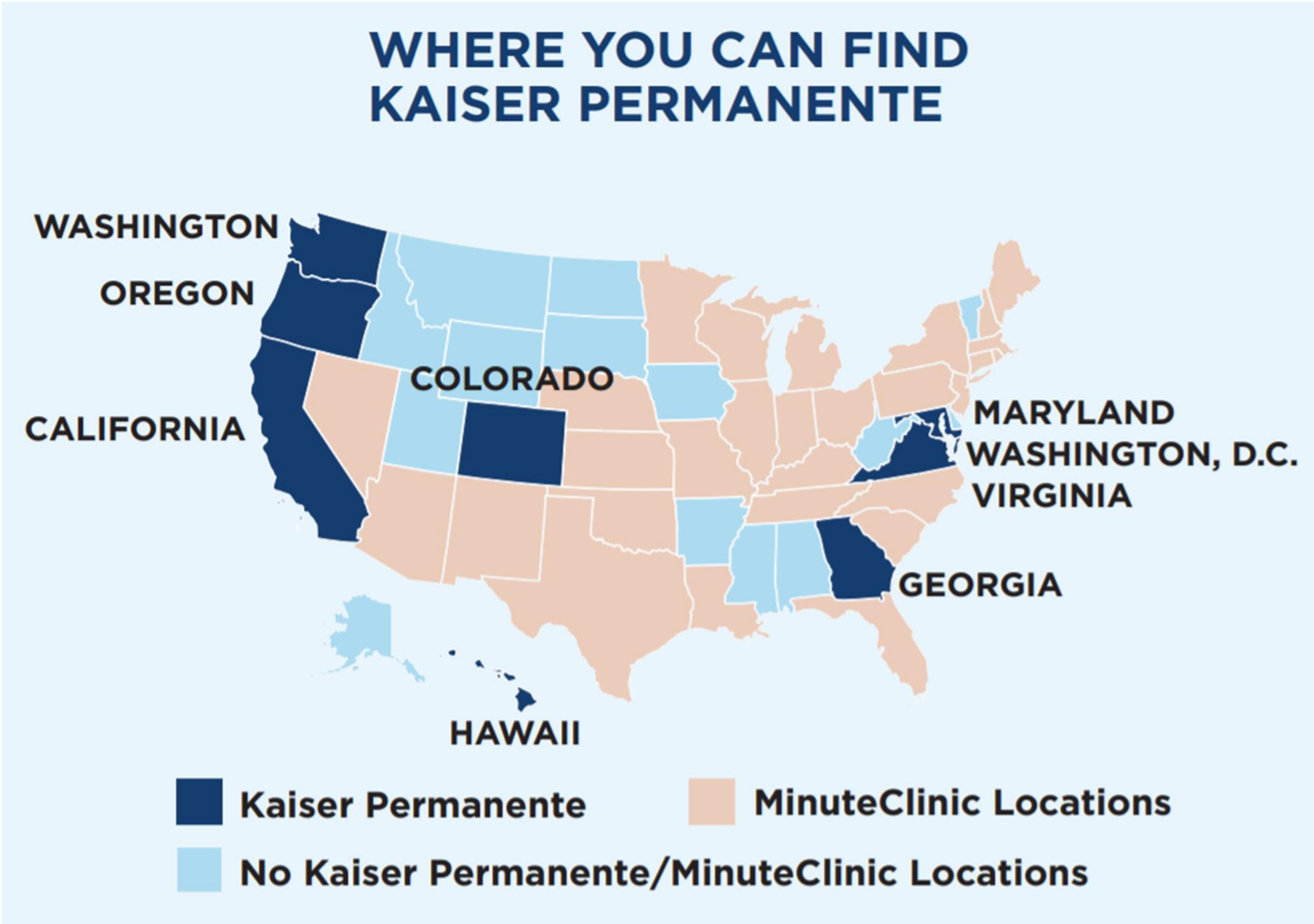
Domestic Travel (USA) in a state without KP

- Nearest MinuteClinic
- Nearest urgent care facility



Domestic Travel (USA) within a KP Service/Region

- Nearest KP urgent care



Our Products

24/7 Away from Home Travel Line:
951-268-3900



Frequently Used Resources

- Customer Service and Benefits: 1-800-632-9700
- Appointments and 24/7 medical advice line: 1-800-218-1059
- Behavioral Health: 303-471-7700
- Kaiser Permanente Mail Order Pharmacy:
 - Automated mail-order refills: 1-866-938-0077
 - General mail order questions: 1-866-523-6059
- Clinical Pharmacy Call Center: 303-338-4503
- New Member Connect Team: 1-844-639-8657
- Complex Case Management: 303-614-1065 (self refer)
- Nutrition Services: kphealthyme.com
- Away from home Travel Line: 951-268-3900
- International Travel Clinic: 303-283-2650
- kp.org/coronavirus for updates and common questions
- www.kp.org

Resources for
you



**Questions?
Please Sent Email to
KaiserPermanente-OpenEnrollment-2020@kp.org**



KAISER PERMANENTE®