Get the right care for you

No matter what life throws your way, we’ll help you connect with the care you need. Call or email us 24/7, make a phone or video appointment, or visit in person to get many services under one roof. This is your care, your way.

Your care

Routine care

Regular visits to your doctor that can help catch health problems early, when they’re easier to treat.

- Checkups
- Preventive screenings
- Well-child visits

Specialty care

Services from doctors trained in focused areas of care, like:

- Obstetrics-gynecology
- Mental health and wellness
- Dermatology

Your way

Choose how to get care

Make appointments

Schedule in-person, phone, video appointments, and more—right over the phone.

For phone numbers in your area, visit kp.org/getcare.

You can also schedule most in-person appointments from kp.org and the KP app.

Email

Message your doctor’s office with nonurgent questions anytime on kp.org or the KP app.

Manage your health, find locations, get care when traveling, and more at kp.org/getcare.

* If you are sick or injured, you may have an urgent care need. An urgent care need is one that requires prompt medical attention but is not an emergency medical condition.

† If you reasonably believe you have an emergency medical condition, call 911 or go to the nearest Emergency Department. An emergency medical condition is a medical or psychiatric condition that requires immediate medical attention to prevent serious jeopard to your health. For the complete definition of an emergency medical condition, please refer to your Evidence of Coverage.

‡ These features are available when you get care at Kaiser Permanente facilities.

** Must be 18 or older to schedule. To find out if telephone or video visits are available in your area, call the appointments and advice line or email your doctor’s office.

Kaiser Permanente does not discriminate on the basis of age, race, ethnicity, color, national origin, cultural background, religion, sex, gender identity, gender expression, sexual orientation, marital status, physical or mental disability, source of payment, genetic information, citizenship, primary language, or immigration status.

We provide interpreter services at no cost to you, 24 hours a day, 7 days a week, during all hours of operation. You can also request materials translated in your language at no cost to you. Just call us at 1-800-464-4005, 24 hours a day, 7 days a week (closed holidays). TTY users, call 711.

Ofrecemos servicios de traducción al español sin costo alguno para usted durante todo el horario de atención, 24 horas al día, 7 días a la semana. Puede contar con la ayuda de un intérprete para responder las preguntas que tenga sobre nuestra cobertura de atención médica. Además, puede solicitar que los materiales se traduzcan a su idioma sin costo alguno. Solo llame al 1-800-788-0616, 24 horas al día, 7 días a la semana (cerrados los días festivos). Los usuarios de TTY deben llamar al 711.

*我们必须是18岁或以上才能预约。要了解您所在地区的电话或视频访问是否可用，请致电预约和建议线或发送电子邮件至您医生的办公室。

*我們每個禮拜天、每週7天，每天24小時在所有營業時間內免費為您提供口譯服務。您可以請口譯員協助回答有關我們健康保險的問題。您也可以申請將資料翻譯成您所用語言在不需任何費用。只需打電話至1-800-768-8616，24小時，7天，包括節假日（除夕及春節）（聽障人士及語障人士請撥打711）。