Kaiser [1]

Under this Kaiser-administered plan, you can choose any healthcare provider within one single statewide network. It is recommended that you select a primary care physician to direct your care. In most cases, referrals written order from your primary care provider for you to see a specialist or receive certain health care services for any covered service that cannot be performed by your primary care provider. This applies to our Anthem Exclusive and Kaiser plans. are required. However, you may self-refer to certain specialists. A physician specialist focuses on a specific area of medicine or a group of patients to diagnose, manage, prevent, or treat certain types of symptoms and conditions. A non-physician specialist is a provider who has more training in a specific area of health care. [5] . In place of a deductible, enrollees will be responsible for a copay. A fixed-dollar amount that you must pay out of your pocket at the time of service to a provider or a facility for a specific health covered service. Copays do not apply to the deductible requirement. For example, an office visit may have a copay of $30 under the Exclusive Plan and $40 under the Extended. You must pay the amount at the time of service. [7] for medical visits, diagnostic testing and hospital/facilities services.

This plan will also provide one no-cost preventative mental health visit per plan year beginning on July 1, 2022. Learn more about your mental health benefit options on our Mental Health Resources page [8].

Out-of-network care is not covered except for emergency care [9] and/or urgent care. [10] and when to get care. [11]
 Covered providers and medications

- Find a provider/urgent care [15]
- Visit Kaiser's microsite [16]
- Call 1-877-883-6698

Out-of-area benefit for dependents only

This benefit applies to services listed in the Summary Chart (page 128 of Benefits Booklet).

**Office visit**
Primary care, Specialty, Mental Health/Chemical Dependency, Well Child prevention, Gynocological and Allergy injection visits are covered. All other visits are not covered.

**Office visit limits (procedures and labs are excluded)**
5 visits per plan year

**Diagnostic X-ray service limits (X-ray and Ultrasound only)**
20% coinsurance
5 per plan year

**Prescription Drug**
Brand/Generic

**Physical, Occupational & Speech Therapies**
5 combined visits per plan year

Features and considerations

**EPO**
Exclusive Provider Organization (EPO)
A health care system designed to give you access to quality, cost-effective service. With an EPO, such as the case of our CU Health Plan Kaiser, you will have access to providers within the Kaiser Network. Your Primary Care Provider, in most cases, will manage and coordinate any care of a specialist you may need by providing you with a referral within the network. There are no out-of-network benefits with the exception of emergency care. [17]

Kaiser network
Deductible
An amount that you are required to pay before the plan will begin to reimburse for covered services. This plan has no deductible.  

Out-of-pocket limit
The maximum amount of money you will pay for covered medical services during the plan year. These costs include deductibles, copays and coinsurance. This maximum is designed to protect you from catastrophic health care costs. After you reach this amount, the plan will pay 100% of the allowed amount.  

2022-23 Plan Year: $8,700/individual; $17,400/family for in-network providers

Office visit
Primary care provider - $30/visit
Specialist - $40/visit
Urgent care - $30/visit
Emergency care - $250 (waived if admitted)

Prescription drug (Rx)
30-day supply
Generic: $15
Non-Preferred Brand: Not Covered
Preferred Brand: $35
Specialty: 20% of cost up to $75