Care that fits your life:
online, by phone, or in person.

APPOINTMENT & ADVICE LINE: 866-454-8855
Not sure which care is right for you? Use our Appointment and Advice Line anytime you have questions about your health or the health of a family member. **Available 24/7, including holidays,** and you will always reach a live person who can help guide you.

ROUTINE CARE
Regular visits to your doctor to catch health problems early, when they're easier to treat, such as:
- Checkups
- Preventative Screenings
- Well-child visits
- Chronic conditions management
- Felling Sick or in pain
- Same day appointments may be available

Schedule an appointment at kp.org, the KP app, or call 866-454-8855.

PHONE, VIDEO, & E-VISITS[1]
Meet face-to-face with your doctor by computer, smartphone, or tablet for conditions that don't require an in-person exam, with **no co-pays!**
- Cold, sinus, & flu like symptoms
- Work or school notes

With an E-visit, you can also get prescriptions, usually within 2 hours

Access at kp.org or the KP app.

URGENT CARE
Illnesses and injuries that require prompt medical attention, usually within 24 to 48 hours, but are not an emergency medical condition. This can include:
- Minor wounds or cuts that may need stitches
- Asthma flare-ups
- Earaches

Schedule an appointment at kp.org, the KP app, or call 866-454-8855.

EMERGENCY CARE
Emergency care[2] is for medical or mental health conditions that require immediate medical attention to prevent serious jeopardy to your health, such as:
- Chest pain or pressure
- Severe stomach pain that comes on suddenly
- Decrease in or loss of consciousness
- Severe shortness of breath

Schedule an appointment now:
Use your smartphone to scan this QR code and get the care you need at kp.org!

KAISER PERMANENTE®

IN-PERSON
Same day appointments are often available.

PHONE
Save yourself an office visit by scheduling a call with a doctor.

EMAIL
Message your doctor's office with non-urgent questions anytime, and get a response within 72 hours.

VIDEO VISIT
Ask about this online alternative to an in-person appointments.

E-VISITS
Fill out an online questionnaire about your symptoms, and a registered nurse will respond within 4 hours with a care plan.

CHAT ONLINE
Connect in real time with a pharmacy representative.

1. When appropriate and available. 2. If a person reasonably believes they have an emergency medical condition, they should call 911 or go to the nearest emergency department. For the complete definition of an emergency medical condition, refer to your Evidence of Coverage or other coverage documents.

KAISER PERMANENTE®