



GET THE **RIGHT CARE** AT THE **RIGHT TIME**

With many convenient care options, getting care when you need it, where you need it is easier than ever.



WE'RE ONLINE

Download the Kaiser Permanente app from the App Store® or on Google Play™.¹ Register at kp.org/registernow to:

- See your health record
- Schedule appointments
- Refill or order new prescriptions



PRIMARY CARE

Your primary care provider is your main source for care.

- Routine care
- Follow-up care
- Preventive screenings

Same-day appointments may be available.



VIDEO AND TELEPHONE VISITS²

Telehealth options are available for some health concerns. You may be able to see a doctor using your computer or mobile device for:

- Pinkeye
- Minor rashes
- Urinary tract infections



URGENT CARE

When you need to be seen today, get prompt care for nonemergencies, such as:

- Allergies
- Colds and flu
- Cuts, burns, and sprains



24-HOUR ADVICE NURSE

Give us a call. Our advice nurses are here to help answer your questions 24 hours a day, 7 days a week.

All areas..... **1-800-813-2000**

TTY **711**

Language interpretation services

..... **1-800-324-8010**



EMERGENCY CARE

Get care for life-threatening or limb-threatening medical or psychiatric conditions, such as:

- Major injuries
- Sudden onset of severe pain
- Severe or persistent bleeding

If you believe you have an emergency medical condition, call **911** or go to the nearest hospital.

¹App Store is a service mark of Apple, Inc., registered in the U.S. and other countries.

Google Play is a trademark of Google Inc.

²May be subject to cost share for members on HSA-qualified high deductible health plans.