

# Get care from the comfort of home

We know the coronavirus is a major concern for everyone, but rest assured you can continue to get the high-quality care you depend on for all your health needs. For primary care, specialty care, and mental health services, connect with your care team from the safety and comfort of your home.



## E-visit

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



## Phone appointment

Schedule an appointment to talk with a Kaiser Permanente clinician over the phone – just like an in-person visit.<sup>1,2</sup>



## Email

Message your doctor's office with nonurgent questions anytime through your kp.org account.<sup>1</sup>



## Video visit

Meet face-to-face with a doctor by video for the same high-quality care as an in-person visit.<sup>1,2</sup>



## Mail-order pharmacy

Get prescriptions sent straight to your door with our mail-order delivery service.<sup>3</sup>

1. Where appropriate and available. 2. 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. 3. Some prescriptions are not available through the mail-order pharmacy. For certain drugs, you can get prescription refills mailed to you through our Kaiser Permanente mail-order pharmacy. You should receive them within 10 business days.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101

## Ready to make an appointment?

### Go online:

Sign in to **kp.org** or use the Kaiser Permanente app. If you're a member in Colorado or Washington, you can also chat online with a doctor through your kp.org account.

### Call us 24/7:

Find your location information below.

### California

- Northern California: **650-358-7015** (TTY 711)
- Southern California: **1-833-574-2273** (TTY 711)

### Colorado

- Denver/Boulder: **303-338-4545** (TTY 711)
- Mountain/Northern Colorado: **970-207-7171** (TTY 711)
- Southern Colorado: **1-800-218-1059** (TTY 711)

### Georgia

**404-365-0966** (TTY 711)

### Hawaii

- Oahu: **808-432-2000** (TTY 711)
- Maui: **808-243-6000** (TTY 711)
- Hawaii Island: **808-334-4400** (TTY 711)
- Kauai: **808-246-5600** (TTY 711)

### Maryland/Virginia/Washington, D.C.

**1-800-777-7904** (TTY 711)

### Oregon/SW Washington

- Portland: **503-813-2000** (TTY 711)
- All other areas: **1-800-813-2000** (TTY 711)

### Washington

**1-800-297-6877** (TTY 711)