Get quality care whenever you need it

With Kaiser Permanente, you have many options available to get the world-class care you depend on for all your health needs – day or night. Here’s how:

Convenient ways to get care

1. Phone visit
   Talk with a clinician over the phone for the same high-quality care as an in-person visit. Schedule an appointment or get fast, personalized support 24/7.

2. Video visit
   Meet face-to-face with a clinician by video from your smartphone, tablet, or computer. Appointments are optional.

3. 24/7 care advice
   Talk with a Kaiser Permanente clinician anytime day or night for advice.

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

5. Email
   Message your doctor’s office with nonurgent health questions anytime through your kp.org account.

6. Mail-order pharmacy
   Get prescriptions sent straight to your door with our mail-order delivery service.

Making an appointment is easy

Go online:
To choose the kind of care you need, visit kp.org/getcare or sign in to the Kaiser Permanente app – and avoid hold times on the phone. For Colorado or Washington members, chat online with a doctor through your kp.org account.

Call us 24/7:
Find your location information below.

California
- Northern California: 1-866-454-8855
- Southern California: 1-833-574-2273

Colorado
- 303-338-4545 or 1-800-218-1059

Georgia
- 404-365-0966

Hawaii
- Oahu: 808-432-2000
- Maui: 808-243-6000
- Hawaii Island: 808-334-4400
- Kauai: 808-246-5600

Maryland/Virginia/Washington, D.C.
- 1-800-777-7904

Oregon/SW Washington
- Portland: 503-813-2000
- All other areas: 1-800-813-2000

Washington
- 1-800-297-6877

TTY
- 711

Learn more at kp.org/getcare

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., 1300 SW 27th St., Renton, WA 98057