

GOOD HEALTH

IS EVERYTHING.

KAISER PERMANENTE.  thrive

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About Kaiser Permanente

- Kaiser Permanente provides Services directly to our Members through an integrated medical care program
- Health Plan, Plan Hospitals, and the Medical Group work together to provide our Members with convenient access to quality care
- Our medical care program gives you access to all of the covered Services you may need:
 - **Routine care with your own personal Plan Physician**
 - **Specialty Care**
 - **Hospital Care**
 - **Laboratory and Pharmacy Services**
 - **Urgent and Emergency Care**
 - **Healthy Living Programs**

Kaiser Permanente High Performing Benchmark



REDWOOD CITY MEDICAL CENTER

- Hospital and Main Campus
1150 Veterans Blvd.
Redwood City, CA 94063
650-299-2000
- Kaiser Permanente has been providing health care in Redwood City and its surrounding areas since 1952. Our medical center includes our hospital and several outpatient facilities.

2012 Basic Plan Benefits

Service	Benefit
Physician services	\$15 per visit
Hospital services	No charge
Emergency care	\$50 per Emergency Department visit This Copayment does not apply if you are held for observation in a hospital unit outside the Emergency Department or if admitted directly to the hospital as an inpatient
X-ray and lab tests	No charge

2012 Basic Plan Benefits (continued)

Service	Benefit
Prescription drugs (Includes covered outpatient items in accord with our drug formulary guidelines)	<ul style="list-style-type: none">• Up to a 30-day supply from a Plan pharmacy: \$5 generic/\$20 brand• Up to a 100-day supply by mail-order service: \$10 generic/\$40 brand• Drugs prescribed for treatment of sexual dysfunction, covered at 50% coinsurance for up to a 100-day supply from a Plan pharmacy or by mail-order service

2012 Basic Plan Benefits (continued)

Service	Benefit
Routine preventive care	<ul style="list-style-type: none">• Periodic health exam: No charge• Scheduled prenatal care and first postpartum visit: No charge• Well-child visits (0–23 months): No charge• Vaccines (immunizations): No charge• Eye refraction exam: No charge (<i>Eyeglasses and contact lenses following cataract surgery, in accord with Medicare guidelines, No charge</i>)

2012 Basic Plan Benefits (continued)

Service	Benefit
Mental Health	Outpatient visits: \$15 per individual visit; \$7 per group visit Inpatient psychiatric hospitalization: No charge
Hearing services	Routine preventive hearing tests: No charge Hearing aid(s): \$1,000 allowance every 36 months
Allergy services	Allergy injection visits: No charge Allergy testing visits: \$15 per visit

VISITING MEMBER/TRAVEL BENEFITS

- If you get a migraine while visiting Baltimore or come down with the flu in Denver, we'll be there for you.
- You can get visiting member benefits when you're temporarily visiting one of our regions.
- Contact us as soon as reasonably possible when you receive out of area or urgent/emergency care.
- If you're traveling outside of the country, talk to your doctor about necessary immunizations and visit our travel clinic.
- If you have any questions, contact our Emergency Notification line at 1-800-225-8883. Request a Travel Guide Brochure for a one page claim form and information.


 Change your region: California - Northern

[My health manager](#)
[Health & wellness](#)
[Health plans & services](#)
[Locate our services](#)

Welcome to Kaiser Permanente

- [Get started now](#)
- [Locations and services](#)
- [Choose your doctor](#)
- [Healthy living](#)
- [How your benefits work](#)
- [Checklist for new members](#)



A checklist for new members

We want to make it easy to get started and make the most of your membership. Please use our checklist to make sure you've gotten all the information you need.

Checklist for new members

- [Find a facility](#) nearest you.
- [Choose a personal physician](#) for you or a family member.
- [Learn how to get care](#), including making appointments, refilling prescriptions, urgent and emergency care, and what to do when you're traveling.
- [Get support for healthy living.](#)
- [Transfer your medical records.](#)
- [Transfer your prescriptions.](#)
- [Register on our site](#) so you can go online to make appointments, refill prescriptions, and much more.

Last reviewed: November 2005

[▲ Back to top](#)

New Member Checklist

- Find a facility
- Choose a personal physician
- Learn how to get care
- Transfer your medical records
- Transfer your prescriptions

Available at kp.org/newmembers

Selecting a Physician

Each member of your family is encouraged to have his/her own personal plan physician for routine and preventive care, treatment of illness, and referral to a specialist when needed.

