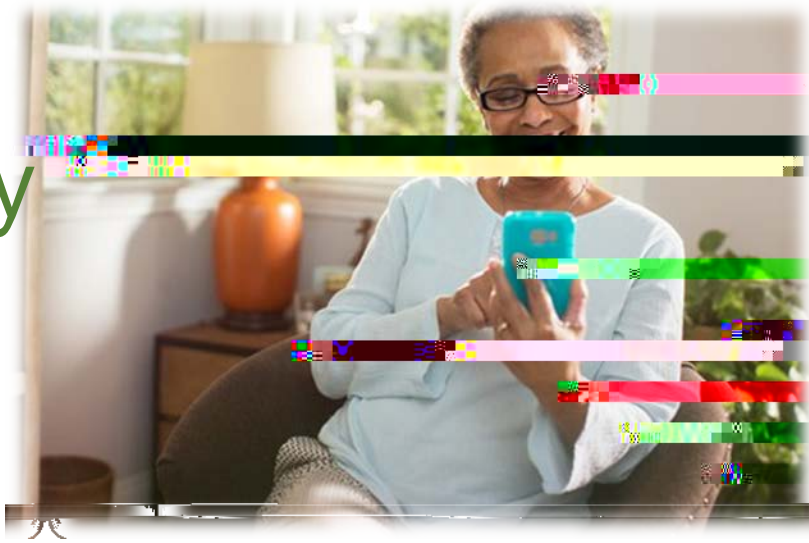


Care the way you want it



From the way you interact with your doctor to the device you use to stay on top of your care, at Kaiser Permanente you've got many easy, convenient options to get and stay healthy.

In addition to in-person appointments for routine and specialty care, we offer many ways to get care:

Telephone Appointments Available for primary and specialty care. Make an appointment by calling 1-800-576-6225

Video Appointments Available in Primary Care, Psychiatry, Pediatrics, OB/Gyn and Allergy. See reverse side for how to download the app and make an appointment

After Hours Care - For a routine care in the evenings and weekends, call 1-800-290-5000 to make an appointment

24/7 Advice Nurse - Call 1-800-290-5000 to see what type of care you need. For after-hours advice, call 1-800-576-6225 (M-F, 7pm - 7am, S/Su 24 hours)

Email Your Doctor - For simple, direct communications with your doctor's office, you can email securely through kp.org

Travel Line - When you're away from home and need medical care, you can call 1-951-268- these

know your medical history, test high-quality, personalized care.






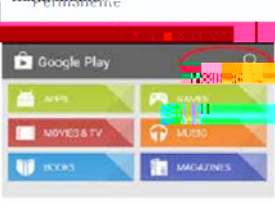
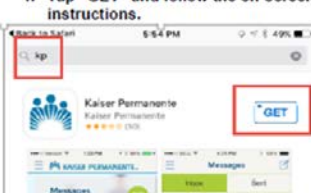
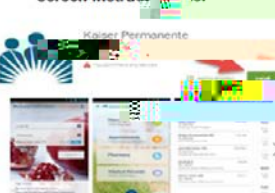
Use the mobile app to stay connected to your Kaiser Permanente providers.



Care the way you want it

Download the KP App

Directions to download the Kaiser Permanente Application (App)

<p>Apple Users:</p> 	<p>Google Android Users:</p> 
<p>1. Go to the App store.</p> 	<p>1. Go to the Google Play Store.</p> 
<p>2. Tap the search button at the bottom.</p> 	<p>2. Search for "KP" or "Kaiser Permanente".</p> 
<p>3. Type "KP" or Kaiser Permanente 4. Tap "GET" and follow the on-screen instructions.</p> 	<p>5. Tap "Install" and follow the on-screen instructions.</p> 

Video Appointments

 <p>Mobile device</p>	 <p>Computer</p>
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Set up for your appointment

an Android™ smartphone or tablet with a fast, secure internet connection. Make sure your mobile device and software requirements are met. For a mobile device, you need the latest version of the Kaiser Permanente app. For a computer, your computer and browser meet the requirements. You will be asked to download the Vidyo plugin.

