



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 free Kaiser Permanente app from the App StoreSM or Google PlaySM. 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 VISITS

Virtual care 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.