- Together, you and your doctor can decide what it will take for you to get and stay healthy with support from:
 - Nurses
 - Specialists
 - Health educators
- You can change your doctor for any reason, at any time

The Permanente Medical Group

Jeanne Conry, MD

Facility

[Roseville Medical Center](#)
[Department of Women's Health](#)

Address

1600 Eureka Road
Roseville CA 95661
[Map & Directions](#)

Telephone

Appt/Advice: (916) 784-4148
Office: (916) 784-4148

[E-mail your doctor](#)



My Outside Interests

My husband is a wildlife biologist and professional photographer. My children are both now in college. My husband and I like to travel, especially to bird watch and to see exotic places. We have enjoyed trips to Africa, Australia, South American and even lived on an island in the arctic. I love to garden. I have presented lectures for the Older Women's League, Haddassa, Healthy Aging Summit and for the State Department of Health Resources.

My Qualifications

I received a Bachelor of Arts degree from California State University in Chico, then moved to Colorado where I lived for ten years while doing Arctic and Alpine research; I received my Ph.D. in Biology from the University of Colorado at Boulder. I was on the faculty of UC Denver, where I did research on arctic and alpine tundra ecosystems, taught evolutionary biology, ecology and general biology. I returned to California where I attended medical school at the University of California, Davis. Following medical school, I completed an internship and a residency at the University of California Davis in OB/GYN. I joined The Permanente Medical Group in 1990. I serve on the Executive Board for the American College of Obstetricians and Gynecologists (ACOG) for California. I am the Vice-Chair for the state, and as a member of the legislative committee, I review all state health care policies for women. I serve on the National Center for Disease Control and Prevention Select Panel on Preconception Care. I am also the State Chair of the Preconception Care Council of California. This committee is a coalition of government and health care providers who have organized to improve pregnancy outcomes by emphasizing the need for healthy choices across the reproductive life span of women. I have received the Outstanding Service Award for ACOG and am a volunteer clinical faculty member for the University of California at Davis.

What Sets Our Doctors Apart?

Kaiser Permanente physicians provide care:

- In a collaborative environment
- Making care-giving decisions independent of an insurance company
- With the most advanced information technology in medicine



Engaging CalPERS Members Online

Our members have access to a wealth of tools and information on kp.org to manage their health online, anytime and anywhere.

- My Health Manager Tour demonstrates:
 - Email my doctor
 - Act for a family member
 - Pharmacy center
 - My test results
 - Appointment center
 - Past visit information

Welcome

CalPERS members

Kaiser Permanente's time-saving online tools, quality doctors you choose from, and award-winning wellness programs mean you get more than a health plan—you get a plan for living well.

Get your free [total health assessment online](#)! All it takes is 20 minutes and it could earn you an iPod® or \$500 gift certificate.



GET STARTED NOW

- Already a member? [Manage your care at kp.org](#).
- Find the right clinician for you using our [clinical staff directory](#).
- We're where you are—search our [facility directory](#).
- [Why join Kaiser Permanente?](#)



IN THE KNOW

- Soak up [sunscreen facts](#).
- See how we're inspiring kids to make [healthy choices](#).



Thrive with Kaiser Permanente.



HEALTHY AT WORK

Taking an active role in your health just got more rewarding. Earn rewards for making healthy changes with [HealthWorks by Kaiser Permanente](#).

MY HEALTH MANAGER

Order prescription refills in your pajamas? E-mail your doctor's office at 2 a.m.? [My health manager](#) lets you take charge of your health your way.

Empowering Members



3 million members online

14 million emails sent to physicians

19 million prescriptions filled

36 million test results viewed

Empowering Our CalPERS Customer Online

- 197,832 members registered on kp.org
- 651,915 emails sent to physicians
- 512,471 prescriptions filled
- 1,604,109 test results viewed

Total Health Assessment

Here's how it works:

1. Go to kp.org/calpers
2. Click on the “total health assessment online” link
3. Complete and submit the total health assessment

It only takes about 20 minutes!

That's it! Now you're eligible for our quarterly drawing—and on your way to a healthier you!

Renew you. **And reap the rewards.**

Complete a free total health assessment online and get started on the road to a healthier you

- It's free for CalPERS members and you can complete it in minutes from the comfort of your home
- When you're done, you'll receive a personalized action plan to help you get inspired and take charge of your health
- That's it! You'll be automatically entered into the quarterly drawing—and on your way to a healthier you

Welcome to HealthWorks by Kaiser Permanente

HealthWorks is a wellness program sponsored by Kaiser Permanente for CalPERS members. HealthWorks offers customized online healthy lifestyle programs and chances to earn valuable rewards by completing a [Total Health Assessment](#). The path to good health has never been more rewarding.

Your rewards

When you complete your total health assessment, you'll be entered in quarterly drawings. You'll be eligible to win:

- A \$500 SpaFinder® gift certificate or a \$500 sports store gift certificate good at REI®, Big 5 Sporting Goods®, or Sports Authority®.
- An 80-gigabyte color-screen iPod®.

[Learn more about your rewards](#)

Your health resources

[Connect with tools and resources](#) that'll help you stay in charge of your health and make the choices that are right for you.



