



## Provider-Choice Rights Notice

The Kaiser Northern California, Southern California, and Washington HMO plans generally require the designation of a primary care provider. You have the right to designate any primary care provider who participates in our network and who is available to accept you or your family members. Until you make this designation, Kaiser designates one for you. For information on how to select a primary care provider, and for a list of the participating primary care providers, refer to the contact information below.

- California:
  - o Log onto the Kaiser member website [healthy.kaiserpermanente.org](https://healthy.kaiserpermanente.org) and select "Get Care"
  - o Call Kaiser at (800) 464-4000
- Washington:
  - o Log onto the Kaiser member website [kp.org/wa](https://kp.org/wa) and select "Member Resources"
  - o Call Kaiser at (888) 907-4636

For children, you may designate a pediatrician as the primary care provider.

You do not need prior authorization Kaiser or from any other person (including a primary care provider) in order to obtain access to obstetrical or gynecological care from a health care professional in our network who specializes in obstetrics or gynecology. The health care professional, however, may be required to comply with certain procedures, including obtaining prior authorization for certain services, following a pre-approved treatment plan, or procedures for making referrals. For a list of participating health care professionals who specialize in obstetrics or gynecology, refer to the contact information below.

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If you have any questions, call (855) 898-4218 or send a secure message through the Adobe Benefits Enrollment site found on [benefits.adobe.com](https://benefits.adobe.com).