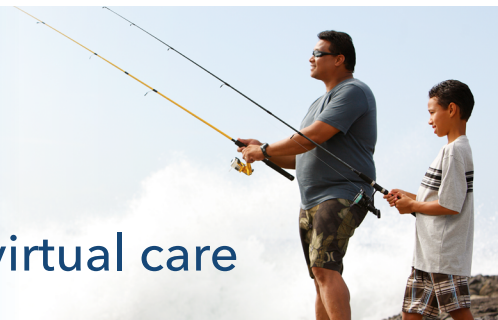


Your care, your way

Convenient care anytime, including 24/7 virtual care



Connect to care when and how you need it.



Online tools and mobile app

With **kp.org** or our mobile app, you can securely access many time-saving tools to help you stay on top of your health. View information from past visits, refill most prescriptions, see most test results, email your doctor's office, pay bills, and more.¹



24/7 care advice and phone appointments

Get medical advice and care guidance from a Kaiser Permanente provider, 24/7.

Phone appointments with your doctor are also available at no additional charge, for minor concerns or follow-up care.



Email your doctor's office

Message your doctor's office with nonurgent questions. Members can register at **kp.org**.¹



Video visits

Make a same- or next-day appointment to see a provider by video to get care online by computer, smartphone, or tablet.²



E-visits

Connect to care without an appointment. Complete a short online questionnaire on **kp.org** or our mobile app, then get help from one of our providers online. Available daily, 8 a.m. to 5 p.m.



In-person visits

Same-day appointments are often available. Sign on to **kp.org**, or call us to schedule a visit.

24/7 virtual care

Talk to a clinician by video or phone from your home or work.² With telehealth, you get convenient, high-quality care without the need for an appointment.

Urgent care services

If you have a sudden illness or minor injury, we provide extended hours for non-emergency, non-routine care by phone or in-person at select Kaiser Permanente facilities.

In-person urgent care

We're here for you day and night, including weekends and most holidays, with urgent care services on Oahu and Maui. Plus, if you need urgent or emergency care while traveling, you're covered.

Learn more

You have many ways to get care when it works for you, whether it's online, by phone, or in-person. Learn more at **kp.org/getcare**.

¹These features are available to Kaiser Permanente members who receive care from Kaiser Permanente. To use the Kaiser Permanente app, you must be a member registered on **kp.org**.

²When appropriate and available. 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.

If you believe you're having a medical or mental health emergency, call **911** or go to the nearest hospital.