

Simple steps to connect with your health



Manage your health, save time, and avoid unnecessary trips to the doctor's office using kp.org, the KP mobile apps, or by calling Member Services. Whenever and wherever you are, you can get personalized service from caregivers who have access to your electronic medical record.



By phone

Save a trip to the doctor's office with phone appointments, or use our call center for on-demand urgent care.



By email

Connect with your doctor's office anytime and get a response within 24 hours.



By video

Schedule video appointments with your doctor, meet with specialists, or get on-demand video visits with on-call physicians.



Online

Register at kp.org and you can choose a doctor, schedule routine appointments, view lab results, refill prescriptions, and more.



On the go

Download the Kaiser Permanente mobile app for [Apple](#) or [Android](#) and start using our secure online features anytime, anywhere.