

Kaiser Permanente care options

Convenient care from connected teams –
available to our members

Health happens everywhere. Getting quality health care should too. That's why our health care team can meet you when and where you need care most.¹ Since your care team can see and update your electronic health record, you can connect with someone who knows your health history.



You've got many ways to get high-quality care.

- **Doctor's office visit** – Schedule an in-person visit with your care team.
- **Video or phone appointment** – Schedule a face-to-face video visit or phone appointment with Kaiser Permanente doctors and specialists.¹
- **E-visit** – Use our online symptom checker for certain conditions and get personalized care advice within a few hours.
- **24/7 advice** – Get on-demand support with 24/7 advice by phone.
- **Email** – Message your care team with nonurgent health questions and get a reply usually within 2 business days.

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Manage your health online

Once enrolled on kp.org, you can use the Kaiser Permanente app to schedule routine appointments, refill most prescriptions, see most test results, and more – 24/7, all in one place.

Tap into wellness resources

Live well and thrive with many digital resources – many available to members at no cost.³

classpass

Get special rates on thousands of on-demand fitness videos from fitness industry leader **ClassPass**.



Get daily support for improving and maintaining your well-being with the **myStrength** app.



Ease your mind with **Calm**, the number one app for sleep, meditation, and relaxation.

Explore our health care plans

None of Kaiser Permanente's virtual care services are add-ons – they're available to our members, on every Kaiser Permanente individual and family plan we offer. For convenient care on your terms – and the added flexibility of in-person services when you need them – take a look at our health plans today. Call **1-800-494-5314** (TTY **711**) for more information.



View plans, benefits, and pricing at buykp.org.



Find sample health plan information at kp.org/plandocuments.

1. Kaiser Permanente plans offer virtual care when medically appropriate and available in our service areas. If you travel out of state, virtual care may not be available due to state laws that may prevent doctors from providing care across state lines. Laws differ by state. **2.** \$0 for shipping, and prescription is at a copay. Some exclusions apply. For more information, please call **1-800-494-5314** (TTY **711**). **3.** The services are not covered under your health plan benefits and are not subject to the terms set forth in your *Evidence of Coverage* (in California, Combined Membership Agreement, *Evidence of Coverage*, and Disclosure Form) or other plan documents. These services may be discontinued at any time without notice.

In California, KFHP plans are offered and underwritten by Kaiser Foundation Health Plan, Inc., One Kaiser Plaza, Oakland, CA 94612 • In Colorado, all plans are offered and underwritten by Kaiser Foundation Health Plan of Colorado, 10350 E. Dakota Ave., Denver, CO 80247 • In Georgia, all plans are offered and underwritten by Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Rd. NE, Atlanta, GA 30305 • In Hawaii, all plans are offered and underwritten by Kaiser Foundation Health Plan, Inc., 711 Kapiolani Blvd., Honolulu, HI 96813 • In Oregon and southwest Washington (Clark and Cowlitz counties), all plans are offered and underwritten by Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • In Washington (except Clark, Cowlitz, and certain other counties), all plans are offered and underwritten by Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057 • In Maryland, Virginia, and the District of Columbia, all plans are offered and underwritten by Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., 2101 E. Jefferson St., Rockville, MD 20852.

Learn more at kp.org/getcare

