



## Family benefits with \$0 copays

### Kaiser Permanente Small Business Health Plans

Kaiser Permanente health plan members no longer have to choose between quality and affordability. Check out what comes with your health plan and see how your health care dollar may go further with Kaiser Permanente.

Enjoy \$0 copays for routine maternity services and primary care office visits for children, including the following:<sup>1</sup>

- Routine prenatal care
- Routine labor and maternity care delivery
- A follow-up visit for you and your baby
- Primary care office visits for children through age 17

<sup>1</sup>This is a summary of the features of the Kaiser Permanente health plan for small business. This document is only a summary of routine maternity services and primary care office visits for children covered at \$0 copays. For details, refer to your Evidence of Coverage.

# The health plan for growing families

The specialty care services listed below may require a cost share. For details, please refer to your Evidence of Coverage.

## High-quality care when expecting

We're here to help provide the care and support you may need for a happy, healthy pregnancy. Your team includes an obstetrician-gynecologist, certified nurse-midwife, nurses, and specialists who work together to provide a full spectrum of coordinated pregnancy services, including:

- Pre-conception planning
- Routine and high-risk prenatal care and testing
- Labor and delivery care
- Lactation consulting and breastfeeding support
- Postpartum and newborn care

## Specialized care

If you experience a high-risk pregnancy or complications during delivery, our specialists are just steps away and available 24/7 at our Moanalua Medical Center's Family Birth Center.

We have a fully-equipped Level 3 Neonatal Intensive Care Unit to care for babies with special needs and an Intensive Care Unit for moms if they need it. And because we have what you and baby may need in one place, you won't have to worry about being separated in different hospitals if you or your baby require extra care.

## Grow with us

Begin your journey at **[kp.org/maternity](https://kp.org/maternity)** and access resources for every stage of your pregnancy, labor, delivery, and beyond. You can also prepare for your baby's "birth" day by meeting your care team and taking a virtual tour of our private and spacious labor and delivery suites at **[kpfamilybirthcenter.org](https://kpfamilybirthcenter.org)**.

Experience a seamless transition from maternity to pediatrics and family medicine. Our Mother and Newborn Center on Oahu, lactation consultants, and network of doctors collaborate to help meet the needs of your growing family.

## Convenient ways to get care

You have convenient options to manage your family's health and get care when it works for you. We offer same-day and next-day appointments, 24/7 virtual care (by phone or in person, no appointment necessary), phone appointments, 24/7 advice, and urgent care<sup>1</sup>. Book routine appointments online and email your pediatrician or family medicine doctor's office 24/7 from home, work, or on the go with our mobile app.

<sup>1</sup>Where appropriate and available. If you travel out of state, phone appointments and video visits may not be available due to state laws that may prevent doctors from providing care across state lines. Laws differ by state.