

Your care, your way

Convenient care anytime



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 past visit information, 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 conditions or follow-up care.



Email your doctor's office

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



Video visits

Make a same or next day appointment to see your doctor or care team by video to get care online by computer, smartphone, or tablet.^{1, 2, 3}



E-visits

Connect to care - without an appointment. Answer a few questions on **kp.org** or in the Kaiser Permanente app and get help from a physician. Available daily, 8 a.m. to 5 p.m.



In-person visits

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

Your doctor is here for you

Your doctor is your total health partner, working closely with you. That's why at Kaiser Permanente, you can choose your own doctor, and select a different doctor whenever you want.

Get fit. Get rewarded.

Fit Rewards includes all fitness centers statewide.⁴ You can earn a free gym membership at certain gyms or enjoy discounted rates on newly added participating fitness centers. Whether you're into yoga or high intensity fitness training, you can earn a \$200 reward if you meet the program requirements.⁵ Learn more at **kp.org/fitrewards**.

Online wellness programs

With multiple online wellness programs, you'll get tools to help create positive changes. See more: **kp.org/healthylifestyles**.

¹These features are available when you receive care at Kaiser Permanente facilities.

²To schedule most appointments, you must be 18 years or older.

³Check with your doctor's office to find out if video visits are available and appropriate for you. 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.

⁴Fitness centers must be qualified fitness organizations operating for the general public. For details, visit **kp.org/fitrewards**. Kaiser Permanente Fit Rewards is administered by American Specialty Health Fitness, Inc. through its Active&Fit[®] program

⁵Earn your annual \$200 program fee back by exercising 45 days a year for at least 30 minutes per session at a participating fitness center. Learn more at **kp.org/fitrewards**