

# Elevate Your Health, One Step at a Time with BeyondWell

BeyondWell is a comprehensive lifestyle program that integrates wellness activities, goals, rewards and more into a single place. The result is a truly personalized well-being experience that is tailored to your unique needs.

## Earn up to \$150 per year in rewards - act now!

- > Gift cards earned must be self-claimed by December 31 each year.
- > Unclaimed rewards will be forfeited.

Our BeyondWell program is available now and continues into 2025—and Kaiser members and eligible spouses can **earn up to \$150** in electronic gift cards. Engage throughout each year to maximize your rewards!

## Get started today!

### Kaiser members

1. From a computer, visit [www.beyondwellhealth.com](http://www.beyondwellhealth.com).
2. Select **Login/Register** in the top right-hand corner.
3. Log into your existing account or register for a new account and accept the Terms of Use.



Earn up to **\$150** in rewards for healthy activities:

- Download BeyondWell app
- Connect a device or app
- Verified steps through device
- Personal challenges
- Self-guided programs
- Dental exams
- Flu shot
- Health assessment
- Select cancer screenings
- Register on KP.org



Take your well-being journey with you anywhere, anytime! Download the BeyondWell app now.

Flip to learn more about our 2025 program



# 2025

Below you'll see all the ways you and your qualified spouse on the Kaiser health plan can earn up to **\$150** each in Amazon.com\* electronic gift cards in 2025.

**\$5** Sync a device or app

Our platform syncs with over 100 different devices. Earn this credit once per year.

**\$1** Verified steps through device

When steps are logged from your synced device, you earn credit. \$1 per 10,000 steps.<sup>1</sup>

**\$5** Download the BeyondWell app

Download and log in to the BeyondWell app after creating your account online and earn \$5.

**\$30** Interactive self-guided program

Complete any interactive program and earn \$30 (up to \$60 annually)

**\$30** Dental exam

Complete a preventive dental exam through Kaiser Dental, CIS (Delta) Dental, or Willamette Dental and earn \$30.<sup>2</sup>

**\$20** Flu or COVID-19 vaccine

Get your flu shot or COVID-19 vaccination and earn \$20 once per year.<sup>2</sup>

**\$25** Health assessment

The health assessment will help personalize your experience. Earn this incentive once per year.

**\$15** Personal challenge

Challenge yourself to improve lifestyle habits and earn \$15 per challenge (up to \$30 annually).

**\$30** Cancer screenings

Earn an incentive when you get a qualified cancer screening with KP physician.<sup>2,3</sup>

**\$5** Register on KP.org

Register your account on KP.org and earn \$5.<sup>4</sup>

**\$15** Attend a webinar

Attend a webinar hosted by your EAP or BeyondWell and earn \$15 each (up to \$60 annually).

### EAP Webinars

|   |                        |
|---|------------------------|
| <i>Healthy Heart, Healthy Mind</i>        | <i>Feb 4 @ 10:00am</i> |
| <i>Mindfulness Based Stress Reduction</i> | <i>Apr 10 @ 1:00pm</i> |
| <i>Coping Strategies for Caregivers</i>   | <i>Aug 19 @ 9:00am</i> |
| <i>Holiday Stress</i>                     | <i>Nov 14 @ 2:00pm</i> |

### BeyondWell Webinars

|  |                         |
|--|-------------------------|
| <i>Food For Your Heart</i>                     | <i>Feb 11 @ 11:30am</i> |
| <i>Health Myths &amp; Facts- Mental Health</i> | <i>May 15 @ 11:30am</i> |
| <i>Eating for Gut Health</i>                   | <i>Aug 14 @ 11:30am</i> |
| <i>Plan for Good Health</i>                    | <i>Dec 11 @ 11:30am</i> |

- \$1 per 10,000 steps; max \$2 daily. Steps will not carry over from day to day. Max \$25 per quarter for this activity.
- This activity is tracked through claims and will require the completion of a Kaiser Permanente HIPAA authorization form. The form will be available to complete on the BeyondWell site beginning in January 2025.
- Qualifying preventive exams include: mammogram, colonoscopy, and pelvic exam.
- This activity requires the participant to log in to their KP.org account and complete the Kaiser Permanente HIPAA Authorization Form. Once complete, it may take up to eight weeks to see the activity credit in your account.

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# BeyondWell™

BeyondWell is a separate and independent company that provides services for Regence members. Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association. BeyondWell is not insurance, but it is offered in addition to your medical plan to help you get information and support when you need it.

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# Where to get care in McMinnville

Care at Kaiser Permanente feels easier and faster, with the help of connected caregivers, more ways to get care, and support for the whole you.

## In-person care options

It's important to have the opportunity to get care in your community, so you'll find local in-person care options here. As a Kaiser Permanente member, you also have access to any Kaiser Permanente facility in Oregon or Southwest Washington, where our doctors, lab, and pharmacy are all conveniently located under one roof at most facilities.