Personalized Action Plan for CalPERS Members

Home Programs My Account Log Out You are logged in TEST.

HealthMedia
succeed

Succeed


My Succeed Plan

- Health Summary
 - Introduction
 - Lifestyle Score
 - Nutrition
 - Stress Management
 - Injury Prevention
 - Skin Protection
 - Physical Activity
 - Tobacco
 - Alcohol
 - Weight Management
 - BP & Cholesterol
 - Vaccines and Tests
 - Moving Forward
 - Printer Friendly Plan
- Medical Library
- Exercise Library
- Stretching Library
- Cookbook
- Health Tools
- Health Report
- Health Links
- About Succeed

Jennifer Smith's Health Summary (Jan, 05 2007)
[printer friendly version](#)

"To succeed, we must first believe that we can." – Michael Korda

My Lifestyle Score: 70



How do you compare to others? Most women age 30-40 years-old who take this program have a [Lifestyle Score](#) between 70-80.

You can improve your score or maintain a good score by choosing a [healthy lifestyle](#).

Top 4 Health Concerns You Are Ready to Change

Based on what you told us...

- #1 [Weight Management](#)
 ➔ **Action Item:** Observe your eating and exercise patterns. Get a [personalized weight management program](#).
- #2 [Skin Protection](#)
 ➔ **Action Item:** Buy a wide-brimmed hat to keep off the sun. Learn more about [skin health](#).
- #3 [Stress Management](#)
 ➔ **Action Item:** Get a personalize plan to [manage your stress](#).
- #4 [Physical Activity](#)
 ➔ **Action Item:** Get a personalized plan to help you reach your [fitness goal](#).

Your High Risk Health Concerns

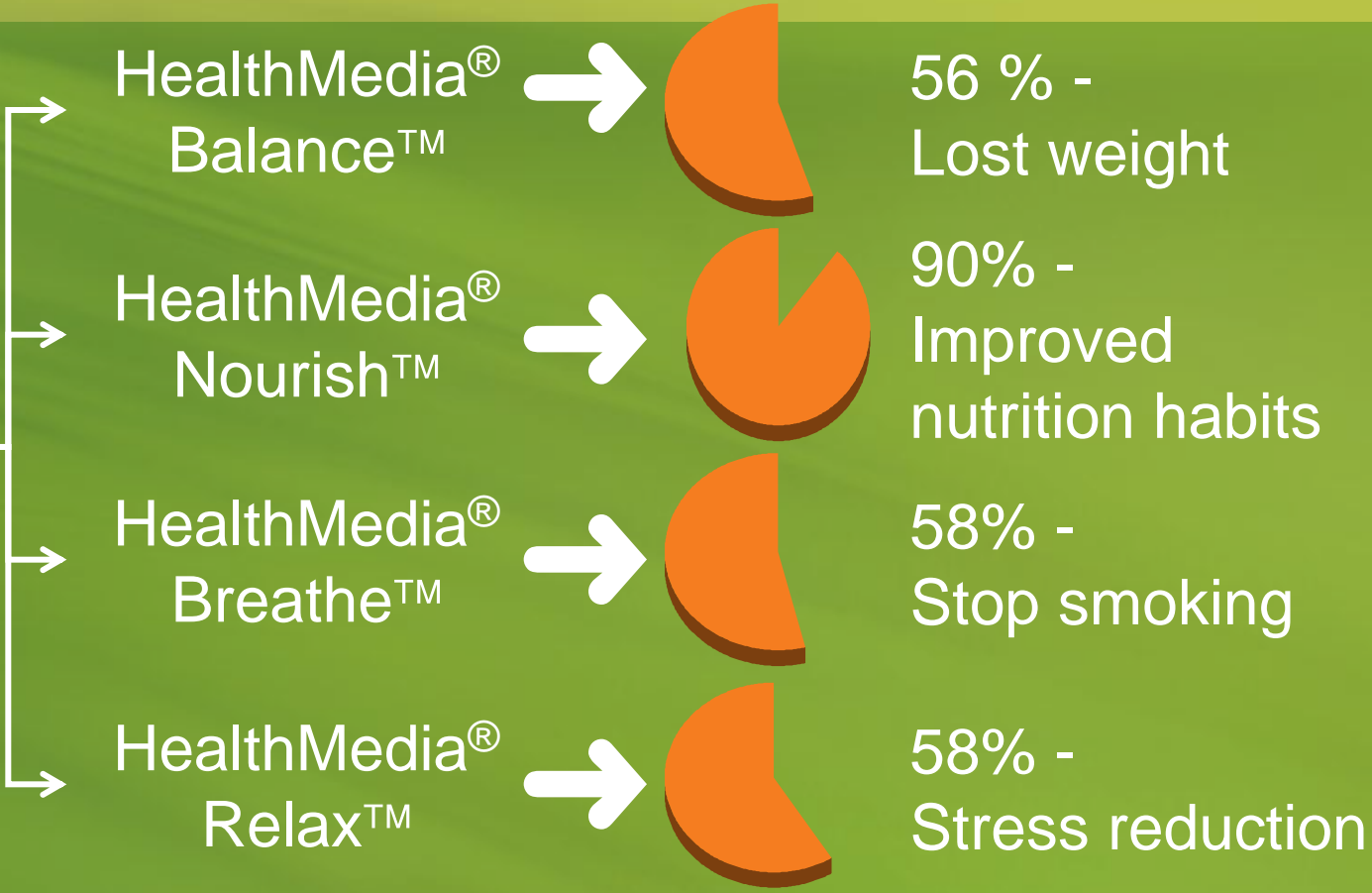
1. [Smoking](#)
2. [Risky Sexual Behavior](#)

