



# GET THE RIGHT CARE AT THE RIGHT TIME

With many convenient care options, getting care when you need it, where you need it is easier than ever.



## WE'RE ONLINE

Download the free Kaiser Permanente app from the App Store<sup>SM</sup> or Google Play<sup>SM</sup>. Register at [kp.org/registernow](http://kp.org/registernow) to:

- See your health record
- Schedule appointments
- Refill or order new prescriptions



## PRIMARY CARE

Your primary care provider is your main source for care.

- Routine care
- Follow-up care
- Preventive screenings
- Same-day appointments may be available



## VIDEO AND TELEPHONE VISITS

Virtual care options are available for some health concerns. You may be able to see a doctor using your computer or mobile device for:

- Pinkeye
- Minor rashes
- Urinary tract infections



## URGENT CARE

When you need to be seen today, get prompt care for nonemergencies, such as:

- Allergies
- Colds and flu
- Cuts, burns, and sprains



## 24-HOUR ADVICE NURSE

Give us a call. Our advice nurses are here to help answer your questions 24 hours a day, 7 days a week.

All areas..... **1-800-813-2000**

TTY..... **711**

Language interpretation services

..... **1-800-324-8010**



## EMERGENCY CARE

Get care for life-threatening or limb-threatening medical or psychiatric conditions, such as:

- Major injuries
- Sudden onset of severe pain
- Severe or persistent bleeding

If you believe you have an emergency medical condition, call 911 or go to the nearest hospital.