## PRIMARY CARE<sup>1</sup>

- 1 Kaiser Permanente McMinnville Primary Care**  
2700 SE Stratus Ave., Ste. 401  
McMinnville, OR 97128
  - 2 McMinnville Internal Medicine<sup>2</sup>**  
254 NE Norton Ln.  
McMinnville, OR 97128
- 

## SPECIALTY CARE<sup>1</sup>

- 3 Willamette Women's Health Center (obstetrics and gynecology)**  
2700 SE Stratus Ave., Ste. 301  
McMinnville, OR 97128
  - 4 McMinnville Eye Clinic (ophthalmology)**  
2445 NE Cumulus Ave., Ste. A  
McMinnville, OR 97128
  - 5 McMinnville Surgical Associates (general)**  
245 NE Norton Ln.  
McMinnville, OR 97128
  - 6 Willamette Valley Orthopedics and Sports Medicine**  
2700 SE Stratus Ave., Ste. 303  
McMinnville, OR 97128
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## PEDIATRIC CARE

- 7 Kaiser Permanente McMinnville Primary Care**  
2700 SE Stratus Ave., Ste. 401  
McMinnville, OR 97128
  - 8 Willamette Valley Pediatrics and Adolescent Medicine<sup>2</sup>**  
2700 SE Stratus Ave., Ste. 405  
McMinnville, OR 97128
- 

## URGENT CARE

- 9 McMinnville Immediate Health Care**  
207 NE 19th St. Ste. 102  
McMinnville, OR 97128

## LAB TESTS AND IMAGING

- 10 Willamette Valley Medical Center**  
2700 SE Stratus Ave.  
McMinnville, OR 97128
- 

## PHARMACY<sup>1</sup>

Members on traditional plans can get prescriptions filled at any Kaiser Permanente pharmacy or use our mail-order pharmacy to have most prescriptions delivered to their home. Visit [kp.org/pharmacy](https://kp.org/pharmacy) to learn more.

Members on traditional plans can also get acute medications or first fill of maintenance medications at:

- 11 Safeway Pharmacy (first fill only)**  
2490 N. Hwy. 99 W.  
McMinnville, OR 97128

<sup>1</sup>Members on Added Choice® plans may have other community pharmacy options via the MedImpact network and additional primary and specialty care options through First Choice Health or First Health Network.  
<sup>2</sup>You can get care from a contracted provider at this facility.





# Kaiser Permanente in McMinnville

## FREQUENTLY ASKED QUESTIONS

### 1. Why choose Kaiser Permanente?

Kaiser Permanente provides evidence-based care centered around the health of patients and communities. Care is coordinated between your doctor, specialists, and lab services – all working together to improve your health.

### 2. What will my primary care experience in McMinnville be like?

Members living in McMinnville can see a Kaiser Permanente provider at Kaiser Permanente McMinnville Primary Care (2700 SE Stratus Ave., Suite 405, McMinnville)\* or a contracted primary care provider at McMinnville Internal Medicine (254 NE Norton Ln., McMinnville).

### 3. If I use a listed medical provider in McMinnville, will my costs be the same as what I would pay at Kaiser Permanente?

Yes. Services covered at a listed medical provider will be offered at the same cost share as those offered at a Kaiser Permanente facility. However, the cost share will be paid to the listed medical provider. If you have billing questions, call Kaiser Permanente Member Services at **1-800-813-2000 (TTY 711)**.

### 4. Where can I go for lab tests and imaging?

If you choose to panel with a Kaiser Permanente provider at Kaiser Permanente McMinnville Primary Care or with a contracted provider at McMinnville Internal Medicine, you can have lab tests and imaging done at Willamette Valley Medical Center. Members can also get lab tests and imaging done at Kaiser Permanente facilities.

### 5. What options are there for pediatric care?

You can get pediatric services at the following locations:

- Willamette Valley Pediatrics and Adolescent Medicine with a contracted provider (2700 SE Stratus Ave., Suite 405, McMinnville)\*
- Newberg Urgent Care with a Kaiser Permanente family medicine provider (2880 Hayes St., Newberg)
- Any Kaiser Permanente medical office

To view our list of providers and facilities, visit **kp.org/finddoctors**. Search “Doctors” using your ZIP code.

### 6. Where can I go for specialty care?

You have options. You can be seen at any Kaiser Permanente facility or at:

- Valley Women’s Health for obstetrics and gynecology
- McMinnville Eye Clinic for ophthalmology
- Willamette Valley Medical Center for general surgery and orthopedics

We offer other specialty care options through Salem Health, Doernbecher Children’s Hospital, and other partners, after referral. For a list of specialty care providers, go to **kp.org/finddoctors**. Search “Doctors” using your ZIP code.

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\*Kaiser Permanente McMinnville Primary Care and Willamette Valley Pediatrics and Adolescent Medicine are co-located at 2700 SE Stratus Ave., Suite 405, McMinnville, OR 97128.

## 7. What support is available for new members?

The Kaiser Permanente New Member Welcome Desk helps new members transition to Kaiser Permanente by connecting them with services and helping transfer medical records and prescriptions. If you are receiving care at a listed McMinnville internal medicine provider, the Welcome Desk can help you access care and understand your options.

The Kaiser Permanente New Member Welcome Desk is available Monday through Friday, 8 a.m. to 6 p.m., at **1-888-491-1124**.

## 8. Will pharmacy services be available in McMinnville for Kaiser Permanente members?

Members can use the Kaiser Permanente mail-order pharmacy to have prescriptions delivered to their home, helping save time and money. Members who prefer to pick up their prescriptions can visit any Kaiser Permanente pharmacy. Beginning January 2020, members on commercial plans will also have the option to pick up their acute medications or the first fill of a maintenance medication at the Safeway Pharmacy located at 2490 N. Hwy. 99 W. in McMinnville.

Members on Added Choice® plans may have other community pharmacy options.