

YOUR HEALTH IS OUR CAUSE

Make us your partner in health

To join Kaiser Permanente, choose us during your open enrollment period or call us weekdays from 7 a.m. to 7 p.m., and weekends from 7 a.m. to 3 p.m. at one of the following numbers:

- **1-800-464-4000** English
- **1-800-788-0616** Spanish
- **1-800-757-7585** Chinese dialects
- **1-800-777-1370** TTY for the deaf, hard of hearing, or speech impaired



kp.org

Care with a personal touch

- Choose a personal doctor who gets to know you, your health history, and your health goals.
- Connect with caregivers who speak your preferred language at many of our medical facilities.

Save time and money with convenient services and locations

- Many facilities offer multiple services under one roof, so you can take care of all your health needs in one location.
- With more than 160 facilities in our Northern and Southern California Regions, finding one near you should be easy.

Get access to peace of mind

- Same-day, after-hours, and weekend appointments at many of our locations give you options and flexibility.
- You're covered anywhere in the world for emergency care, whether it's from a Plan provider or non-Plan provider.

Make life easier—manage your health online at kp.org

- Save time by requesting routine appointments, ordering prescription refills, e-mailing your doctor's office with nonurgent questions, and looking up most test results online.

Reshape your life with personalized wellness programs

- Get the support you need to successfully quit smoking, lose weight, or manage your ongoing health condition at kp.org/healthylifestyles.
- Learn how to manage your asthma, reduce stress, or get fit with classes offered at our medical facilities (some classes may require a fee). Visit kp.org/classes to find a class near you.

Enjoy reduced rates for alternative care and fitness

- Get reduced rates for massage therapy, acupuncture, and chiropractic care and preferred rates on select fitness club memberships. Visit kp.org/choosehealthy to learn more.