

# Let's stay healthy together

At Kaiser Permanente, we're always introducing new ways to help our members get more out of their health plans – from new ways to access care, expanded facilities, a focus on specialty care, and more. It's never been a better time to be a member.



## More ways to get care

Save a trip to the doctor's office and get the care you need in the way that works for you. No time to come in?

Try a telephone appointment,\* or email your doctor's office anytime with nonurgent questions. In some cases, you can even schedule a video visit.\*

And if you have a health question and need advice right away, advice by phone is available 24/7.

\*When appropriate and available.

[kp.org/getcare](http://kp.org/getcare)



## Specialty care when you need it

We have one of the largest multispecialty medical groups in the country, so we can connect you with the right specialist.

And you don't need referrals for certain specialties, like obstetrics-gynecology, psychiatry, and substance use disorder treatment.

From high-quality maternity care to treatment for cancer, heart problems, and more, you get great doctors, the latest technology, and evidence-based care – all connected through your electronic health record when you receive care at Kaiser Permanente medical offices.

[kp.org/carestories](http://kp.org/carestories)



## Care for the mind, body, and spirit

We care for the whole you, inside and out. That's why you can get clinical and support services for a range of mental health issues – including depression, anxiety, stress, addiction, and attention deficit hyperactivity disorder. Plus, you don't need a referral to get mental health care.

You'll also find a guide to mental health services at Kaiser Permanente at [kp.org/mentalhealth](http://kp.org/mentalhealth). Research care options for yourself or a loved one and get started accessing care.

[kp.org/mentalhealth](http://kp.org/mentalhealth)

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101

Visit [kp.org](http://kp.org) to find out more.

