

Kaiser Foundation Health Plan
of the Mid-Atlantic States, Inc.
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Rockville, MD 20852
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Don't forget...

As supplies become available, you can walk into any of our medical centers and get your flu shot on the spot. No appointment necessary. Go to kp.org/flu for vaccine availability, medical center hours, or to update your flu record if you received your flu shot outside of Kaiser Permanente.

Questions?

Call the **Away from Home Travel Line**
951-268-3900 (TTY 711), 24 hours a day,
7 days a week (except holidays).

<RECIPIENT FULL NAME>
<RECIPIENT ADDRESS LINE 1>
<RECIPIENT ADDRESS LINE 2>
<CITY> <STATE> <ZIP CODE>

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Heading to college this fall?

**Books aren't all you
need – make sure your
health is covered too.**

Tips on health care
coverage while you're
away from home

 **KAISER PERMANENTE®**

Preparing for school or moving from home is a busy time.

Here are some tips to stay on top of your health if you're leaving the area.

Before you leave, you should:

Update your medications and immunizations.

Keep in touch.

- Have your medications refilled. Certain prescriptions can be mailed by the Kaiser Permanente pharmacy to you at school or at your temporary location away from home.*
- Make sure that your vaccinations are up-to-date as required by many schools and employers. And remember—you can walk into any of our facilities to get a no-cost flu shot any time we're open.
- Register at kp.org so you can keep in touch with your doctors, print your immunization records from home or school, request refills for your medications, and make appointments for routine matters when you come home.

Also, for medical conditions that aren't urgent, you can email your doctor for advice.

Review your health plan.

Your Kaiser Permanente membership plan's *Evidence of Coverage, Membership Agreement, federal brochure RI 73-047, Certificate of Insurance, or Summary Plan Description* provides specific information about receiving health care when outside the Kaiser Permanente service area.



Contact Kaiser Permanente's Away from Home Travel Line

For travel outside of your home region, including international, call **951-268-3900 (TTY 711)**, 24 hours a day, 7 days a week (except for holidays).

To learn more about getting care away from home, visit kp.org/travel.

Be prepared.

Routine and Urgent Care

- If you're attending a school outside the Kaiser Permanente service area, the school may offer a student health insurance policy that covers routine and Urgent Care services. Need something sooner? Video visits are available with an emergency medicine physician from Kaiser Permanente who is connected to your doctor and your medical history.†
- If you're away at school and are seen at a student health center or any other medical center for an issue that isn't urgent, your plan may not cover those services.
- Make sure you take your Kaiser Permanente ID card with you.

Urgent and emergency care

- You have coverage for urgent and emergency care outside of the service area. If you go to an emergency room while you're away from home, call Member Services at **800-777-7902 (TTY 711)**, Monday through Friday, 7:30 a.m. to 9 p.m., Eastern time.
- Remember that medical advice is available for Kaiser Permanente members 24 hours a day, 7 days a week. If you have a medical emergency, get care right away. You don't have to let Kaiser Permanente know or get approval first.
- Often, a follow-up appointment is needed after you visit the emergency room or receive Urgent Care. If so, you'll need authorization for that appointment and any additional lab or imaging services. The medical advice line at **800-777-7904 (TTY 711)** can either approve the follow-up appointment or arrange for you to have the follow-up in a Kaiser Permanente service area.
- If you're still unsure of what to do, it's always best to call the medical advice line. We'll partner with you to get you the care you need while you're away from home.

* Some medications are not eligible for Mail Order Pharmacy. Mail Order Pharmacy can mail to addresses in MD, VA, DC, and certain locations outside the service area.

† For some conditions, you can meet face-to-face online with your doctor from your computer, smartphone, or tablet. During a video visit, you must be present in Maryland, Virginia, Washington, DC, Florida, North Carolina, West Virginia, or Pennsylvania. For members 18 and older.