

Welcome to care that fits your life



Schedule your appointment



Phone appointments

Have a condition that doesn't require an in-person exam? Save yourself a trip to the office by scheduling a call with your care team.



Video visits

Want a convenient, secure way to see a doctor, wherever you are? Meet face-to-face online.^{1,2} Call us or email your doctor's office to see if video visits are available to you.

Get care in the moment



24/7 care and advice by phone

Call us for advice when you need it most at **1-833-KP4CARE** (1-833- 574-2273; TTY 711). We'll help you find out what care is right for you, schedule appointments, and more.



E-visits

Get quick, convenient online care for minor health conditions.^{1,2} With an e-visit, you can get treatment advice and prescriptions (if appropriate) without a trip to your doctor's office.



Email

Message your doctor's office anytime with nonurgent health questions. You'll get a response usually within 48 hours.

Stay up-to-date with your care

Your personal action plan uses your medical history, age, gender, and personal health information to recommend preventative services you may need. Visit kp.org/actionplan.

1. When appropriate and available
2. These features are available when you get care at Kaiser Permanente facilities.