

Skip the trip to the doctor's office



Next time you have a minor health issue, you have many convenient ways to get care when and where it works for you.



Phone appointment

Schedule an appointment to talk with a doctor or clinician over the phone – just like an in-person visit.^{1,2} Appointments are often available same day or next day.



Video visit

Meet face-to-face with a doctor or clinician by video for the same high-quality care as an in-person visit.^{1,2} Appointments are often available same day or next day.



Email

Message your doctor's office with nonurgent health questions anytime and get a response usually within 2 business days.²



E-visit

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

Ready to make an appointment?

- Sign in to **kp.org** or use the Kaiser Permanente app.
- Call **1-866-454-8855** (Northern California) or **1-833-574-2273** (Southern California), 24/7. TTY, call **711**.
- Visit **kp.org/getcare** to learn more about your care options.



To learn more about getting care virtually, scan the QR code or visit **kp.org/telehealth**.

1. When 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. **2.** These features are available when you get care from Kaiser Permanente facilities.