

# Find the care that fits your life.

As a Kaiser Permanente member, you have many ways to get high-quality care when you want it:

## Come In

### Doctor appointment

Your doctor is your partner in health, and sometimes coming in for a visit is exactly what you need. And Kaiser Permanente medical facilities have many services under one roof. So you can get more of what you need in just one trip.



One-stop shop



Personal connection

### CareClinic at Bartell Drugs

With 15 locations across the Puget Sound area, CareClinic at Bartell Drugs offers walk-in care for minor medical issues for everyone age 2 and up. It is staffed by Kaiser Permanente clinicians. Open every day 9 a.m. to 7 p.m., including weekends.



Neighborhood locations



Personal connection



No appt. needed

### Urgent care

For issues that require prompt attention, you can walk in to any Kaiser Permanente urgent care center – some open 24/7.\*



One-stop shop



Personal connection



No appt. needed

## Click

### Care Chat

Care Chat is an online messaging feature that lets you get real-time medical care from a Kaiser Permanente care provider. It's available 7 days a week, 24/7.



No appt. needed



Care on the go



Extended hours

### Online visit

For common medical issues that don't need a physical exam, such as a sore throat or allergies, go online and get a diagnosis and a treatment plan, usually within 2 hours.



No appt. needed



Care on the go

### Email your doctor

You can email your Kaiser Permanente care team nonurgent questions whenever it's convenient for you. You'll get an answer within 2 business days and often that same day.



No appt. needed



Care on the go

## Call

### Consulting nurse

When you need advice or help figuring out where to get care, our 24/7 consulting nurse helpline is here for you.



No appt. needed



Care on the go



Extended hours



Personal connection

If you have a life-threatening emergency, call 911 or go to the nearest hospital.

For more information about these care options, visit [kp.org/wa/getcare](https://kp.org/wa/getcare).

\*Visit [kp.org/wa/directory](https://kp.org/wa/directory) for all care locations available on your plan. Telehealth is not available for Medicare Fee-For-Service patients.

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XB0001662-52-19-Core

# Coming soon – 5 new medical centers

Kaiser Permanente is opening 5 medical centers in the Puget Sound area to give you more access to excellent, coordinated care:

**2018 - 2020**

**Gig Harbor**

**South Lake Union**

**Smokey Point**

**Ballard**

**West Olympia**

These new medical centers will open between late 2018 and early 2020.

## What to expect at the new medical centers

- Each will be state-of-the-art and conveniently located to members in those communities.
- Services will include primary care, and could include pediatrics, pharmacy, physical therapy, or other specialties.