

Get health care when and where you want

Your primary care doctor knows you best, and Kaiser Permanente medical offices are your first choice for care. Find nearby medical offices at kp.org/wa/provider-directory.

But when you want more immediate care, you have several options as a Kaiser Permanente member. To explore your options, visit kp.org/wa/getcare. Or check out these convenient ways to get care.

CareClinic by Kaiser Permanente at Bartell Drugs

CareClinic is a walk-in health clinic in 15 Puget Sound area Bartell Drugs locations. No appointment is necessary. These clinics are for minor illnesses and injuries, like colds or coughs, eye or ear infections, vaccines for children, and sprains. To find the CareClinic nearest you, visit careclinic.org.

Care Chat

Care Chat is a new online messaging feature that lets you get real-time medical care from a Kaiser Permanente care provider. It's available 7 days a week, 8 a.m. to 10 p.m., at no additional charge. To start a chat, sign on to your online account at kp.org/wa.

Online visits*

For common medical issues such as a cold or the flu, go online and get a diagnosis and a treatment plan. These visits are convenient and free. Visit kp.org/wa/onlinevisit.

Consulting Nurse Service, available 24/7

Not sure what kind of care you need? Call our Consulting Nurse Service 24/7 at **1-800-297-6877** (TTY 711) for advice or guidance on where to go for care. Of course, if you have an emergency, call 911.

Urgent and emergency care

For life-threatening situations, always call 911. Otherwise, you can visit any of our Urgent Care centers for conditions that require prompt attention but do not pose a serious threat to your health or life. To find your closest Urgent Care location, visit kp.org/wa/urgentcare.

*Prescriptions from online visits must be filled at Kaiser Permanente Washington medical offices or mail order service.