How Am I Doing? By the Numbers...

Based on what you told us...

- ✓ **Good Cholesterol = Good (HDL=55)**
Your HDL is within the desirable range of over 40.
- ✓ **Blood Pressure = Good (110/70)**
You're within your target blood pressure of under 120/80.
- ⚠ **Weight = Overweight**
Body Mass Index = 26.6
You are above the target Body Mass Index of 25.0 for your age.
- ⚠ **Fitness = Needs improvement**
You told us you exercise 45 minutes of your target 120 minutes of exercise per week.
- ✗ **Bad Cholesterol = Borderline High (LDL=158)**
Your LDL is borderline high - it should be less than 130.
- ✗ **Total Cholesterol = High (242)**
Your total cholesterol is too high. It should be less than 200.

CalPERS Members Improving Their Health



CalPERS Member Programs

We also offer the following customized online programs to help CalPERS members reach their health goals:

- Manage chronic conditions with Care for Your Health™
- Manage diabetes with Care for Diabetes™
- Manage pain with Care for Pain™
- Manage depression with Overcoming Depression™
- Get a good night's sleep with Overcoming Insomnia™
- Manage back pain with Care for Your Back™

Discount Programs for CalPERS Members

Take advantage of special rates on programs available to our members.

- **Weight Watchers®** - Lose some extra pounds, at a healthy discount. We've teamed with Weight Watchers® to help you save money on regular online membership fees.
- **10,000 Steps® Program** - Use a pedometer to count your steps each day, then track your progress online. You'll get the support you need every step of the way.
- **Health and Fitness Programs** - Enjoy discounts on massage therapy, acupuncture, chiropractic care, and select fitness club memberships. (Programs vary by region.)

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<http://www.choosehealthy.com>

1-877-335-2746

WEIGHT WATCHERS DISCOUNT

- We all know how hard it is to shed unwanted pounds. That's why Kaiser Permanente has teamed up with Weight Watchers to bring our members three great weight-loss packages. They're part of our commitment to your total health.
- Weight Watchers Local Meeting vouchers

This prepaid program offers you the flexibility of attending Weight Watchers meetings in your community—when and

where it suits you best. You have two options to choose from:

13-week vouchers—\$119.86: Includes free Weight Watchers exercise DVD valued at \$15.

18-week vouchers—\$165.96: Includes Weight Watchers Walking Kit valued at \$25.

To order one of these programs, call toll free 1-866-639-3300.

Learn to reach your health goals with a Wellness Coach



Get the motivation and guidance you need to take an active role in your health with our wellness coaches. Whether you're trying to get more active, eat better, manage your weight, quit tobacco, or handle stress, your personal coach can help you create—and stick with—a plan for reaching your goals. Better yet, you don't even have to leave home to get started on your path to health. You and your coach talk one-on-one by phone at a time that's convenient for you.

Make the first move by calling 1-866-251-4514 (toll free), 6 a.m. to midnight daily, to schedule your coaching appointment. Coaching sessions are free for Kaiser Permanente members!

Portable Electronic Medical Record

CalPERS Members in Northern California can purchase their password-protected portable electronic medical record (PEMR) on a flash drive

- Copy of patient's medical information
- Ideal for travel and college students
- Encrypted and password protected
- Cost is \$5 for flash drive
- Free updates



Portable Electronic Medical Record

Each flash drive includes:

- Patient demographics, including age, gender, and ethnicity
- Contact information of family and friends
- Primary care physician(s) information
- Active medical problem lists
- Allergies
- Immunization records
- Lab results from the past year
- Medications prescribed or refilled in the past year
- Clinic visit information with diagnoses and procedures in the past year
- Hospitalizations with diagnoses and procedures
- Most recent EKGs and chest X-rays ---- both readings and images

HERE'S TO YOUR HEALTH.



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QUESTIONS?