Get quality care whenever you need it

With Kaiser Permanente, you have many options available to get the world-class care you depend on for all your health needs – day or night. Here's how:

Convenient ways to get care

Phone visit

Talk with a clinician over the phone for the same high-quality care as an in-person visit.[1,2] Schedule an appointment or get fast, personalized support 24/7.

Video visit

Meet face-to-face with a clinician by video from your smartphone, tablet, or computer.[1,2] Appointments are optional.

24/7 care advice

Talk with a Kaiser Permanente clinician anytime day or night for advice.

E-visit

Fill out a short questionnaire about your symptoms online and get personalized self-care advice from a Kaiser Permanente clinician.

Email

Message your doctor's office with nonurgent health questions anytime through your kp.org account.

Mail-order pharmacy

Get prescriptions sent straight to your door with our mail-order delivery service.[3]

Making an appointment is easy

Go online:
To choose the kind of care you need, visit **kp.org/getcare** or sign in to the Kaiser Permanente app – and avoid hold times on the phone. For Colorado or Washington members, chat online with a doctor through your kp.org account.

Call us 24/7:
Find your location information below.

California
- Northern California: **1-866-454-8855**
- Southern California: **1-833-574-2273**

Colorado
303-338-4545 or **1-800-218-1059**

Georgia
404-365-0966

Hawaii
- Oahu: **808-432-2000**
- Maui: **808-243-6000**
- Hawaii Island: **808-334-4400**
- Kauai: **808-246-5600**

Maryland/Virginia/Washington, D.C.
1-800-777-7904

Oregon/SW Washington
- Portland: **503-813-2000**
- All other areas: **1-800-813-2000**

Washington
1-800-297-6877

TTY
711

1. Where appropriate and available. **2.** 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. **3.** Some prescriptions are not available through the mail-order pharmacy. For certain drugs, you can get prescription refills mailed to you through our Kaiser Permanente mail-order pharmacy. You should receive them within 10 business days.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057

Learn more at **kp.org/getcare**

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921741151 August 2022