

# Skip the trip to the doctor's office



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



## E-visit

Fill out a short questionnaire about your symptoms online and get personalized self-care advice, usually within 2 to 3 hours, from a Kaiser Permanente provider.



## Phone appointment

Schedule an appointment to talk with a doctor or nurse over the phone – just like an in-person visit.<sup>1,2</sup> Appointments are often available same day or next day.



## Email

Message your doctor's office with nonurgent questions anytime and get a response usually within 2 business days.<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> Appointments are often available same day or next day.



## Mail-order pharmacy

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

## Ready to make an appointment?

- Sign in to [kp.org](https://kp.org) or use the Kaiser Permanente app.
- Call us 24/7 at **1-833-574-2273** (TTY 711).
- Visit [kp.org/getcare](https://kp.org/getcare) to learn more about your care options.

**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.