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.

**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.

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

### 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, 6 a.m. to 10 p.m.

**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.

**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.

### 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.

*Visit kp.org/wa/directory for all care locations available on your plan. Telehealth is not available for Medicare Fee-For-Service patients.

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.