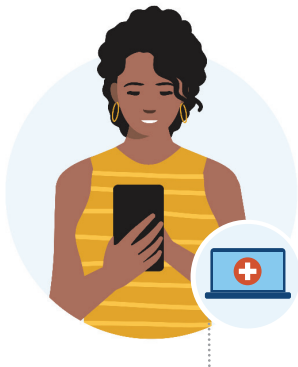




# Care at the speed of you

You have more ways to connect to your care team when and where it's convenient for you, from the doctor's office to your living room. To get started, visit [kp.org/getcare](https://kp.org/getcare).



## Online

Use our online guided care navigation tool to get care advice for more health conditions.



## In person

Your health is our priority, so we've added more appointments that work with your schedule. Same-day, next-day, after-hours, and weekend services are available at most of our locations.



## With our app

Schedule an appointment with your doctor, view most test results and health reminders, and more.<sup>2,3</sup>



## By phone or video

Talk to a clinician who can see your health history. Phone appointments are now available 24/7, and video visits are available daily from 8:30 a.m. to 10 p.m.<sup>1</sup> Just answer a few questions to help us understand your symptoms.



## By email

Message your Kaiser Permanente doctor's office with nonurgent questions.



## Prescriptions made easy

Fill most prescriptions for home delivery or same-day pickup with our app or at [kp.org](https://kp.org).<sup>2</sup>

1. When appropriate and available. 2. Available when you get care from Kaiser Permanente. 3. To use the My Doctor Online app or Kaiser Permanente app, you must be a member registered on [kp.org](https://kp.org).